



National perspective

SNAC-Kungsholmen is part of the *Swedish National Study on Aging and Care, SNAC*, which was initiated in 2001 supported by the Swedish government.

The study takes place in four different areas in Sweden. In Stockholm, the *SNAC Stockholm Äldreomsorg study* is also conducted, which aims to examine the care and welfare provided to people aged 65 and older living in the city.

The ministry of health and social affairs, the municipalities, the regions, and universities in the four different areas of Sweden finance and support the SNAC project.

Multidisciplinary research

SNAC is a multidisciplinary research project that aims to increase our knowledge about the aging process from the physical, social, and mental perspectives.

SNAC-Kungsholmen is run by the Stockholm gerontology research center and the Aging Research Center at Karolinska Institutet.

You can find more information about SNAC-K, its data, and studies at www.snac-k.se.



SNAC-K

A Swedish national study that follows the health and aging of older people living on Kungsholmen and Essinge Islands.

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SNAC-K – a national study on Kungsholmen and Essinge Islands

We study changes in health from middle age and onward.

SNAC-Kungsholmen is a research study conducted on a sample of individuals aged 60 and older, residing on Kungsholmen and Essinge Islands in Stockholm.

The purpose is to increase our knowledge about lifelong aging, to identify risk factors for diseases and impaired functionality, and to discover aspects that contribute to healthy aging.

Since 2001, we have been monitoring the health and aging of over 4 800 participants throughout various data collection waves.

Participants are assessed by nurses, physicians, and psychologists through interviews, examinations, blood sampling, and cognitive tests.

We follow the aging progress

We meet participants every six years when they are 60 years old, and every three years from the age of 78. We also gather information about our participants' early childhood.

When SNAC-K started, 73 percent of invited persons agreed to participate, and in subsequent examinations, the participation rate has been as high as 90 percent.

What we examine



Physical health

Diseases, mobility, muscle strength, balance...



Mental and brain health

Cognitive aging, depression, dementing disorders, MRI brain imaging...



Social health

Social network, support and participation, leisure activities, well-being...



Biomarkers

Biomarkers of neurodegeneration, inflammation, metabolism, organ damage...



Lifestyle

Sedentary behavior, physical activity, diet and nutrition, smoking, alcohol consumption...



Demographic factors

Marital status, children, living arrangement, work life...



Healthcare and caregiving

Medication use, healthcare use, formal and informal caregiving...



Environment

Air and noise pollution, urban vulnerability...



Covid-19

Vaccination, long-term effects, social well-being during the pandemic...

What we study

Since its inception, numerous researchers have used our data. Between 2013 and 2023, over 300 SNAC-K-based scientific articles were published. During the same period, more than 30 SNAC-K-based doctoral theses were defended.

Our primary research areas include dementia and brain aging, multimorbidity and frailty, mental health, cardiometabolic health, the body-mind connection, falls and polypharmacy.

Key research questions revolve around gender differences, lifestyle, physical and social environments, biomarkers, time trends, treatments, as well as medical and social care related to different health aspects.

All participants within the SNAC-K project provide a written informed consent. All data are protected by standard confidentiality norms. Study results are only reported at the group level, and individual persons can thus never be identified.

Overarching infrastructure

SNAC-K is a part of the National E-infrastructure for Aging Research, NEAR, which brings together 15 Swedish datasets from eight universities. NEAR collects, coordinates, and provides access to data according to strict quality standards and ethical frameworks to facilitate and promote aging research in Sweden. Learn more at www.near-aging.se.

Since the beginning, we have conducted over 12 000 nurse interviews and medical examinations...

... as well as over 10 000 cognitive tests and over 1 300 MRI examinations.

Our data have been used in over 300 scientific articles and over 30 doctoral theses.