

(low-load) or four (high-load) spoken digits for the duration of a spoken word recognition trial.

We will present three separate studies. The data show that both noise and working memory can delay speech processing. With younger adults, data suggest that the two effects may interact. Preliminary data with older adults will be discussed.

#### THE SURVIVAL ADVANTAGE OF READING BOOKS

A. Bavishi, M. Slade, B. Levy, *Yale University School of Public Health, New Haven, Connecticut*

Although books can expose people to new people and places, whether books also have health benefits beyond other types of reading materials is not known. This study examined whether those who read books have a survival advantage over those who do not read books and over those who read other types of materials, and if so, whether cognition mediates this book reading effect. The cohort consisted of 3635 participants in the nationally representative Health and Retirement Study who provided information about their reading patterns at baseline. Cox proportional hazards models were based on survival information up to 12 years after baseline. A dose-response survival advantage was found for book reading by tertile ( $HR_{T_2} = 0.83$ ,  $p < .0001$ ,  $HR_{T_3} = 0.77$ ,  $p < .0001$ ), after adjusting for relevant covariates including age, sex, race, education, comorbidities, self-rated health, wealth, marital status, and depression. Book reading contributed to a survival advantage that was significantly greater than that observed for reading newspapers or magazines ( $t_{T_2} = 98.8$ ,  $p < .0001$ ;  $t_{T_3} = 4956$ ,  $p < .0001$ ). Compared to non-book readers, book readers had a 4-month survival advantage at the point of 80% survival. Book readers also experienced a 20% reduction in risk of mortality over the 12 years of follow up compared to non-book readers. Cognitive score was a complete mediator of the book reading survival advantage ( $p = .04$ ). These findings suggest that the benefits of reading books include a longer life in which to read them.

#### IMPACT OF SOCIAL SUPPORT ON COGNITIVE FUNCTION IN CHINESE ELDERLY: ONE-YEAR FOLLOW-UP COHORT STUDY

S.L. Lin, *Department of Social Work, Chinese University of Hong Kong, Hong Kong, Hong Kong*

Background: The maintenance of cognitive function is the key dominant of older age wellbeing. Promoting successful cognitive aging is a major public concern to individuals and the field of public health. This study examines the association between perceived social support and cognitive function in a representative community sample of 82 Hong Kong Chinese Elderly.

Methods: Baseline data collection was completed in 2005 and included a 180-min face-to-face interview covering detailed assessments of physical and cognitive performance (Chinese version of Dementia Rating Scale, CDRS), health status, social support (from three types of network members including their children, relatives, and friends), and other life-style characteristics. The cohort was subsequently reevaluated in 2006, with reassessments of cognitive function.

Result: The mean age was 69 years old for the participants, of whom 78.05% were female. In the multiple linear regression, controlling for demographics variables, medical conditions, pulmonary function, grip strength, blood pressure,

Body Mass Index, and leisure activities, greater baseline social support from children was a significant predictor of better cognitive function (changes in adjusted CDRS for age and education) at the 1-year follow-up. Among three types of social support network, perceived children's willingness to offer help was strongest predictor.

Conclusion: Consistent with Western studies, social support from family is important for elderly Chinese people in Hong Kong. Strengthening social support among family members are highly recommended for preserving cognitive function during aging.

#### ACTIVITY INTERESTS AND TALENTS IN RELATION TO COGNITIVE PERFORMANCE: A PROSPECTIVE STUDY

B.P. Trubenstein<sup>1</sup>, B.C. Haberstick<sup>2</sup>, R. Corley<sup>2</sup>, S.J. Wadsworth<sup>2</sup>, C.A. Reynolds<sup>1</sup>, 1. *Psychology, University of Colorado - Riverside, Riverside, California*, 2. *University of Colorado - Boulder, Boulder, Colorado*

Past research shows lifespan activity engagement provides multiple benefits to physical, emotional and cognitive health into late life. We investigated the prospective relationships between self-reported activity interests and talents with cognitive performance in a subset of participants taking part in the ongoing Colorado Adoption/Twin Study of Lifespan behavioral development and cognitive aging (CATSLife). Initial analyses evaluated associations of interest/talents, and cognitive performance beginning in late adolescence and approaching midlife (16 to 36 years;  $N = 852$ ). Individuals rated 20 activities as to interests and talents (1=not at all to 5=very much). Activity types were classified into artistic (writing, music, visual arts), physical (team sports, swimming, skiing), or practical (cooking, carpentry, mechanics), and were correlated across assessments ( $r$ 's = .230 - .767). Cognitive performance was assessed from a battery of 14 tasks spanning verbal, spatial, memory and speed domains. Interests and/or talents in arts were positively correlated with better immediate and delayed performance on the Names and Faces Memory Task at years 16, 21, and 30 ( $r$ 's = .091 - .232). Interests and/or talents in physical and practical activities correlated with performance on the Card Rotations spatial task across assessments ( $r$ 's = .123 - .204), and practical activities with the Paper Form Board spatial task ( $r$ 's = .109-.274). These initial findings hint at possible influences, or environmental selection, of activity engagement and maintenance of memory and spatial abilities. We will extend analyses to the full CATSLife sample, consider activity and cognitive performance trajectories in tandem, and compare findings to the international literature.

#### SELECTIVE ATTENTION IN AGE-ASSOCIATED MEMORY IMPAIRMENT: AN ERP STUDY IN VISUAL SEARCH

A. Bujn<sup>1</sup>, L. Lorenzo-López<sup>1</sup>, A. Maseda<sup>1</sup>, R. López-López<sup>1</sup>, C. Diego-Diez<sup>1</sup>, V. Valdíglesias<sup>2</sup>, J. Millán-Calenti<sup>1</sup>, 1. *Gerontology Research Group, Instituto de Investigación Biomédica de A Coruña (INIBIC), Complejo Hospitalario Universitario de A Coruña (CHUAC), SERGAS, Universidade da Coruña, A Coruña, Spain*, 2. *DICOMOSA Group, Department of Psychology, Area of Psychobiology, Universidade da Coruña, A Coruña, Spain*