

From Labs to Lives

How Research Funding Solves Real-World Problems

NIH-Funded Research Strengthens Understanding of Brain Health After 90

At UC Davis, Rachel Whitmer studies what keeps our minds sharp into our 90s and beyond. As the co-director of the UC Davis Alzheimer's Disease Research Center, she leads LifeAfter90 Study — the first of its kind to deeply examine risk and resilience in cognitive aging among people over 90. Her work tracks how factors like blood pressure, cholesterol and even habits from early adulthood shape brain health years later.

Helping Humanity

Without continued funding, this groundbreaking research, now eight years in the making, risks losing its window into the rarest and most revealing stage of human cognition. Each data point collected from participants brings us closer to understanding why some people remain mentally sharp well into their 90s and beyond. This knowledge could transform how we prevent dementia, promote preservation and improve brain health for future generations.



We know more about outer space than we do about the brain. If this study stops, we lose our chance to uncover the keys to brain health in those with exceptional longevity.”

— Rachel Whitmer, Ph.D.



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