

# The Importance of Cognitively Stimulating Material in Childhood

Access to books in early childhood is protective for cognitive functioning in older adulthood

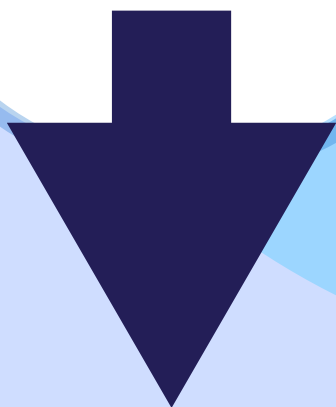
**Based on over  
32,000  
participants  
from 11 European countries**



Access to Reading Materials in Childhood **Increases Years Without Cognitive Impairment**  
i.e., Cognitive Healthspan



Associated with  
**~20% REDUCTION**  
in risk of  
cognitive impairment



Maintain Cognitive Performance

LESS ACCESS TO BOOKS



MORE ACCESS TO BOOKS

A typical 80-year old participant

**+2 YEARS  
of cognitive  
healthspan**