# Coffee can help healthy ageing

Townsville Bulletin · 4 Jun 2025 · 13 · The Times

A morning coffee could help women age more healthily, a large study has suggested.

The research, which tracked nearly 50,000 women for 32 years, found that those who drank caffeinated coffee were significantly more likely to age well, maintaining physical, mental and cognitive health into their 70s and beyond. The same link with healthy ageing was not seen for tea or decaffeinated coffee.

The findings, which were presented at the American Society for Nutrition's annual conference in Orlando, add to growing evidence linking moderate coffee consumption to long-term health benefits.

"While past studies have linked coffee to individual health outcomes (such as a reduced risk of diabetes or heart disease), our study is the first to assess coffee's impact across multiple domains of ageing over three decades," said Dr Sara Mahdavi, who led the research at Harvard University.

Dr Mahdavi and her colleagues drew on data from 47,513 women who were part of the Nurses' Health Study, a large US research scheme. They were aged between 45 and 60 when they were enrolled, and completed detailed surveys on diet, lifestyle and their health every four years beginning in 1984.

This included their caffeine intake, including from coffee, tea and fizzy drinks. Healthy ageing was defined as being free of 11 chronic diseases, including cancer, stroke and type 2 diabetes, and having no cognitive impairment or memory complaints, good mental health and physical function. By 2016, these benchmarks were met by
3706 of the women.

Each additional cup of caffeinated coffee per day in midlife was linked with a 2 per cent to 5 per cent greater likelihood of healthy ageing, up to a ceiling of five small cups daily.

Cola consumption was linked to a significantly lower chance of ageing well.