

EPIDEMIOLOGY

CHINESE FEMALE 2006~2016 LONGITUDINAL RESEARCH: INSIGHTS BEHIND GRACEFUL AGING

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Introduction: Longitudinal research has unique advantages in revealing insights behind graceful aging, providing personalized test platform for anti-aging skincare solutions.

Objective: Understand 10-year skin transformation of Chinese females, reveal key patterns, identify drivers behind graceful aging and inspire novel skincare solutions.

Materials and Methods: 185 Chinese females, aged between 10 and 66 y/o in 2006, participated in the longitudinal research from Nov 2006 to Nov 2016. Identical imaging and biometric measurements were conducted in 2006 and 2016. In addition, various bio-samples were also collected in 2016. Questionnaires were used to record subjects' 10 years lifestyle, H&P and quality of life. Images were analyzed for various appearance features, graded by the subject and hundreds of naive male/female panelists in randomized, blinded design. Bio-samples were analyzed for various biomarkers associated with lifestyle factors.

Results: In our findings, Chinese female skin aging was not only decided by chronological age and skin condition 10 years ago, but primarily driven by lifestyle, skincare habits and Quality of Life. 7% Chinese females achieved younger looking in 2016 than 2006. We demonstrated the primary contributing attributes of perceived 10 years aging and key facial zone(s) of noticeable changes shift with age groups. In the follow up 28-days and/or 1-year product intervention studies, we found that Niacinamide or Retinyl Propionate containing products were able to visibly improve firmness, fine lines & wrinkles and texture caused by 10 years aging.

Conclusions: We proved possibility for Chinese females to achieve younger looking vs. 10 years ago. The perceivable graceful aging skin is driven more by lifestyle, skincare habits and Quality of Life rather than current skin condition and uncontrollable intrinsic factors. We



also proved Niacinamide and Retinyl Propionate containing products can improve the appearance of accumulated aging issues.

