

CLSA Webinar Series



CLSA dietary data: Description and example of use in a study on dairy consumption and cognitive performances

Nancy Presse, RD, PhD, University of Sherbrooke
Anne-Julie Tessier, RD, McGill University

12 pm to 1 pm ET | June 12, 2019

Eating habits and the nutritional status of older adults are keystones of healthy aging. In the CLSA cohort, dietary habits have been assessed in 30,097 individuals using the Short Diet Questionnaire and nutritional risk was assessed in 47,841 individuals using the abbreviated SCREEN™II. These collected data, in addition to providing valuable information, allow researchers to conduct projects aiming to elucidate the complex relationship between food habits, nutritional status, and health in aging. In this webinar, results from an ongoing study examining the association between the frequency of consumption of dairy products and the performance of older adults in seven tests assessing three cognitive domains will be presented. The cognitive domains evaluated are memory, executive function and processing speed. This type of study provides knowledge on foods and nutrients that can potentially influence cognitive aging, which is fundamental in planning studies aiming to prevent cognitive decline through nutritional intervention.

Dr. Nancy Presse is a Registered Dietitian and an Assistant Professor in the Department of Community Health Sciences at the University of Sherbrooke.

Anne-Julie Tessier is a registered dietitian in Quebec and a PhD candidate in Nutrition at McGill University.

This webinar will be presented in French only.

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