



CLSA Update

Transforming Everyday Life
Into Extraordinary Ideas



Trainees from the University of Waterloo, Carleton University, McGill University and University of Ottawa present their research using CLSA data at the national conference of the Canadian Society for Epidemiology and Biostatistics (CSEB) in May 2019.

Government of Canada invests \$1.2M to support CLSA research

The Honourable Ginette Petitpas Taylor, Minister of Health, and the Honourable Filomena Tassi, Minister of Seniors, [announced](#) funding of \$1.2 million for [17 projects to be led by researchers](#) across the country that will analyze baseline data from the Canadian Longitudinal Study on Aging.

Funding for the projects comes from the [Canadian Institutes of Health Research](#), the [Canadian Space Agency](#), and [Quebec Network for Research on Aging](#).

Data Access

Researchers can now apply to access Baseline and Follow-up 1 data through Magnolia, the CLSA's online data access application system.

Newly available data include Baseline Epigenetics (on approximately 1,500 participants) and new modules collected in Follow-up 1, including:

- Childhood Maltreatment and Health across the Lifespan
- Elder Abuse
- Loneliness Scale
- Unmet Health Care Needs
- Preventative Health Behaviours
- Work Limitations Questionnaire
- Hearing Handicap Inventory for the Elderly
- Gender Identity
- Subjective Cognitive Decline
- Meta Memory
- Epilepsy Screening

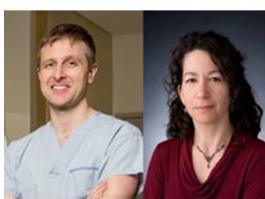
To review the current list of available data, visit: www.clsa-elcv.ca/data-availability. **Please note, applications proposing the use of data that are not yet available will not be accepted.**

The next application deadline is September 25, 2019. For more information and to apply, visit the [CLSA website](#).

Getting ready to publish your research using CLSA data? Be sure to review the CLSA [Publication and Promotion Policy](#) before submitting to a journal. As per the CLSA Data Access Agreement, **final drafts of all manuscripts describing research using CLSA data must be reviewed by the CLSA prior to journal submission.**

CLSA Webinar Series

Thank you to the more than 1,000 people who registered for the 2018-19 CLSA Webinar Series. Our programming will be on hiatus over the summer and return in September.



Dr. Paul Mick and Dr. Natalie Phillips

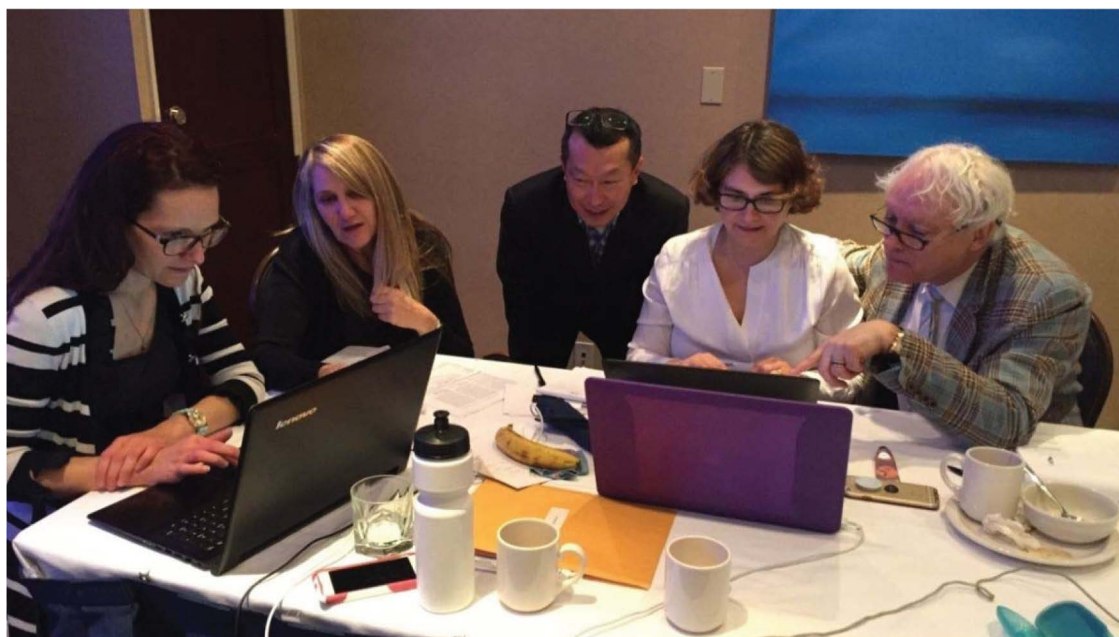
Upcoming CLSA Webinars

Dr. Paul Mick and Dr. Natalie Phillips
Relationships between sensory, social and cognitive factors in the CLSA
Noon (ET). September 12, 2019
Register [here](#)

Recent webinars available on the CLSA website

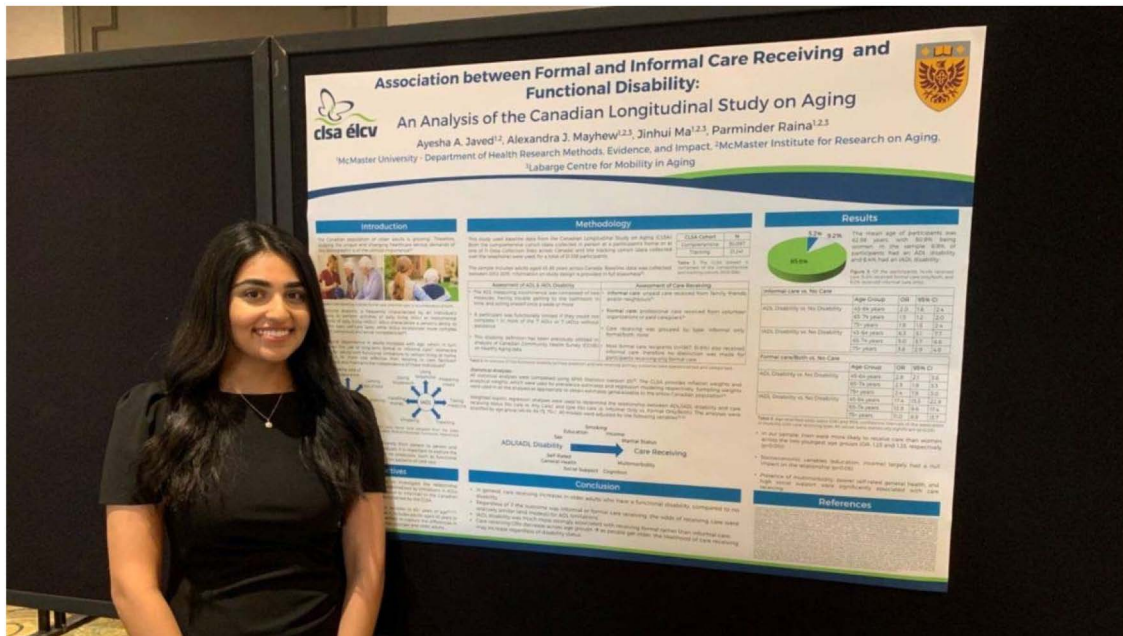
- Dr. Nancy Presse and Anne-Julie Tessier, [Données nutritionnelles de l'ÉLCV : Description et exemple d'utilisation dans le cadre d'une étude portant sur la consommation de produits laitiers et les performances cognitives](#)
- Dr. Walter Wittich, [Combined vision and hearing loss in the Canadian Longitudinal Study on Aging – Prevalence, severity and relationships to cognitive and social variables](#)
- Dr. Parminder Raina and Dr. Yves Joannette, [2019 Update on the CLSA: What's new and what's next for Canada's leading research platform on health and aging](#)
- Dr. Kathryn Fisher, [Disability-associated multimorbidity including mental health conditions: A cross-sectional analysis of Canadian population-based data](#)
- Dr. Debra Sheets, [Characteristics of caregivers and care receivers in the Canadian Longitudinal Study on Aging \(CLSA\)](#)
- Dr. Vince Forgetta, [Availability and quality assessment of genome-wide genetic data on 9,900 participants in the CLSA](#)
- Chun Yao, [Clinical features of REM Sleep Behavior Disorder in the population-based CLSA cohort: Can we improve the screening tools?](#)

IALSA, CLSA host workshop on four major longitudinal studies



[The Integrative Analysis of Longitudinal Studies \(IALSA\)](#) partnered with the CLSA in February 2019 to convene a research analysis workshop focusing on four of the world's largest longitudinal studies on aging. The primary focus was a cross-national comparison of disease and disability in population studies from Canada, the UK, USA and Ireland. [Read more.](#)

Trainee Spotlight



Ayesha Javed, an M.Sc. candidate at McMaster University, stands in front of her CLSA poster at the 16th Annual Department of Health Evidence and Impact (HEI) Research Day in March 2019. She received the Murray L. Enkin Prize for best poster presentation.

Rising Stars: Q&A with Chloé Pierret



Chloé Pierret works as a junior assistant at the CLSA Statistical Analysis Centre, having recently completed her undergraduate degree in statistics and computer science at McGill University.

“I think and hope that this first work experience in the field of epidemiological research will open doors for me and that the research conducted with our database will lead to the implementation of policies and actions that will better the lives of older Canadians.”

[Read more](#) about the opportunities the CLSA is creating for trainees like Chloé.

Minister Tassi visits Simon Fraser University



In February, Minister Filomena Tassi toured the CLSA's Computer-Assisted Telephone Interview site at Simon Fraser University, where she met with Dr. Andrew Wister (right), SFU professor of gerontology, CLSA local site investigator and former chair of the National Seniors Council, and Dr. Laurie Anderson (left), executive director of Simon Fraser University, Vancouver.

Presentations

Selected presentations related to the CLSA include:

- Molnar-Szakacs I. [Étude longitudinale canadienne sur le vieillissement \(ÉLCV\): une plateforme et une infrastructure nationale pour les chercheurs et les stagiaires](#). ACFAS 2019. Gatineau, QC. May 29, 2019.
- Beauchamp M, Griffith L, Kuspinar A. [Advancing best practice in balance and mobility testing for fall risk assessment in older Canadians](#). Fall Prevention Community of Practice Webinar. Hamilton, ON. March 29, 2019.
- Raina P. [Let us Talk about Social Connections and Aging](#). Age-Friendly Niagara Network Forum. Fonthill, ON. February 13, 2019.

The CLSA regularly hosts seminars, symposiums and research update presentations for study participants at its data collection sites across Canada. Recent presentations to participants include:

- [Engaging in Aging: A CLSA Q&A](#). Dalhousie University. April 28, 2019.

Presentation slides:

- Andrew M. [Canadian Longitudinal Study on Aging: Experience with Caregiving](#). Engaging in Aging: A CLSA Q&A. Halifax, NS. April 28, 2019.
 - Asada Y. [Fair Health for Older Canadians](#). Engaging in Aging: A CLSA Q&A. Halifax, NS. April 28, 2019.
 - Griffith LE. [Why So Many Questions? Chronic Conditions, Physical Functioning and Disability in the CLSA](#). Engaging in Aging: A CLSA Q&A. Halifax, NS. April 28, 2019.
 - Kirkland S. [Canadian Longitudinal Study on Aging: An Update to Participants](#). Engaging in Aging: A CLSA Q&A. Halifax, NS. April 28, 2019.
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Selected publications of research using CLSA data include:

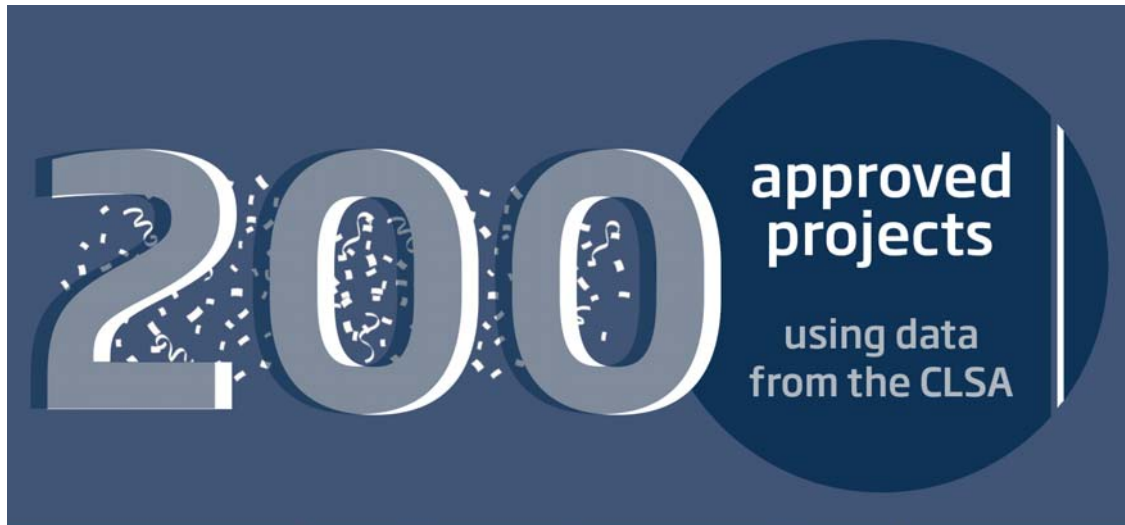
- Griffith LE, Gilsing A, Mangin D, Patterson C, van den Heuvel E, Sohel N, St John P, van den Akker M, Raina P. [Multimorbidity Frameworks Impact Prevalence and Relationships with Patient-Important Outcomes](#). *J Am Geriatr Soc*. 2019 Apr 7.
- Oremus M, Konnerth C, Law J, Maxwell CJ, O'Connell ME, Tyas SL. [Social support and cognitive function in middle- and older-aged adults: descriptive analysis of CLSA tracking data](#). *Eur J Public Health*. 2019 Apr 1;0:1-6.
- Dogra S, Good J, Gardiner PA, Copeland JL, Strickland MK, Rudoler D, Buman MP. [Effects of replacing sitting time with physical activity on lung function: An analysis of the Canadian Longitudinal Study on Aging](#). *Health Rep*. 2019 Mar 20;30(3):12-23.
- Morrison, JM, Laur CV, Keller HH. [SCREEN III: working towards a condensed screening tool to detect nutrition risk in community-dwelling older adults using CLSA data](#). *Eur J Clin Nutr*. 2019 Feb 28.
- Sakib MN, Shooshtari S, St. John P, Menec V. [The prevalence of multimorbidity and associations with lifestyle factors among middle-aged Canadians: an analysis of Canadian Longitudinal Study on Aging data](#). *BMC Public Health*. 2019 Feb 28;19(1):243.
- Menec, VH, Newall NE, Mackenzie CS, Shooshtari S, Nowicki S. [Examining individual and geographic factors associated with social isolation and loneliness using Canadian Longitudinal Study on Aging \(CLSA\) data](#). *PloS One*. 2019 Feb 1;14(2):e0211143.
- Tuokko H, Griffith LE, Simard M, Taler V, O'Connell ME, Voll S, Kadlec H, Wolfson C, Kirkland S, Raina P. [The Canadian longitudinal study on aging as a platform for exploring cognition in an aging population](#). *Clin Neuropsychol*. 2019 Jan 13:1-30.
- Wister A, Cosco T, Mitchell B, Menec V, Fyffe I. [Development and Concurrent Validity of a Composite Social Isolation Index for Older Adults Using the CLSA](#). *Can J Aging*. 2019 Jun;38(2):180-192.
- Taler V, Johns BT, Jones MN. [A Large Scale Semantic Analysis of Verbal Fluency across the Aging Spectrum: Data from the Canadian Longitudinal Study on Aging](#). *J Gerontol B Psychol Sci Soc Sci*. 2019 Jan 8.

- Rao, DP, Patel P, Roberts KC, Thompson W. [Obesity and healthy aging: social, functional and mental well-being among older Canadians](#). *Health Promot Chronic Dis Prev Can*. 2018 Dec;38(12):437-444.
 - Sibalija J, Savundranayagam MY, Orange JB, Kloseck M. [Social support, social participation, & depression among caregivers and non-caregivers in Canada: a population health perspective](#). *Aging Ment Health*. 2018 Dec 6:1-9.
 - Copeland, JL, Good J, Dogra S. [Strength training is associated with better functional fitness and perceived healthy aging among physically active older adults: a cross-sectional analysis of the Canadian Longitudinal Study on Aging](#). *Aging Clin Exp Res*. 2018 Nov 27;1-7.
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CLSA in the Media

- Researchers who received CIHR Catalyst Grants to analyze CLSA data were profiled by the [University of Manitoba](#), [McMaster University](#), [Dalhousie University](#), [McGill University](#), [Centre for Health Evaluation and Outcome Sciences \(CHÉOS\)](#) and the [Centre hospitalier de l'Université de Montréal \(CHUM\)](#).
 - [The Globe and Mail](#) interviewed Dr. Michael Veall about the findings on retirement in the [CLSA Report on Health and Aging](#).
 - Good Times Magazine spoke to Dr. Verena Menec about how older adults can [Fight Loneliness](#).
 - Good Times Magazine explored the [Power of Pets](#) with Dr. Ann Toohey, who uses CLSA data to further understand the impacts of pet ownership on older adults.
 - [Neurology Today](#) highlighted a [CLSA approved project](#), led by Dr. Ron Postuma and trainee Chun Yao, about the relationship between alcohol use, psychological distress and REM sleep behavior disorder.
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Approved Projects



www.clsa-elcv.ca/approved-projects

To date, more than 200 projects using the CLSA research platform have been approved. Recently approved projects include:

- Dr. Brodie Sakakibara, [Biopsychosocial correlates and prevalence of cardiometabolic multimorbidity in Canada](#)
- Dr. David Hogan, [How do natural disasters impact the aging population? Using CLSA data to explore the effects of the 2013 Calgary Flood](#)
- Dr. Joanie Sims-Gould, [Active aging in a foreign-land: The physical activity and mobility of immigrants in the CLSA](#)
- Dr. Raphael F. de Souza, [Better oral health for a healthy cognition: investigation of a new pathway](#)
- Dr. Jennifer Walker, [Understanding aging and cognition in Indigenous populations in Canada](#)
- Dr. Robert Dales, [Long-term Exposure to Ambient Air Pollution and Effects on Cognitive Decline in an Older Population: The Canadian Longitudinal Study on Aging \(CLSA\)](#)
- Dr. Megan O'Connell, [Psychometric analysis of the Social Support Scale, Satisfaction with Life Scale, and Kessler Psychological Distress Scale](#)
- Dr. Geoffrey Anderson, [Linking Genomics and Health Trajectories \(LIGHT\) for Dementia Research](#)
- Dr. Marie K. Christakis, [The effect of menopause on metabolic syndrome: Results from the Canadian Longitudinal Study on Aging](#)
- Dr. Shelley L. Craig, [Social Factors and Cognition in the Canadian Aging Sexual Minority Populations](#)

To view the complete list of approved projects, visit the [CLSA website](http://www.clsa-elcv.ca/approved-projects).



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