CLSA Webinar Series

Population norms and prevalence of frailty among middle-aged and older Canadians

Dr. Olga Theou, PhD, Dalhousie University
Dr. Mario Ulises Pérez-Zepeda, MD, PhD, Dalhousie University

12 pm to 1 pm ET | March 25, 2020

Frailty is a complex public health challenge that arises with population aging. Measuring frailty is key to understanding its nature and preventing its progression. In research and clinical settings, the Frailty Index (FI) is one of the most widely used tools for estimating frailty levels across the lifespan. In this webinar we will review a standardized approach to constructing a Frailty Index to determine the frailty levels of middle-aged and older Canadians using data from the Canadian Longitudinal Study on Aging (CLSA). We will present population-based normative frailty values defined using this new standardized frailty tool and explain how other researchers and clinicians can use this information.

Dr. Olga Theou is an assistant professor of physiotherapy and geriatric medicine at Dalhousie University and holds a Canada Research Chair in Physical Activity, Mobility, and Healthy Aging. Her research interests include aging, frailty and physical activity.
Dr. Mario Ulises Pérez-Zepeda is a postdoctoral fellow in the Department of Medicine at Dalhousie University. His research is focused on aging, in particular the interplay between geriatric conditions and its determinants at the population level.
He is specifically interested in frailty in the older adult.

Webinars will be broadcast using WebEx.
Further instructions will be sent by email.

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