

## Message from the CLSA Research Team

**The Canadian Longitudinal Study on Aging** reached an important milestone this spring when we released our first report on health and aging in Canada. The report presents key findings on a range of physical, mental and social aspects of aging based on information provided by more than 50,000 participants like you.

The Canadian Longitudinal Study on Aging (CLSA) Report on Health and Aging in Canada tells us that:

- 95% of CLSA participants rate their own mental health as excellent, very good or good.
- Women are more likely than men to express feelings of loneliness and social isolation, and that there is a link between feelings of loneliness and depression among older Canadians.
- 44% of CLSA participants report that they provide some level of care to others, and caregiving is most frequent (49%) among individuals aged 55 to 64.



From left: CIHR Executive Vice-President Michel Perron, Dr. Parminder Raina, Dr. Christina Wolfson, MP Rachel Blaney, Dr. Yves Joannette and Dr. Susan Kirkland celebrate the launch of the CLSA Report on Health and Aging in Ottawa on May 22, 2018.

To access the full version of the report, please visit: [www.clsa-elcv.ca/CLSAReport](http://www.clsa-elcv.ca/CLSAReport)

We've included some of the major findings from the report on Page 2 of this newsletter.

Your participation is one of the key reasons we can generate statistics like the ones above that demonstrate how Canadians are aging today. This information can be used by governments when developing programs and policies on healthy aging.

Because of your involvement in the study, we are learning more about the health and well-being of older Canadians, as well as the challenges they face when it comes to caregiving, social isolation and loneliness.

Thank you for so generously sharing your time with us.

### Making Headlines

- New study aims to provide clues on how Canadian seniors can age healthily: <https://tgam.ca/2OyTlyd>
- More programs needed to help aging caregivers, researcher says: <http://bit.ly/2QnFPdU>
- A Manitoba doctor explains why our health-care system isn't ready for patients living longer: <http://bit.ly/2QqWRlc>
- On being a CLSA participant: Gimme an F — but not that one: <http://bit.ly/2yfxBNs>

# Health & Aging in Canada

A selection of key results from *The Canadian Longitudinal Study on Aging (CLSA) Report on Health and Aging in Canada: Findings from Baseline Data Collection 2010-2015* using data collected from 50,000 Canadians aged 45 to 85.

These statistics reflect estimates for the Canadian population based on data collected in the CLSA.

## How do Canadians rate their general and mental health?

- Almost **90%** of Canadians aged 45 to 85 rate their general health as good, very good or excellent.
- **95%** of Canadians aged 45 to 85 rate their mental health as good, very good or excellent.

### Loneliness & Social Isolation

- **Women are more likely than men** to express feelings of loneliness and social isolation, and there is a link between feelings of loneliness and depression among older Canadians.

### Falls

- Approximately **5%** of participants experienced an injury due to a **fall** in the previous 12 months.
- Women were more likely to experience an injury due to a fall than men.

### Lifestyle & Behaviour

- **Only one in four** Canadians aged 45-85 report reaching the recommended amounts of aerobic and resistance-based physical activity.

### Mental Health & Well-Being

- CLSA participants aged 45 to 54 report the greatest concerns with **mental health**; women tend to report more depressive symptoms and psychological distress than men.

### Caregiving & Care Receiving

- **44%** of CLSA participants report they provide some level of care to others, and caregiving is most frequent (**49%**) among individuals aged 55 to 64.

### Lesbian, Gay & Bisexual Aging

- CLSA participants who identify as lesbian, gay, or bisexual tend to report **high self-rated general and mental health** and consider their own healthy aging experience to be either very good or excellent.

### Retirement

- An estimated **20%** of women retirees and **30%** of men retirees “unretire” for some period, with unretirement employment primarily being part-time.

### Transportation & Mobility

- **Driving a motor vehicle** is the most common form of transportation regardless of age, sex, geographic location, health or functional status.



# CLSA launches a new wave of data collection

This summer, the CLSA launched the third wave of full data collection from participants across Canada. This wave of data collection, known as Follow-up 2, includes repeat questions from previous data collection waves to allow researchers to be able to assess how the health and well-being of participants change over time.

In Follow-up 2, some new questions related to various aspects of participants' physical and mental health have been added. We have summarized what is new in the study as well as the type of information that will not be asked in Follow-up 2 below.

## What's staying the same?

- Most of the questions and physical assessments have not changed. Keeping the same questions allows researchers to study how your health and well-being change over time.
- The time it takes to complete an interview. You can still expect approximately 90 minutes by telephone or 2 ½ hours if you visit a Data Collection Site. In-person participants will also have a 90-minute at-home interview.

## What's new?

- Research improves over time and there may be new and better ways to collect information, and new areas of interest to researchers. We like to stay current at the CLSA, so we introduce new content at each follow-up.
- All participants will complete interviews with new questions on mental well-being.
- If you participate in-person, you will have new questions on resiliency, mental and physical well-being, as well as a new hearing test.

## What's being removed?

- We're saying goodbye to some interview questions. In some instances, we've asked you the information once and it won't change (e.g. experiences in your childhood). In other instances, we've discovered that data do not need to be collected every three years, or that researchers are more interested in different information. Removing content also ensures that we respect your time while keeping the interviews as thorough as possible.

## Keep in Touch

Just a friendly reminder to let us know if your contact details change. Staying in touch with you is extremely important to us. If you have an email address, please let us know. Keeping in touch by email is a fraction of the cost of postage and helps us direct those resources towards CLSA research.

You can provide us with this information by:

 Web: [www.clsa-elcv.ca/update-your-details](http://www.clsa-elcv.ca/update-your-details)

 Email: [info@clsa-elcv.ca](mailto:info@clsa-elcv.ca)

 Phone: 1.866.999.8303

If you are interested in being featured in a future CLSA newsletter, contact us at [info@clsa-elcv.ca](mailto:info@clsa-elcv.ca)

For the latest CLSA updates:

[www.clsa-elcv.ca](http://www.clsa-elcv.ca)

