A Platform for Research to Study Aging in a Changing World: The Canadian Longitudinal Study on Aging
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The Canadian Longitudinal Study on Aging (CLSA)

- Strategic initiative of CIHR
- Team of 3 principal investigators, more than 160 co-investigators from 26 institutions
- Multidisciplinary - biology, genetics, medicine, psychology, sociology, demography, nursing, economics, epidemiology, nutrition, health services
CLSA Timeline and Milestones

- RFA
- Protocol Development
- Phase I Feasibility Studies
- Phase II Validation, Pilot
- Launch


Team
Design
Objectives
Content

Acceptability
Specimen Collection
Recruitment
Data Linkage

Pilot recruitment
Validate measures
SOPs, TMs
Pilot protocol

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CLSA Grand Opening and Launch 2012
Overall Aims of the CLSA

- To examine aging as a dynamic process.
- To investigate the inter-relationship among intrinsic and extrinsic factors from mid life to older age.
- To capture the transitions, trajectories and profiles of aging.
- To provide infrastructure and build capacity for sustained high quality research on aging in Canada.
Study Overview

50,000 women and men aged 45 - 85 at baseline

Tracking Cohort
20,000
Randomly selected within Provinces

Comprehensive Cohort
30,000
Randomly selected within 25-50 km of 11 sites

Questionnaire
• By telephone (CATI)

Questionnaire
• In person, in home (CAPI)

Clinical/physical tests
Blood, urine (optional)
• At Data Collection Site

Interim contact, Follow up every 3 years

Data Linkage (optional)
National Scope

Infrastructure:
4 CATI Centres
11 Data Collection Sites
4 Enabling Centres – GEC, SAC, BBC, NCC
Standardized, Centralized Process

Potential Participants Sent Study Information

Participants Consent to Participate in CLSA

Participants Provide Questionnaire Data (n=50,000)

COMPREHENSIVE COHORT n=30,000

DATA COLLECTION SITE VISIT Physical/Psychological Data
- Neuropsychological Battery
- Performance Testing
- Anthropometric Measures
- Bone Density, Body Composition
- Aortic Calcification
- ECG, BP
- Carotid Intimal-Medial Thickness
- Pulmonary Function
- Vision and Hearing

TRACKING COHORT n=20,000

Biological Data
- Blood
- Urine

Biorepository and Bioanalysis Centre (BBC)

Stored at (NCC/SAC)

Linkage to Admin Data

Telephone interview

Home Interview
Baseline Questionnaire

- Socio-Demographic Characteristics
- Home Ownership
- Education
- Smoking
- Alcohol Use
- Nutritional Assessment
- General Health
- Women’s Health
- Sleep
- Medications
- Basic Activities of Daily Living
- Instrumental Activities of Daily Living
- Life Space Index
- Depression
- Satisfaction with Life
- Social Networks
- Social Support – Availability
- Social Participation
- Care Receiving / Formal Care/Informal Care
- Care Giving
- Retirement Status
- Pre-Retirement Labour Force Participation Labour Force
- Retirement Planning
- Income
Maintaining Contact Interview – 18 Months

- Oral health
- Nutrition
- Pain, discomfort
- Health Care Utilization
- Physical activities
- Medication/Dietary supplement use
- Personality Traits
- Psychological distress
- Social inequality
- Online communication
- Transportation, mobility, migration
- Built environments
- Wealth
CLSA Recruitment

**Tracking Cohort**
- Recruitment via CCHS complete
- Recruitment ongoing in all provinces through Ministry of Health (MoH) and/or Random Digit Dialing (RDD)
- Completion of all 20,000 baseline interviews by Spring 2013
- As of today:
  - 15,728 completed 60 minute baseline interview

**Comprehensive Cohort**
- Recruiting ongoing in all provinces through MoH and/or RDD
- Goal: complete first 8,000-10,000 baseline DCS visits by July 2013.
- As of today:
  - 5,029 in home interviews and 3,806 DCS visits completed (recruited)
Milestones for Coming Year

• Complete recruitment for Tracking Cohort – 20,000
• Recruit first 8,000-10,000 participants for Comprehensive Cohort
• Initiate Maintaining Contact for Tracking Cohort
• Data curation, derived variables and data cleaning
• Data access process, portal developed and tested
• Baseline tracking data released
• Planning and development for Wave 2
Upcoming areas of interest and development for the CLSA

- Core biomarker analysis
- Imaging studies linking vascular imaging and the brain
- Implementation of neurological conditions initiative
- Selected enhanced data collection
  - Family history
  - Environmental exposures
  - Life course, adaptation
  - Medication compliance
  - Contextual data
- Linkages and data harmonization
Transforming Everyday Life into Extraordinary Ideas

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