

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

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Canadian Longitudinal Study on Aging  
Étude longitudinale canadienne sur le vieillissement

# 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

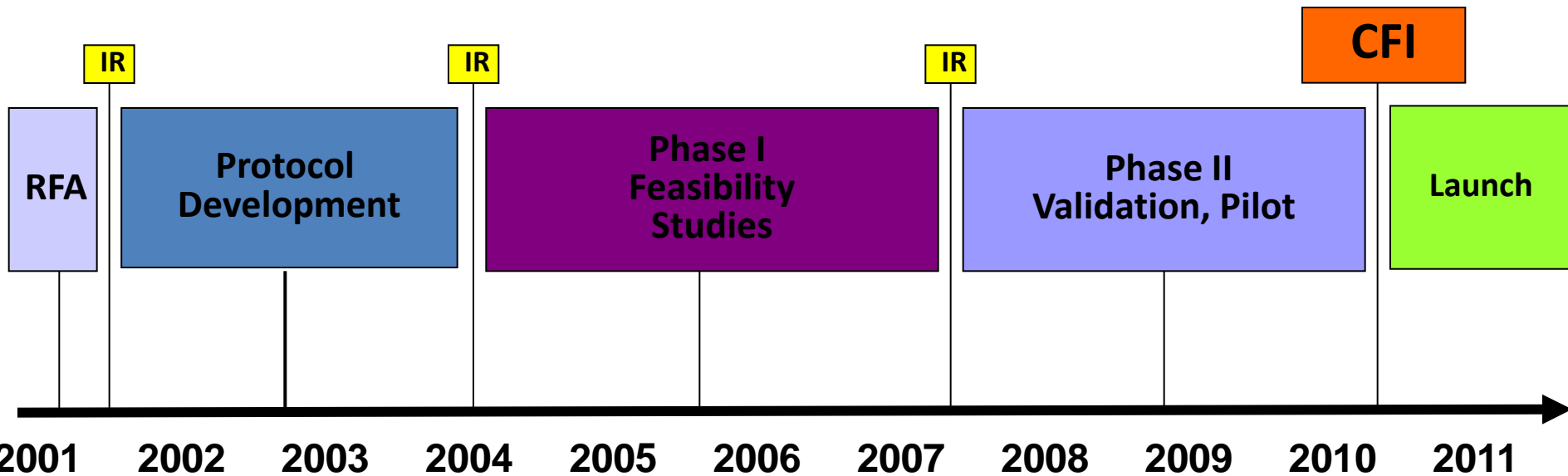


# CLSA Timeline and Milestones

Team  
Design  
Objectives  
Content

Acceptability  
Specimen Collection  
Recruitment  
Data Linkage

Pilot recruitment  
Validate measures  
SOPs, TMs  
Pilot protocol



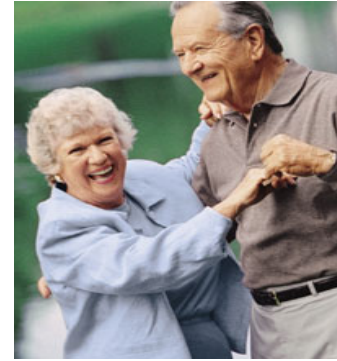
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# CLSA Grand Opening and Launch 2012



# 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

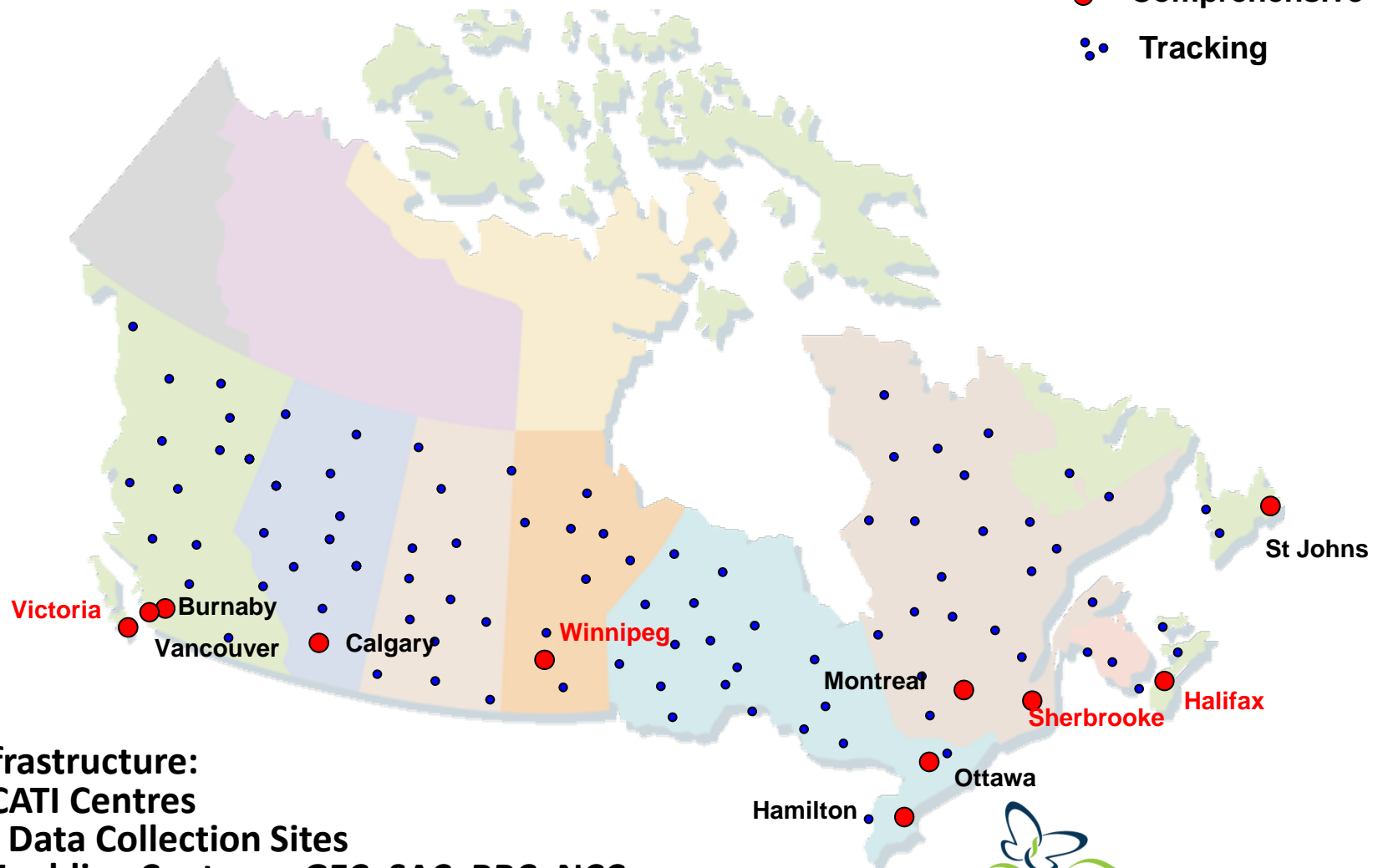
**Interim contact, Follow up every 3 years**

**Data Linkage (optional)**



# National Scope

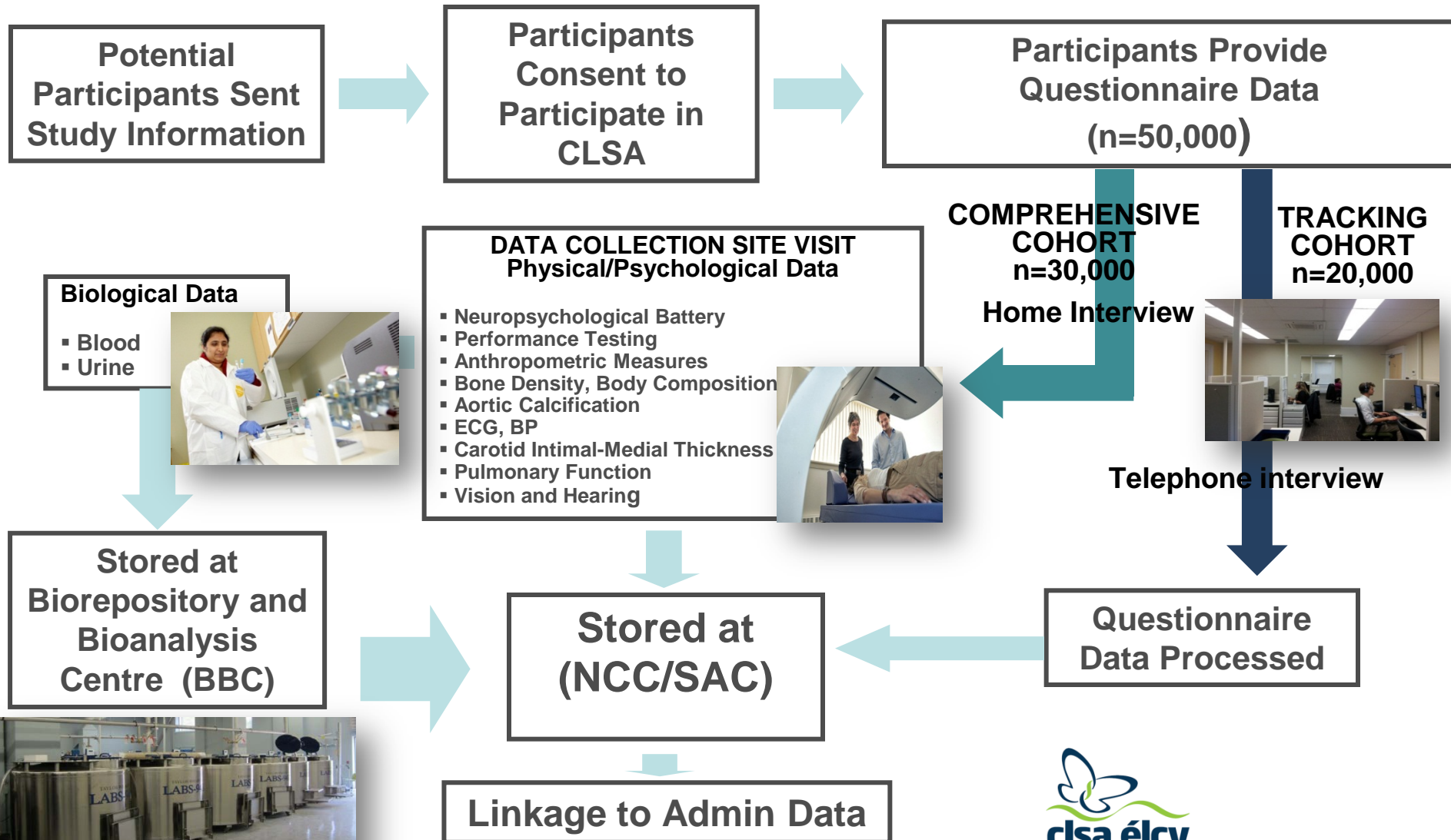
- Comprehensive
- Tracking



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



# Standardized, Centralized Process





# 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



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