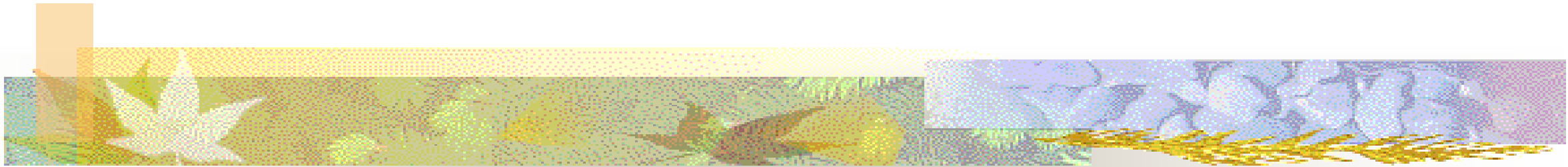


# The Canadian Longitudinal Study on Aging (CLSA) and the Determinants of Health

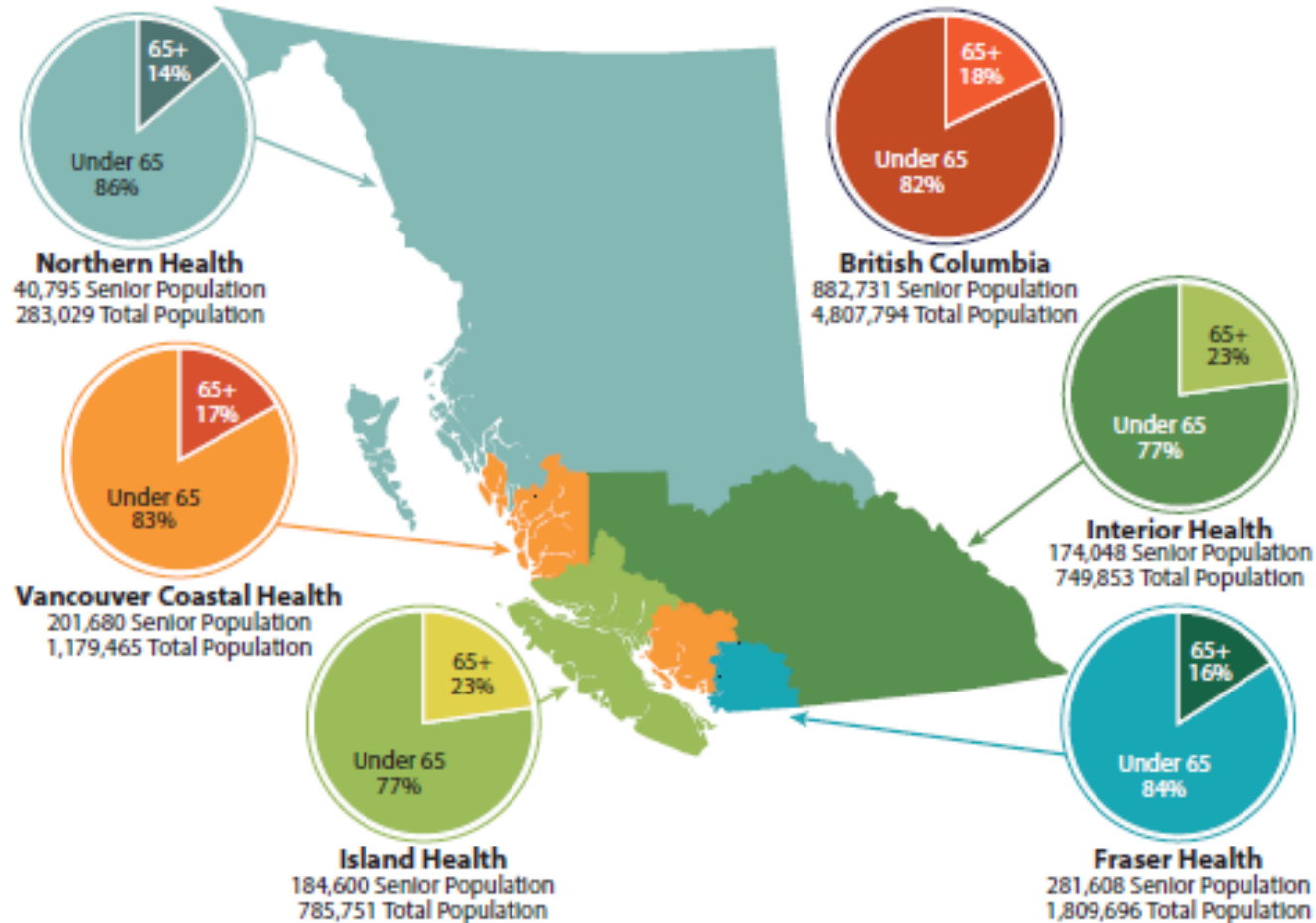


Denise S. Cloutier, PhD  
Professor  
Department of Geography and  
Institute on Aging and Lifelong Health,  
University of Victoria, August 2018

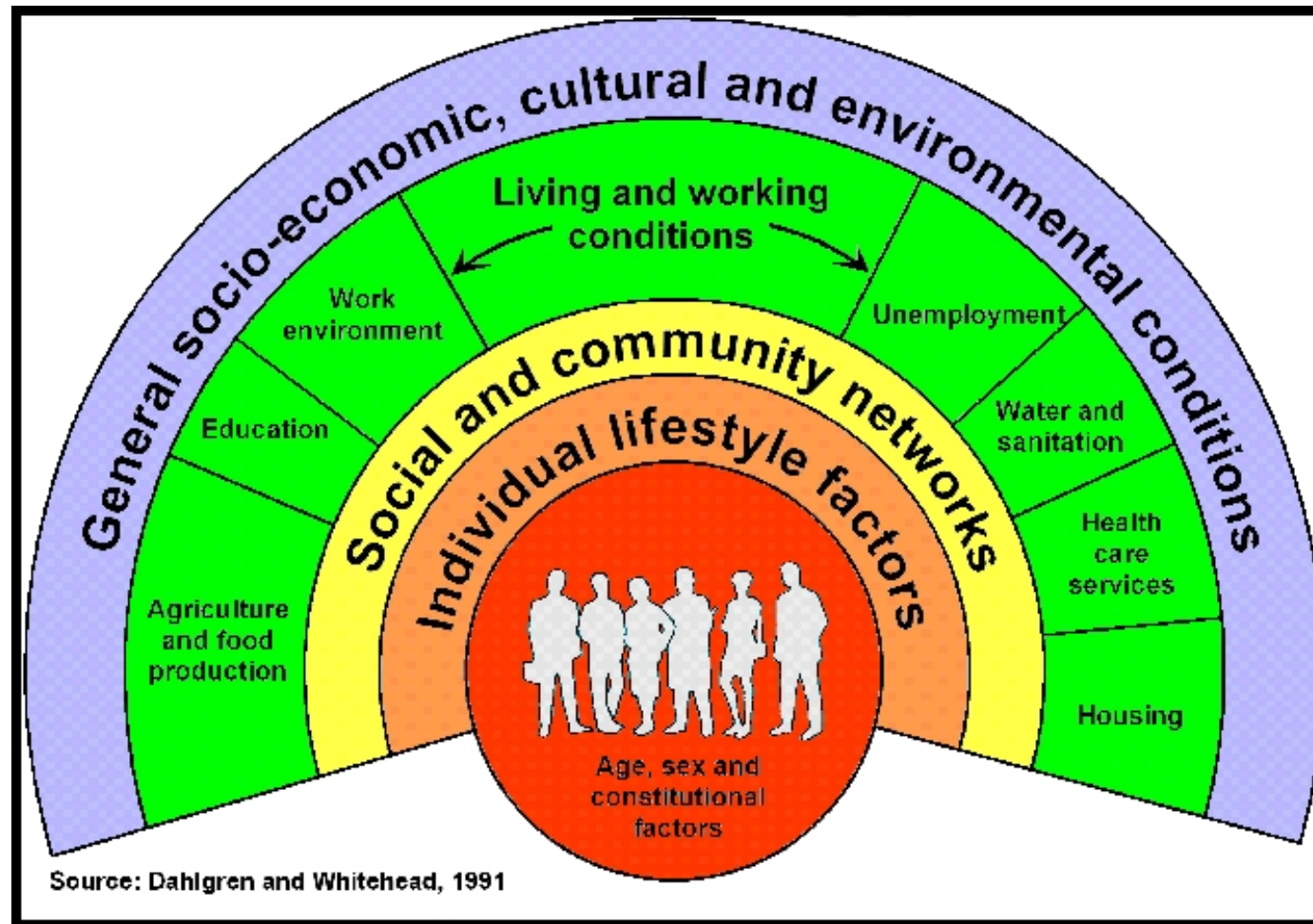


# Demographic Aging - BC Seniors' Population, 2016

## Office of the Seniors Advocate

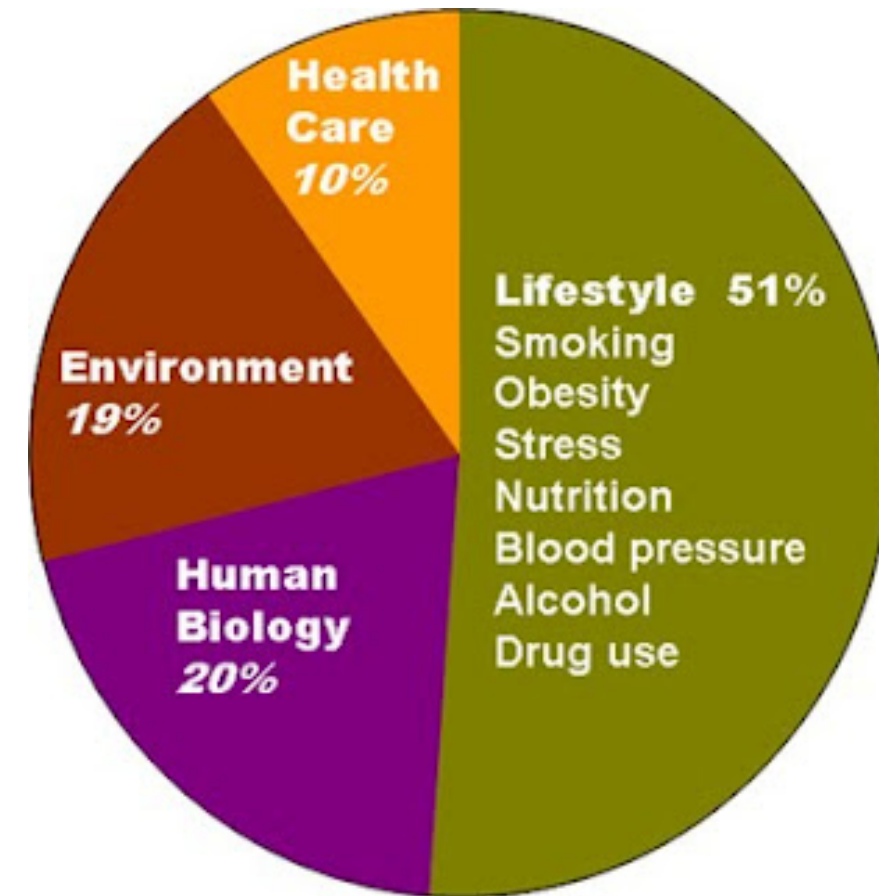


# A Model of the Determinants of Health



# What are the **core** determinants of our health?

- 10-20% - Genetics/Human biology: (age, gender)
- 50-60% **SES** (education, income) and our **Lifestyle/Behaviors**: (smoking, drinking, exercise, nutrition, relationships, housing, sense of belonging)
- 10-20% Environment: (air/water/peace)
- 10-25% Healthcare: (access, availability, equity)





# Social Determinants for Canada:

- Disability, Indigenous background, early life, education, employment and working conditions, food insecurity, health services, gender, housing, income and income distribution, ethnicity, social exclusion, social safety net, unemployment and job security.
- **Mortality, morbidity, health and well-being** are strongly correlated with these determinants.
- On the social gradient, the lower our position, the *poorer our health and well-being* tends to be.



# Lifestyle Determinants of Health

- Things we may be able to modify to promote better health:
  - Physical activity
  - Mental activity
  - Nutrition
  - Smoking and drinking behaviors, etc.



# Determinants of Health (some research avenues)

- Longitudinal Trajectories: (20 years of follow-up)
  - Items under study (examples)
    - Changes in cognitive health (e.g., pre-dementia)
    - Friendships and relationships and how they change over the lifespan
    - Sense of belonging
    - Gender identity
    - Health care service use