Fair Health for Older Canadians

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$44,500

Average income

Source: Canadian Institute for Health Information. Trends in income-related health inequalities in Canada
Average income: $44,500

Top 20%: $87,100
Bottom 20%: $16,000

Source: Canadian Institute for Health Information. *Trends in income-related health inequalities in Canada*
Average health

Health inequality

A barometer of successful aging of a society
Which measures of health should we use?
Which measures of health should we use?

- Overall health
- Three candidates
Self-rated health

In general, would you say your health is...
Self-rated health

In general, would you say your health is...

Excellent, very good, good, fair, or poor
Self-rated health

In general, would you say your health is...

“Good health”

Excellent, very good, good, fair, or poor

“Poor health”
Frailty

44 aspects of health
Frailty

44 aspects of health

How many of them are “deficient”?

\[
\frac{\# \text{ deficient}}{44 \text{ aspects of health}}
\]
Frailty

44 aspects of health

How many of them are “deficient”? 

\[
\text{# deficient} \quad \frac{\text{44 aspects of health}}{}
\]

Frailty Index “% deficient”

Zero: no deficiency
One: all deficient
Frailty

44 aspects of health

How many of them are “deficient”?

\[
\frac{\text{# deficient}}{44 \text{ aspects of health}}
\]

Frailty Index

“% deficient”

Zero: no deficiency
One: all deficient

“Flipped” frailty Index

“% optimal”

Zero: all deficient
One: no deficiency
Grip strength
Grip strength

Strong grip strength
- Younger
- Male
- Large body size

Strong grip strength among “peers”
→ Good future health
Grip strength

Strong grip strength
- Younger
- Male
- Large body size

Strong grip strength among “peers”
→ Good future health

Grip strength after considering “peers”
“Future health predicting grip strength”
What we found

• Different aspects of health = different stories about health inequality
Compared to people in the lowest household income (less than $20,000)...

- $150,000 +
- $100,000 to $149,999
- $50,000 to $99,999
- $20,000 to $49,999

Data source: CLSA
Comprehensive baseline
Compared to people in the lowest household income (less than $20,000)...

- $150,000 +: + 3.1%
- $100,000 to $149,999: + 3.0%
- $50,000 to $99,999: + 2.6%
- $20,000 to $49,999: + 1.9%

Data source: CLSA
Comprehensive baseline
Compared to people in the lowest household income (less than $20,000)...

- $150,000 +
- $100,000 to $149,999
- $50,000 to $99,999
- $20,000 to $49,999

Future health predicting grip strength

Data source: CLSA
Comprehensive baseline
Which aspect of health should we look at when considering health inequality as a barometer of successful aging of our society?

• The answer depends on the question: What aspect of health do we wish to distribute fairly in our society?
Thank you

- All CLSA participants
- Team members
  - Susan Kirkland and Kathleen MacNabb, Dalhousie University
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- Canadian Institutes of Health Research

Goro
12 years and 10 months
= 69.4 human years
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