

Fair Health for Older Canadians

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Canadian Longitudinal Study on Aging (CLSA) Participant Day
April 28, 2019





\$44,500



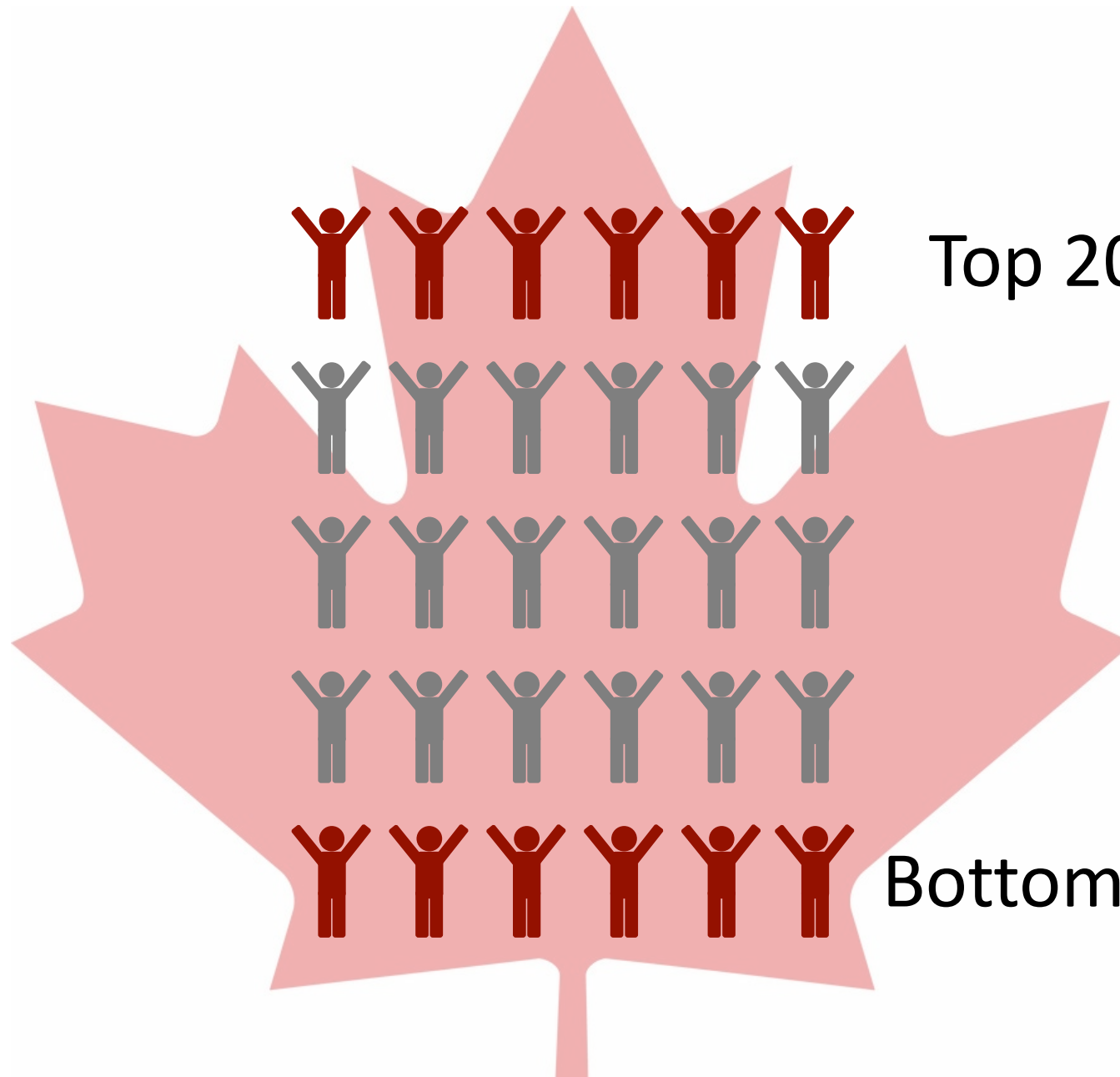
Average
income



\$44,500



Average
income



Top 20%: \$87,100



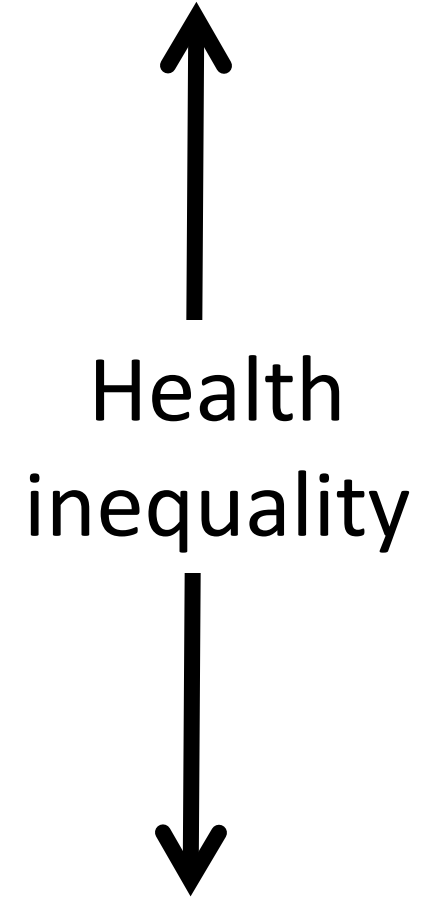
Income
inequality



Bottom 20%: \$16,000



Average
health



A barometer of successful aging of a society

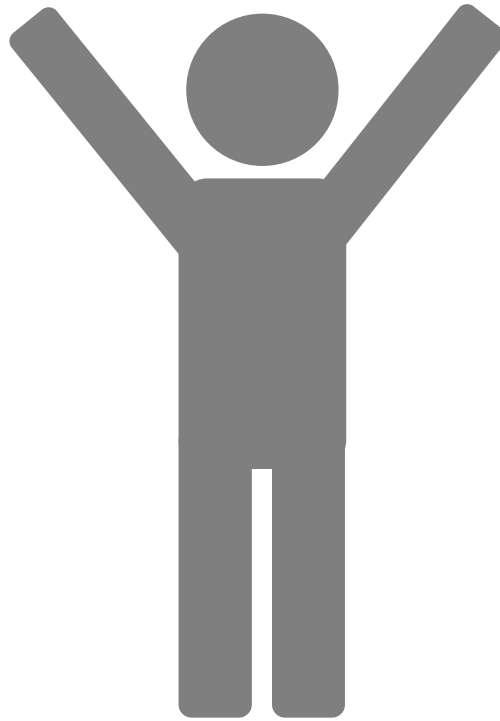
Which measures of health should we use?

Which measures of health should we use?

- Overall health
- Three candidates

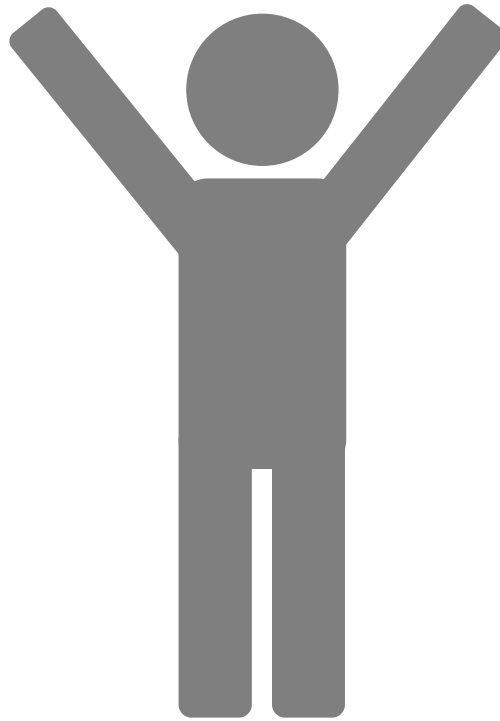
Self-rated health

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



Self-rated health

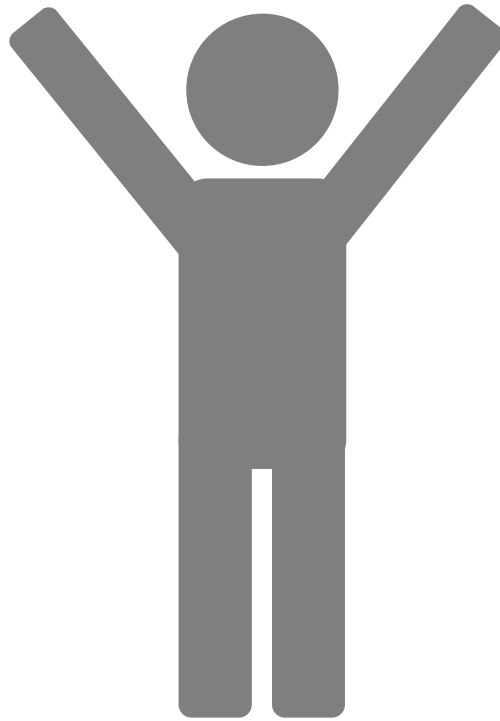
In general, would you say your health is...



Excellent,
very good,
good,
fair, or
poor

Self-rated health

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



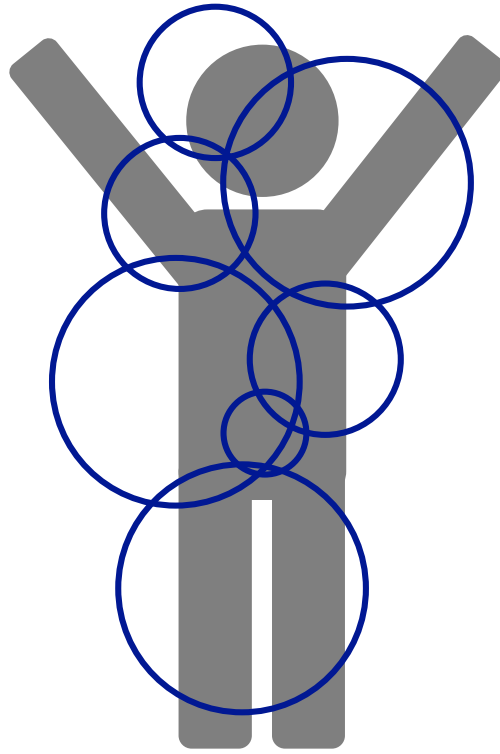
“Good health”

Excellent,
very good,
good,
fair, or
poor

“Poor health”

Frailty

44 aspects of health

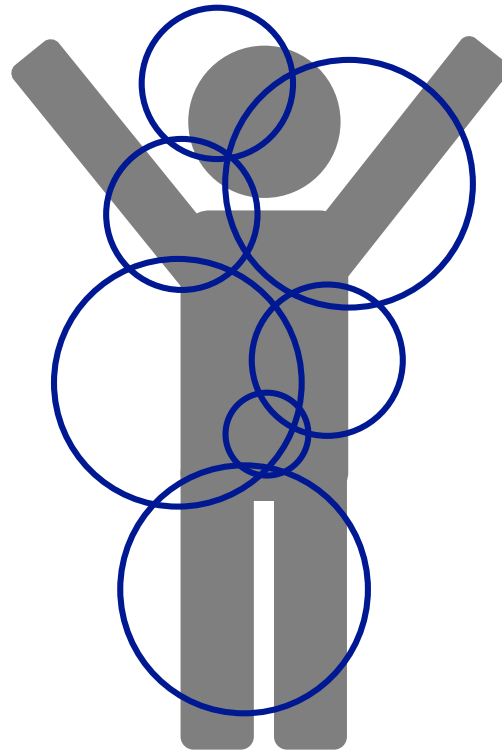


Frailty

44 aspects of health

How many of them
are “deficient”?

$$\frac{\# \text{ deficient}}{44 \text{ aspects of health}}$$

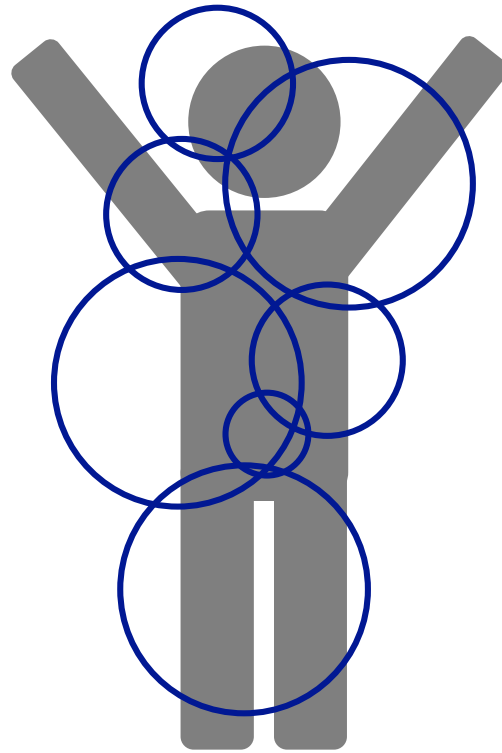


Frailty

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$$\frac{\# \text{ deficient}}{44 \text{ aspects of health}}$$



Frailty Index
“% deficient”

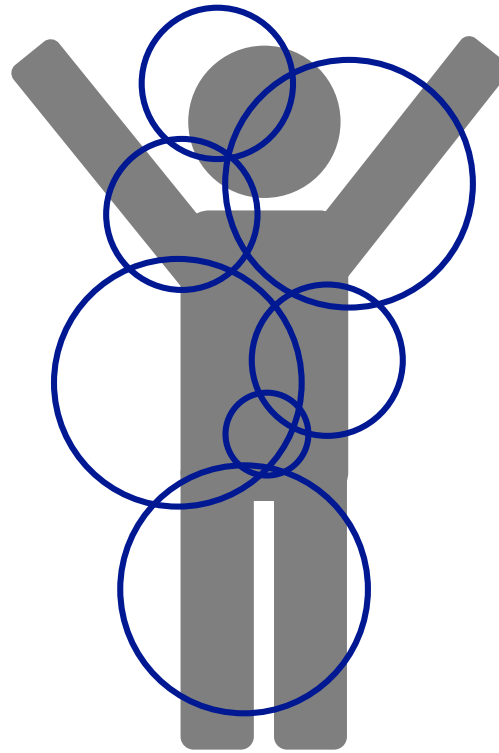
Zero: no deficiency
One: all deficient

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



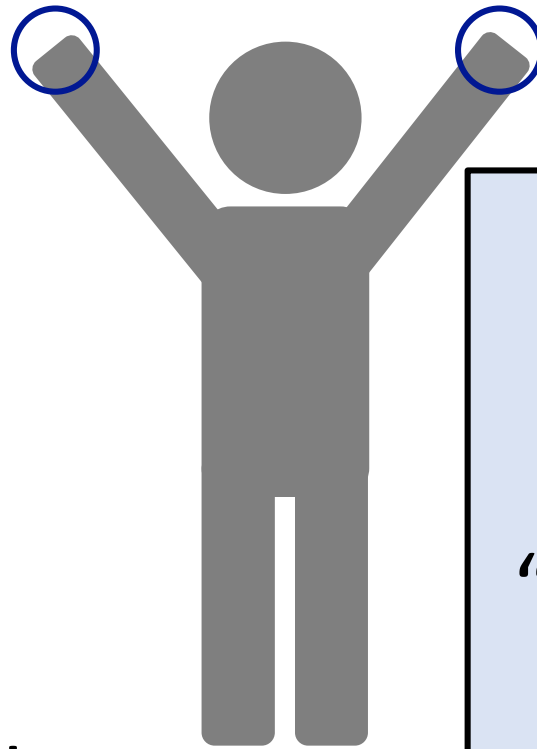
Grip strength

Strong grip strength

{ Younger
Male
Large body size

Strong grip strength
among “peers”

→ Good future health



Grip strength after
considering “peers”

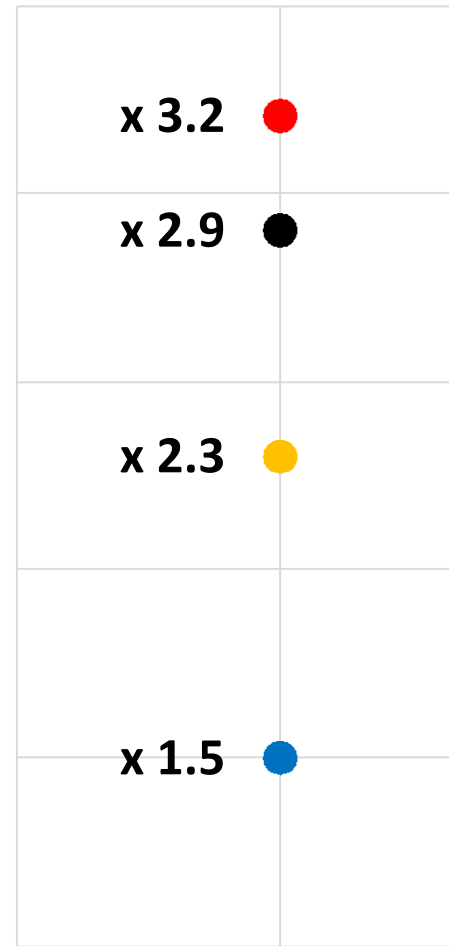
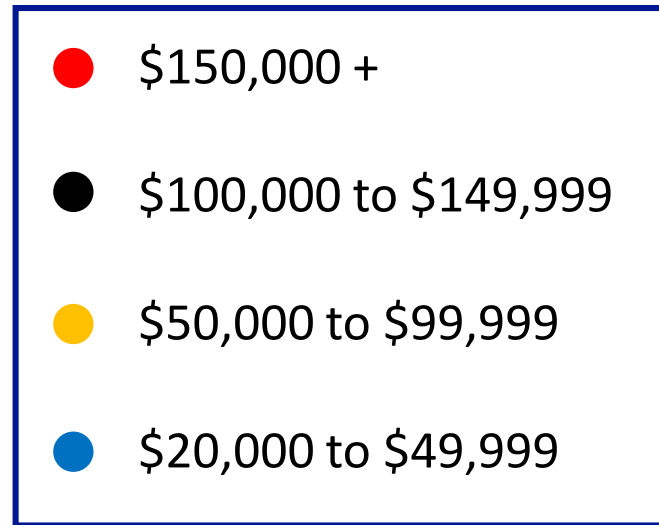


“Future health predicting
grip strength”

What we found

- Different aspects of health = different stories about health inequality

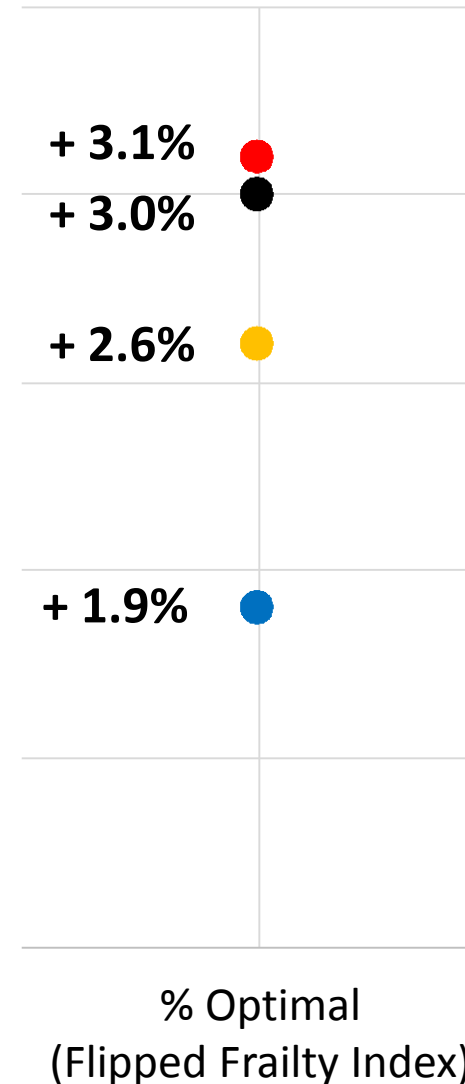
Compared to people in the lowest household income (less than \$20,000)...



Reporting
good health

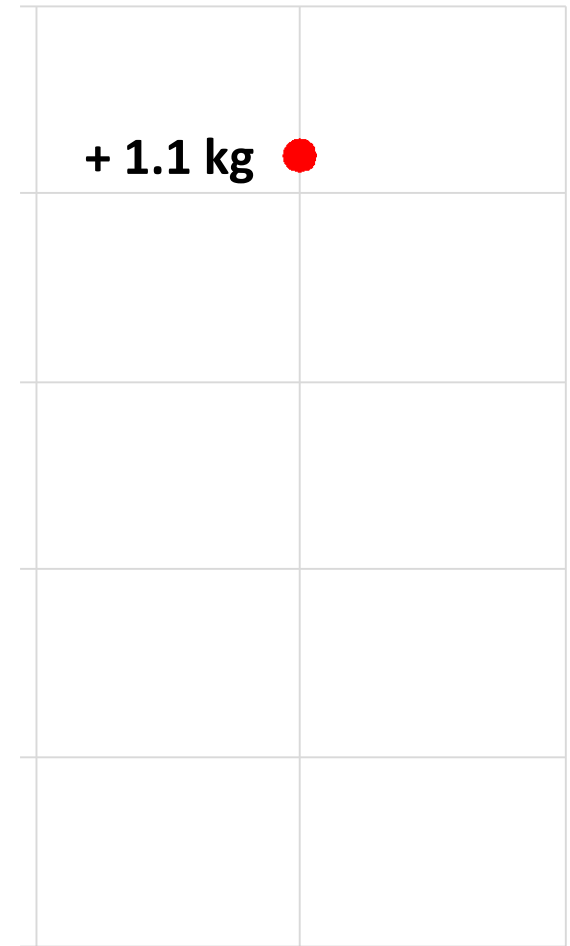
Compared to people in the lowest household income (less than \$20,000)...

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



Compared to people in the lowest household income (less than \$20,000)...

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



Future health predicting
grip strength

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?



Goro
12 years and 10 months
= 69.4 human years

Thank you

- All CLSA participants
- Team members
 - Susan Kirkland and Kathleen MacNabb, Dalhousie University
 - Jeremiah Hurley, Michel Grignon, and Senay Asma, McMaster University
- Canadian Institutes of Health Research

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