

The Canadian Longitudinal Study on Aging (CLSA): What do baseline findings tell us about healthy aging?

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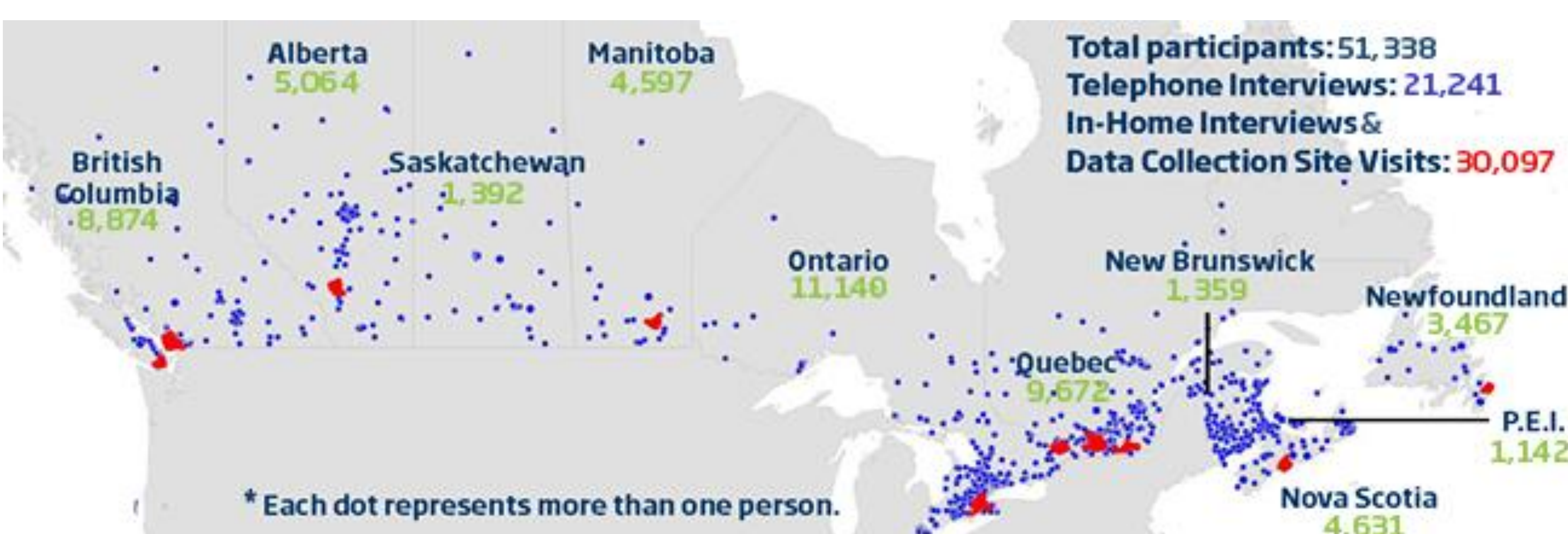
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Background

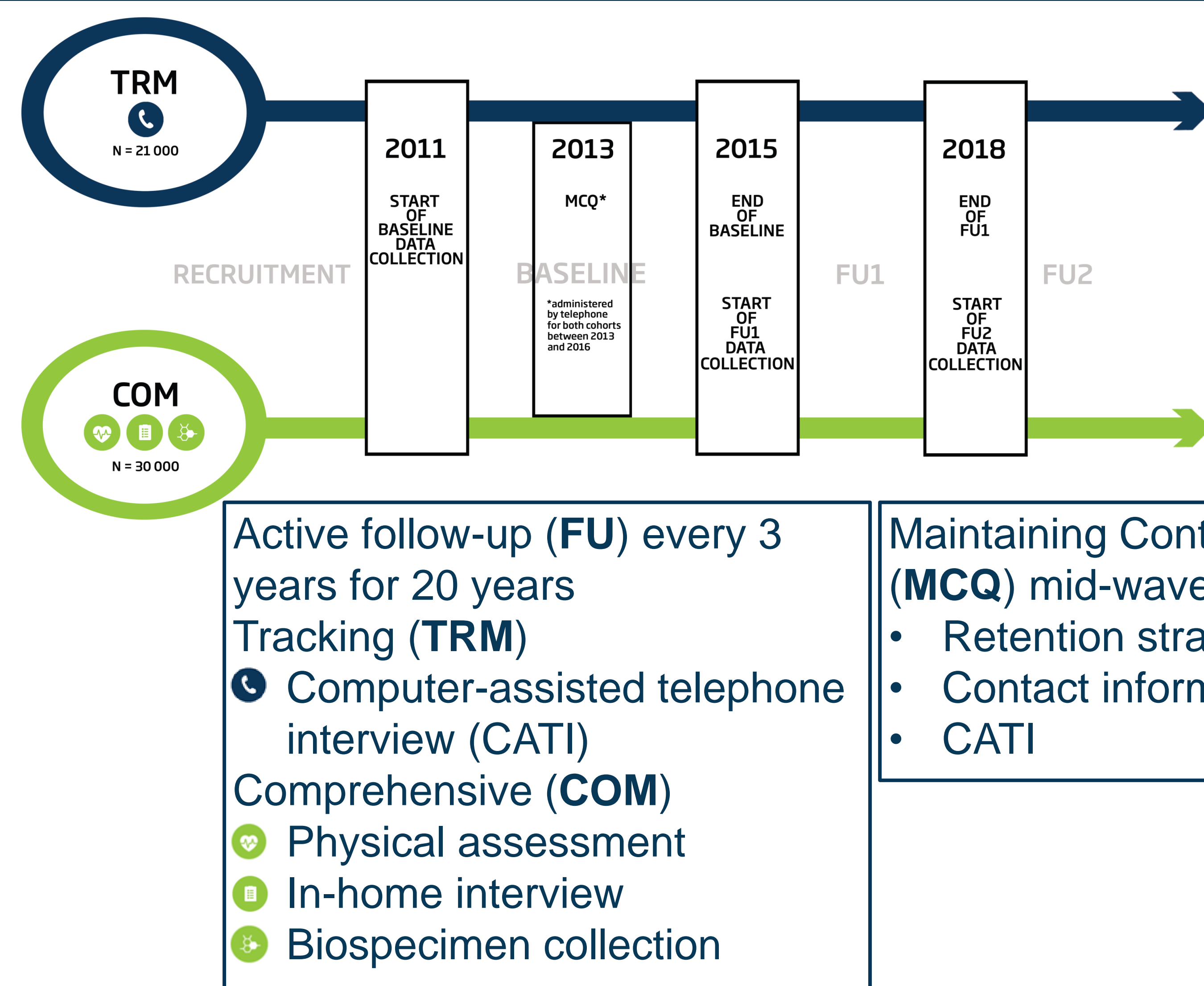
Significance of the CLSA

- The CLSA is a research platform that enables state-of-the-art, interdisciplinary, population-based research and evidenced-based decision-making that will lead to better health and quality of life for Canadians.
- Our aim is to study aging as a dynamic process and the inter-relationship among intrinsic and extrinsic factors from mid-life to older age
- Here we present the depth and breadth of CLSA baseline data available to explore key issues related to aging that are important for both scientific understanding and policy analysis.

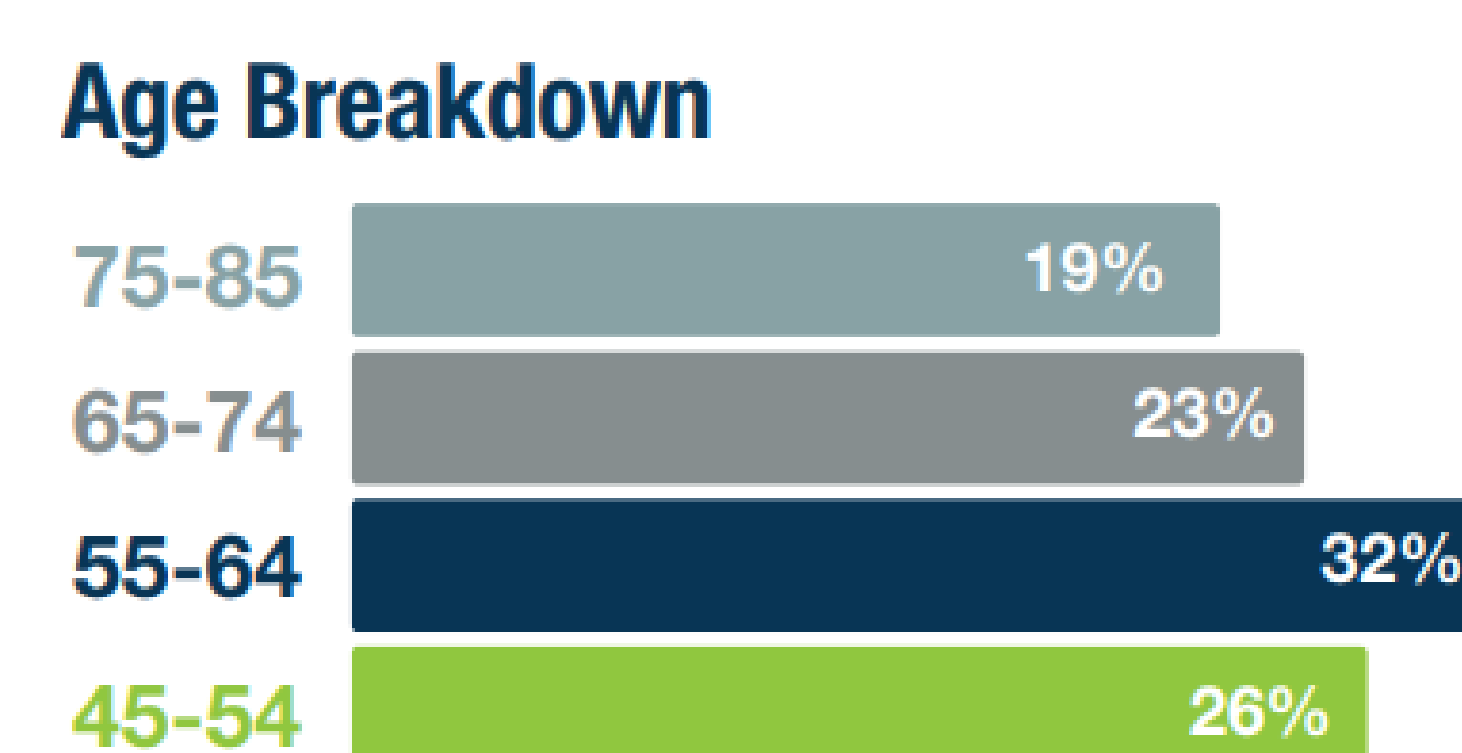
Recruitment



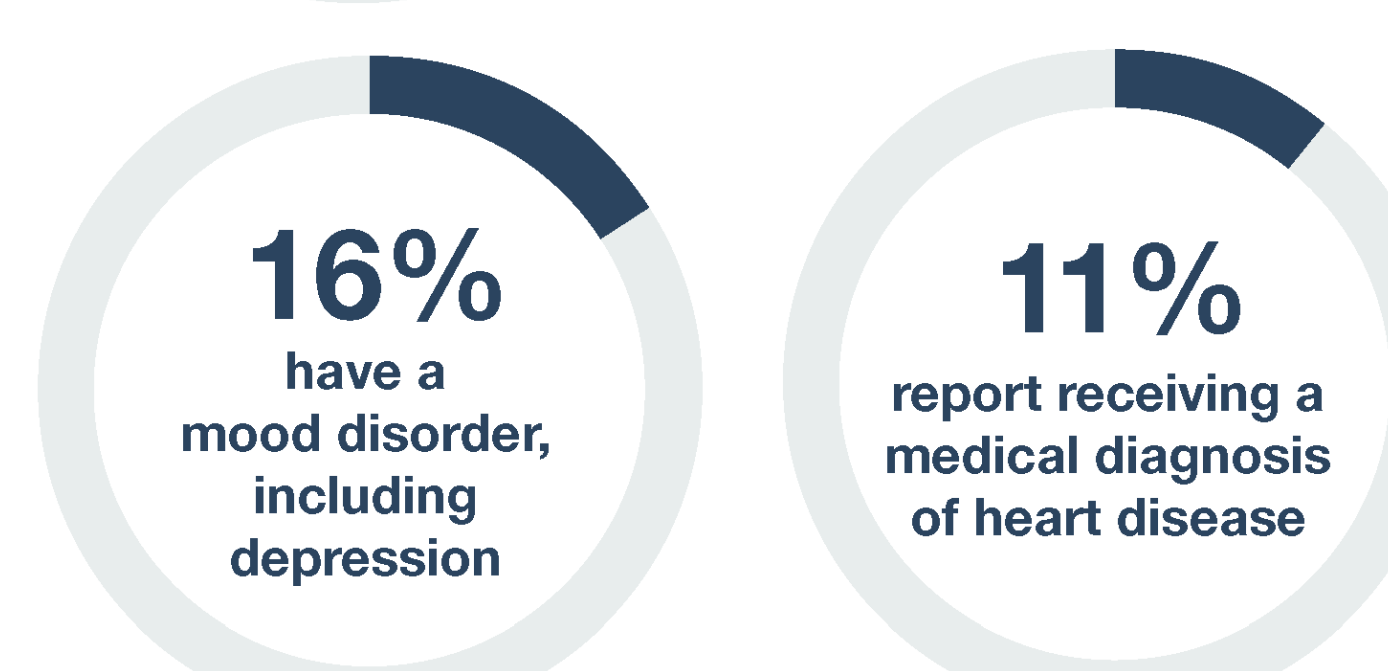
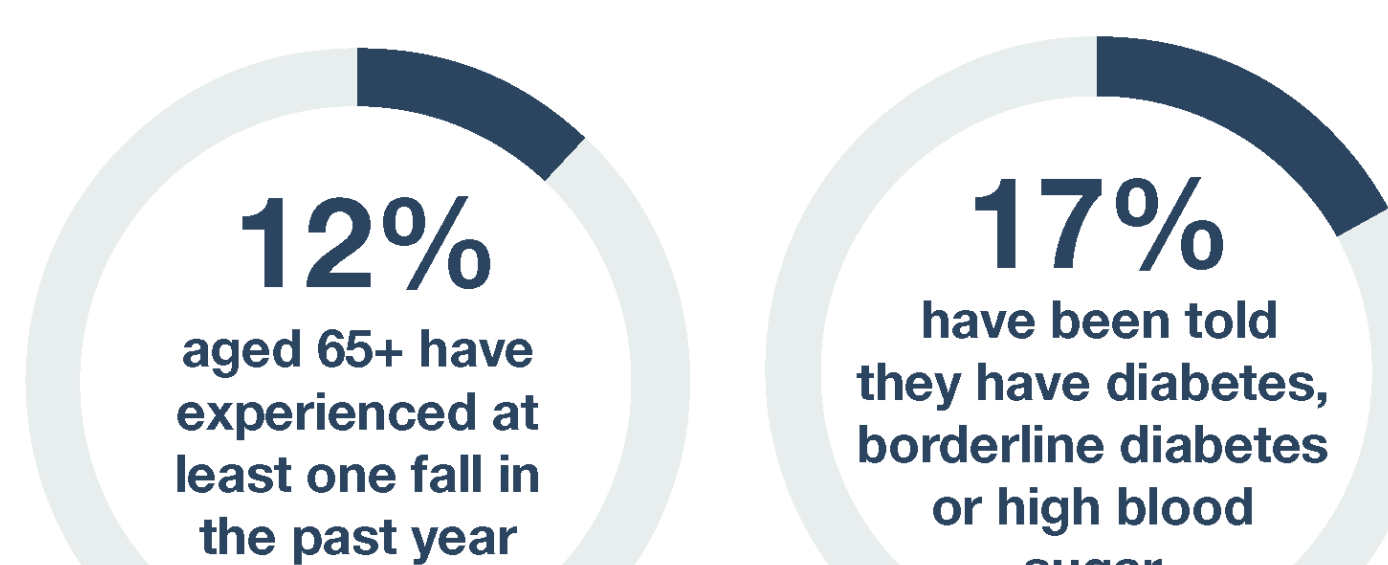
Data Collection



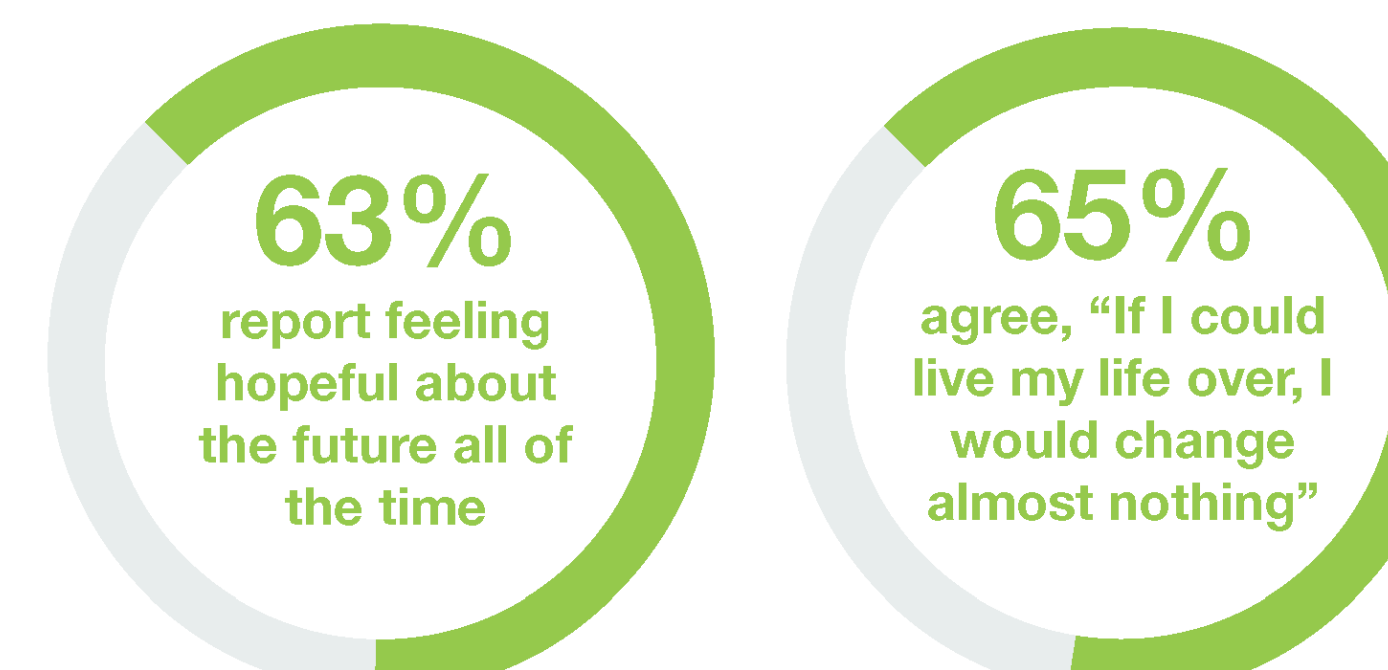
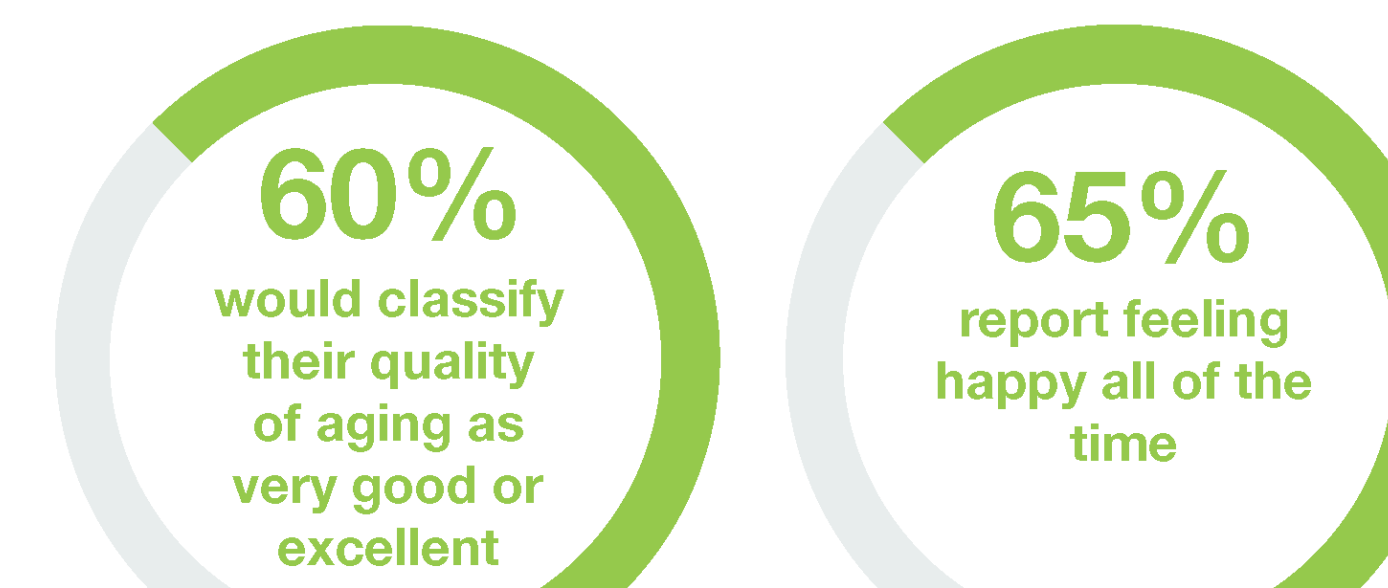
Descriptive Highlights



Common Health Conditions:



On The Bright Side:



Psychological Health

95% of Canadians reported their mental health as excellent, very good or good. The youngest CLSA participants reported greatest concerns with mental health.

Social Isolation

More women than men of all ages reported being lonely at least some of the time. Persons who express a desire to participate in more activities tend to report lower levels of happiness.

Lifestyle and Behaviour

1 in 4 older adults reported reaching the recommended amounts of aerobic and resistance type physical activity.

45-65 year olds reported the most sleep disturbance.

Women more often reported sleep difficulties and lower satisfaction with their sleep quality.

Caregiving

44% of participants reported providing care to others.
14% reported that they receive care
6% reported both giving and receiving care

Current Research Areas

- Health and Chronic Conditions
- Disability, Physical Function, and Falls
- Psychological Health and Well-being
- Work and Retirement
- Loneliness, Social Isolation, and Social Engagement
- Caregiving and Care Receiving
- Lifestyle and Behaviour
- Transportation Mobility
- Growing Old as a Sexual Minority in Canada

Implications

Impact of CLSA Research

- Strengthen the evidence-base from which PHAC can develop healthy aging policy.
- Inform and substantiate Canada's response to the World Health Assembly's Global Strategy and Action Plan on Ageing and Health.
- Fill gaps in evidence that can be leveraged by the Government of Canada as well as other national and international stakeholders.
- Shape future data needs and analyses in Canada.

How to use the CLSA

Shape the CLSA research process:

Contribute to the design of CLSA survey questions for the 2021-2024 data collection cycle.

Answer your own questions:

Access the CLSA data to inform evidence-based policy development.

Be a knowledge user:

Use the findings from CLSA studies to inform policy and encourage researchers to undertake studies based on CLSA data.

