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

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**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.

**Background**

**Descriptive Highlights**

<table>
<thead>
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<th>Male</th>
<th>Female</th>
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<td>49%</td>
<td>51%</td>
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**Age Breakdown**
- 75-85: 19% Male, 23% Female
- 65-74: 26% Male, 32% Female
- 55-64: 32% Male, 26% Female
- 45-54: 1% Male, 1% Female

**Common Health Conditions**
- 12% aged 65+ have very poor or fair health in the past year
- 17% have been told they have diabetes, borderline diabetes or high blood pressure
- 16% have one or more chronic conditions, excluding depression
- 11% report receiving a medical diagnosis of heart disease

**On The Bright Side:**
- 60% would classify their quality of life as very good or excellent
- 65% report feeling happy all of the time
- 63% report feeling hopeful for the future at all of the time
- 65% agree: “if I had to do it over, I would change almost nothing”

**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

**Data Collection**

**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

**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.

**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.

Visit clsa-elcv.ca to learn more and apply for data access.

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