

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

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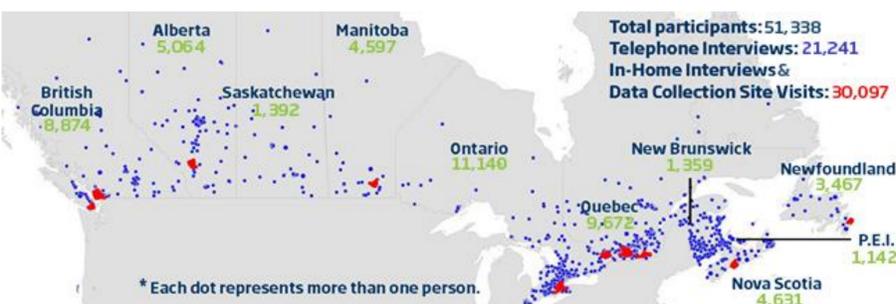
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## Background

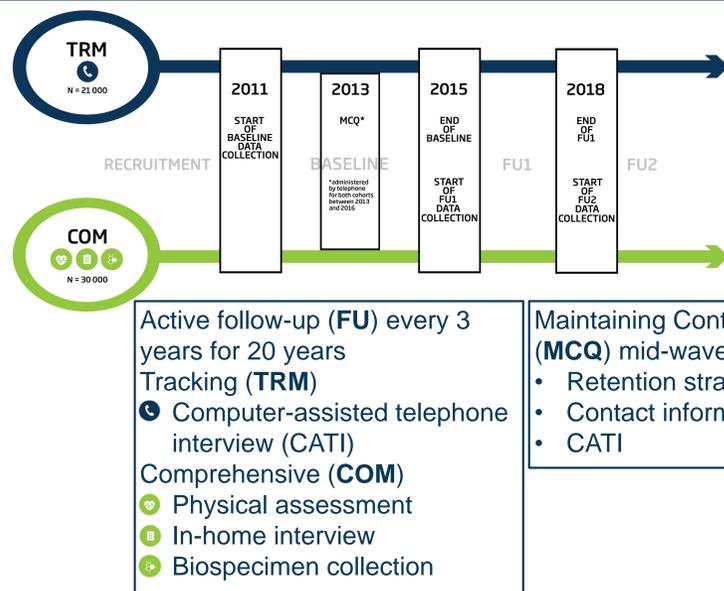
### Significance of the CLSA

- 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.

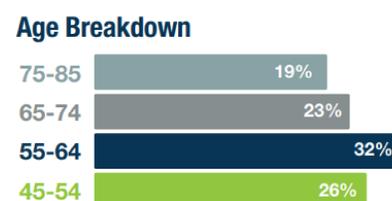
## Recruitment



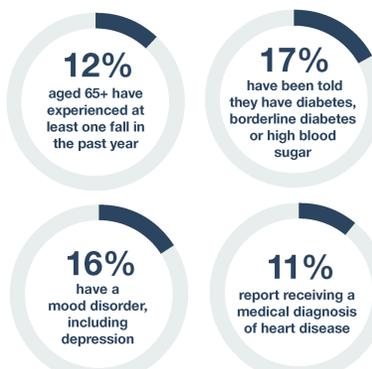
## Data Collection



## 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.

