The Canadian Longitudinal Study on Aging (CLSA)

- One component of the Canadian Lifelong Health Initiative, a strategic initiative of the Canadian Institutes of Health Research (CIHR)
  - The Canadian National Birth Cohort
  - The Canadian Longitudinal Study on Aging (CLSA)
November 2001
Planning Workshop and RFP launch

January 2002
Investigator Team Responds to RFP

October 2002
Protocol Development Begins

February - March 2004
Protocol Submitted to International Review Panel

March 2004
International Peer Review Site Visit

April 2004 - December 2005
Revision of Protocol and CLSA developmental phases

The Canadian Longitudinal Study on Aging
Overall Aims of the CLSA

- To examine aging as a dynamic process.
- To investigate the inter-relationship among intrinsic and extrinsic factors from mid life to older age.
- To capture the transitions, trajectories and profiles of aging: successful aging.
- To provide infrastructure and build capacity for sustained high quality research on aging in Canada.
The CLSA Research Team

- 3 Principal Investigators
  - Christina Wolfson (McGill University)
  - Parminder Raina (McMaster University)
  - Susan Kirkland (Dalhousie University)

- 17 Key Investigators

- 140 co-investigators

- Representing 26 Universities across Canada with Investigators in all of the 10 provinces
Content – Physical Functioning

- Disability
- Frailty
- Co-morbidities
- Chronic diseases
- Health status
Content – Psychological Functioning

- Cognitive functioning
- Values and meaning
- Everyday competence, adaptive functioning, coping
- Personality, emotion, psychopathology
- Psychological distress
Content – Social Functioning

- Social networks and social support
- Work to retirement transitions
- Structural inequalities
- Matters of place and mobility
- Basic social characteristics
Inter theme Content – Biology

- Biochemical, physiological, metabolic markers of aging
- Genetics of aging
- Use of emerging technologies
Inter-theme Content (continued)

- **Lifestyle**
  - Nutrition
  - Alcohol/Tobacco
  - Physical activity
  - Sleep

- **Quality of Life**

- **Health services**
  - Medications
  - Assistive devices
  - Institutional care
  - Homecare

- **Pain**

*The Canadian Longitudinal Study on Aging*
Study Design

- Longitudinal
- Women and men aged 40 and over
- 50,000 individuals
- 20 year follow-up
- Repeated measurement
  - Every 3 years in younger age groups
  - Yearly in oldest age group (80+)
- Embedded studies
- Linkage to existing databases
Comprehensive Cohort
N=30,000

- Six (possibly more) study sites selected across the country

- Comprehensive data collection:
  - Clinical examination
  - Neuropsychological testing
  - Biological samples
  - Face to face interviews
Tracking Cohort
N=20,000

- Nationally representative sample with participants in all provinces
- Representative at provincial level
- Data collection
  - Computer assisted telephone interviews only
  - All interviews conducted from one coordinating centre (CATI)
- Content overlap with comprehensive CLSA questionnaires
# Design Issues

<table>
<thead>
<tr>
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<th>Comprehensive</th>
<th>Tracking</th>
<th>Follow-up schedule</th>
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<tbody>
<tr>
<td>N</td>
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<td>40-59</td>
<td>15,000</td>
<td>10,000</td>
<td>3 years (yearly)</td>
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<td>5,000</td>
<td>3 years (yearly)</td>
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<tr>
<td>80+</td>
<td>5,000</td>
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<td>Yearly (6 monthly)</td>
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<tr>
<td>Mode of collection</td>
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Passive Data Collection

- Data linkage at the individual level to existing databases:
  - Administrative databases: physician services, hospitalizations, medications
  - Homecare, community services, mental health
  - Vital statistics: mortality
  - Disease registries: cancer, diabetes surveillance, notifiable diseases, trauma, agricultural injuries
  - Motor vehicle registration and accidents
Next Steps

- **Phase I: April 1, 2004 to December 2005**
  - Refine the study content
  - Conduct methodological feasibility studies

- **Phase II: January 2005 to December 2006**
  - Content related feasibility studies
  - Validity, reliability testing and translation of selected measures

- **Phase III: January 2007 to March 2008**
  - Pilot full protocol
Participant Recruitment and Retention
6 studies

- Study 1: Understanding the views of Canadians towards participation in a longitudinal, population-based study

- Study 2: Test of the consent to release coordinates of participants in the Canadian Community Health Survey

- Study 3: Identification of the optimal consent process for the CLSA
Participant Recruitment and Retention (continued)

- **Study 4:** Identification of possible alternative sample frames

- **Study 5:** Evaluation of (development of?) tools to assess capacity to consent to observational research

- **Study 6:** Development of optimal process for the baseline interview
Data Collection and Data Flow
5 studies

- Study 7: Feasibility of proposed blood and urine sample collection/shipping/storage and analysis strategies
- Study 8: Strategies to enhance data linkage with health care utilization data bases and disease registries
- Study 9: Development and evaluation of disease identification algorithms
Data Collection and Flow (continued)

- Study 10: Examination of the pros and cons, ethical and legal responsibilities related to the return of clinical information to study participants and/or general practitioners

- Study 11: Assessment of logistics of data collection methods and data transfer for text materials (paper and pencil measures)
Acknowledgements

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  - McGill University
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