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Project Title

Associations between sedentary time and hospitalization in Canadian middle-aged and older adults

Project Summary

High volumes of sitting time lead to lower levels of physical function and higher risk of several chronic health conditions. Among older adults, low levels of physical function can lead to frailty, falls, premature death, and poor quality of life. This in turn can increase the risk of hospitalization. Hospitalization is a significant healthcare cost, and is highest among older adults, particularly those who are frail or who have chronic conditions. Our study will use the Canadian Longitudinal Study of Aging (CLSA) dataset to investigate if sedentary time is associated with hospitalization and whether functional fitness is able to reduce this risk. We will also specifically look to see if sedentary time increases the risk of falls that lead to hospitalization. Together, this information will provide insight into the potential for sedentary behaviour reduction to decrease the risk of hospitalization in older adults and could be used to inform future intervention research.

Keywords

Sitting, Exercise, Physical activity, Hospital, Healthcare, Chronic disease