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**Project Title**

Nutrition Risk Over Time in Canadian Seniors: Indicators of nutrition risk and the impact of nutrition risk on health outcomes

**Project Summary**

Nutrition risk in older adults is associated with negative health outcomes such as hospitalization and death. CLSA data has demonstrated that the prevalence of nutrition risk is high at ~30%. Our team is currently completing an analysis of CLSA baseline data focused on conceptualizing nutrition risk. We plan in this project to continue that work by determining factors that lead to change in nutrition risk over time (baseline to follow up). Further, we will confirm that nutrition risk is a priority for community intervention by demonstrating the outcomes associated with nutrition risk (from baseline). This analysis will for the first time, provide in a large sample, a better understanding of why older adults become at nutrition risk and what factors can build diet resilience; this knowledge is necessary for the identification of intervention strategies that can be put into place in primary care and community services.

**Keywords**

Nutrition risk, Health outcomes, Risk factors, Longitudinal