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Project Title

Exploring the prevalence and predictors of swallowing difficulties within the Canadian Longitudinal Study on Aging (CLSA)

Project Summary

There is a need for Canadian population-based data on swallowing difficulties (dysphagia). Dysphagia is associated with old age and many illnesses and diseases, and it negatively impacts nutrition, weight, and overall health status. Little is known, however, about the prevalence of dysphagia in Canadians and the health-related predictors and consequences of these difficulties. Previous research and clinical decisions have either relied on small samples that may not be representative of the Canadian population or have applied US data to the Canadian population. The Canadian Longitudinal Study on Aging provides an opportunity to fill this need. Our team will determine national and provincial prevalence rates of dysphagia, identify risk factors for dysphagia, and examine potential nutritional and social consequences. These data will provide policy-makers with accurate Canadian information on swallowing difficulties so they can ensure adequate resources for our aging population.

Keywords

Swallowing, CLSA, National survey, Nutrition