CLSA Approved Project

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Project Title
The associations between shift work exposure and selected health outcomes in the Canadian Longitudinal Study of Aging

Project Summary
We live in a globalized 24-hour society, consuming services, products, and entertainment around the clock. As a result, more and more people are working in shifts. Currently, one in every fourth Canadians is working in shifts other than regular daytime hours. At the same time, the number of senior shift workers is growing in most developed countries, including Canada, due to the general aging of the working population. Together with physiological and epidemiological data on the alarming relationships between shift work and various physical, social and mental health outcomes, there is reason to believe that shift work may become a major occupational health problem in the near future. This study will analyze cohort data from the Canadian Longitudinal Study on Aging (CLSA) to investigate the associations between shift work and three specific outcomes related to health of middle-aged and older adults i.e. variations in age at natural menopause, frailty and cognitive functions.

Keywords
Night shift work, Menopause, Frailty, Cognitive function