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Project Title
Addressing Under-nutrition in Older Adults using e-Learning Technology

Project Summary
Nutrition is an important component to aging. Older adults who are well-nourished are less susceptible to illness and disease. However, despite this, many older adults do not achieve adequate nutritional status because of barriers including loss of spouse, declining cognitive function, and physical challenges, in addition to others. For this project, we plan to perform a research study focused on understanding the challenges older adults experience in achieving adequate nutrition. To identify these barriers, we plan to explore cross-sectional associations using the Follow-Up and Baseline data of the CLSA combined cohort between nutritional risk and various domains of health.

Keywords
Older adults, Nutrition, e-Learning, CLSA