



CLSA Approved Project

Applicant

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Project Title

Association between movement behaviors with cognitive decline

Project Summary

Dementia is a condition that can lead to severe memory loss. While it can occur at any age, it is typically diagnosed in older or late adulthood. Relatedly, mild cognitive impairment (MCI) is a condition of accelerated memory loss that also coincides with increasing age that affects approximately one in five older adults, half of whom develop dementia within three years. To date, there are only limited treatment options for MCI or dementia. Building on evidence of the benefit of regular physical activity (PA) in the prevention and management of dementia, the CLSA dataset will allow for a comprehensive evaluation of 24-hour movement behaviors (physical activity, sedentary time, and sleep) with changes in global cognitive function and the development of mild cognitive impairment and dementia.

Keywords

Dementia, Alzheimer, Physical activity, Sedentary, Sleep