

CLSA Approved Project

Applicant

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Project Title

Investigating 24-hour movement behavior and its impacts on the health of older Canadians: A CLSA study

Project Summary

Twenty-four-hour movement behavior (collective term for physical activity, sedentariness, sleep) play a key role in healthy ageing. Despite known health benefits of meeting national movement behavior guidelines, older Canadians are physically inactive, highly sedentary, and poor sleepers. These trends are increasing and contribute to negative health outcomes in this population; however, there is limited movement behavior evidence focusing on older adults. This project aims to provide a comprehensive assessment of the 24-h movement behavior and health relationship in this population. Specific objectives are to quantify the relationships between 24-h movement behavior and self-assessed quality of life, and key health outcomes disproportionately impacting older adults: depression and type 2 diabetes mellitus; and examine changes in these behaviors with ageing. Study results will contribute to policy which promote physical activity, reduce sedentariness, and improve sleep in older Canadians.

Keywords

Physical activity, Sedentary, Sleep, Quality of life, Depression, Diabetes