

## CLSA Approved Project

**Applicant**

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**Project Title**

Examining the occurrence of multiple chronic diseases and multiple prescribed medications and impact on health status and health outcomes among community-dwelling adults and older adults in Canada

**Project Summary**

While the increased lifespan of Canadians over recent decades is an important achievement, living longer is not necessarily synonymous with good health into older age. The accumulation of multiple chronic diseases (also known as multimorbidity) and multiple prescribed medications (also known as polypharmacy) among adults and older adults living in the community can impact the health status and health outcomes of these individuals over time. The overall objective of this research is to examine the occurrence and impact of multimorbidity and polypharmacy using multiple cut-points and key variables of interest (including self-rated general health, quality of life and health care utilization) at both baseline and follow-up in the Comprehensive cohort data. This research will aim to create a more nuanced understanding of this co-occurrence of multimorbidity and polypharmacy among the adult and older adult participants in the Canadian Longitudinal Study on Aging.

**Keywords**

Multimorbidity, Polypharmacy, Health status, Health outcomes, Characteristics