CLSA Approved Project

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Project Title
Exploring Associations between Environmental Exposures, Biological Indicators and Chronic Disease

Project Summary
Characteristics of our social, chemical, and physical environment are important determinants of health, but the complex interplay of these factors that leads to health outcomes is challenging to disentangle. Adoption of more holistic cumulative risk assessment approaches has been hampered by the lack of a metric that effectively integrates effects of chemical and non-chemical stressors. Allostatic load, essentially the wear and tear on the body that results from responding to the demands of stressors, has the potential to serve as a link between stressor exposures and health outcomes. This project will use the allostatic load framework to measure how exposure to stressors leads to health outcomes in the Canadian population, providing insight into how environmental exposures shape our health, and identifying opportunities to intervene in support of healthy aging.

Keywords
Allostatic load, Environmental stressors, Chronic disease, Multimorbidity