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**Project Title**

Biopsychosocial predictors of cardiometabolic multimorbidity

**Project Summary**

Cardiometabolic multimorbidity (CM), the diagnosis of at least two of stroke, heart disease and diabetes, is an emerging health problem that has not yet been sufficiently studied. CM is a key health concern due to its association with increased mortality risk and other adverse health outcomes. Our objective is to identify the prevalence of 3-year CM onset using the CLSA follow-up data, as well as to identify biological, social and health behaviour factors that predict the development of CM. The results of this study will increase our understanding of CM in general, as well as provide information for the development of specific strategies or interventions to prevent and manage CM.

**Keywords**

Chronic disease, Cardiometabolic multimorbidity, Stroke, Diabetes, Heart disease