

CLSA Approved Project

Applicant

Dr. Elizabeth Kristjansson, University of Ottawa

Trainee: Kathryn Walker

E-mail Address

kristjan@uottawa.ca

Project Title

A longitudinal analysis of the association between cycling for transportation and recreation and cognitive function in older adults

Project Summary

Cycling for transportation and for recreation has many health benefits. It is an activity, which if supported by safe infrastructure and accessible equipment, can be enjoyed by people of all ages and abilities, including older adults. It is unclear if cycling for transportation or recreation could help prevent cognitive decline and dementia. To fill this knowledge gap, we will use longitudinal data from the Canadian Longitudinal Study on Aging (CLSA) to explore the influence that cycling, for transportation and for recreation, has on the trajectory of cognitive function in older adults (aged 45+ years).

Keywords

cycling, active transportation, cognitive function