

## CLSA Approved Project

**Applicant**

Dr. Annie Robitaille, University of Ottawa

Trainee: Shuk Yu Yeung

**E-mail Address**

[arobitai@uottawa.ca](mailto:arobitai@uottawa.ca)

**Project Title**

Longitudinal association between dietary patterns and intrinsic capacity among Canadian adults

**Project Summary**

The population is aging worldwide. However, a longer lifespan is not the same as living longer with good health. Unhealthy diet is linked with poor health and death. This creates an urgency to study the relationship between diet and healthy aging. This study will examine the relationship between dietary patterns (combinations of dietary components) and intrinsic capacity (a composite of all the physical and mental capacities of a person). Data from a nationally representative sample of adults (45-85 years) in Canada who participated in the CLSA will be used. Dietary patterns and intrinsic capacity at both baseline (2012-2015) and follow-up 1 (2015-2018) were obtained from surveys and physical assessments via in-person interviews. This study will identify diet that potentially help people to live longer in good health. This relationship has not been studied in Canada. This information can be used to design programs and policies to promote healthy aging.

**Keywords**

diet, intrinsic capacity, healthy aging