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Project Title

Defining and understanding healthy aging among Canadian adults: a longitudinal analysis of data from the Canadian Longitudinal Study on Aging

Project Summary

Aging is a complex, dynamic and heterogeneous process. Emphasis is often put on disease management when considering aging, and not on a person's overall well-being. However, there is a shift to focus on healthy aging, which is defined as the process of developing and maintaining the functional ability that enables well-being in older adults. Limited research has been conducted on healthy aging, specifically in the Canadian context. It is important to have this understanding, given Canada's aging population. Using the Canadian Longitudinal Study on Aging (CLSA), we will define trajectories of healthy aging using various measures of intrinsic capacity and functional ability. To better understand patterns of risk associated with various trajectories of healthy aging, we will evaluate the association with proximal, distal and cumulative risk factors, including adverse childhood experiences, multimorbidity, social engagement, physical activity, and accumulated stress.

Keywords

healthy aging, trajectories, risk factors, protective factors