CLSA Approved Project

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Project Title
Hypothetical interventions for real world impact: addressing the obesity epidemic in older adults

Project Summary
The Canadian population is aging rapidly and older adults represent the fastest growing part of the population. Obesity is very common among older adults; however, it is preventable and modifiable. Measuring obesity among older adults is difficult because weight often changes significantly as people age. In the proposed research project, we will examine a new way to measure obesity, by creating BMI percentiles, and we will use this new method of measuring obesity to compare different types of weight loss and the risk of developing chronic disease as people age. This research will help us understand and highlight the importance of clinical and public health programs focused on the prevention and mitigation of obesity in older adults.

Keywords
obesity, aging, body composition, causal inference