CLSA Approved Project

Applicant
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Project Title
Diet for Arthritis (DART): Project to assess eating behaviour and build a targeted intervention for people with arthritis

Project Summary
Diet for Arthritis (DART) project aims to improve our understanding of (1) eating behaviour among people living with arthritis and (2) how disability related to arthritis impacts dietary intake, in order to (3) develop a targeted intervention to improve the nutritional intake for people living with arthritis. Given increased levels of disability, it is hypothesized that people living with arthritis are at risk for inadequate dietary intake; however, there is a lack of research to support this hypothesis and the possible reasons for nutritional inadequacy are not clear. Dietary intake and physical functioning will be assessed using existing data from participants identified with arthritis from the CLSA, a large sample of middle-age and older Canadian adults.

Keywords
Arthritis, Nutrition, Disability, Risk factors