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Project Title

Exploring Ethno-cultural Differences in Healthy Aging among Canadians: A Population-based Study

Project Summary

Canada is an ethnically diverse country, with over 200 ethnic origins represented. People who come from different countries of origin have different life styles, and life experiences than those who were born in Canada, which may promote, or impede their healthy aging. In this study we will explore whether people from different ethnic backgrounds have different perceptions of what constitutes healthy aging. We will also examine if the factors that predict healthy aging differ for people from different ethnic backgrounds. Understanding ethno cultural differences in individuals' perceptions of healthy aging and factors associated with these perceptions may allow for the development of new and innovative interventions for persons who are at greater risk of aging in poorer health.

Keywords

Healthy Aging; ethno-cultural background; mixed methods of research