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CLSA Approved Project

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Project Title
Patterns of alcohol consumption among older Canadian adults: exploring prevalence, risk and protective factors and associated chronic health issues

Project Summary
Alcohol is the most widely consumed psychoactive substance in Canada. The volume and pattern of alcohol consumption can impact the incidence and course of diseases, injuries and other conditions. Older adults are particularly at risk for experiencing harms due to alcohol's effect on the aging body as well as its interference with medications and health conditions. Using CLSA data, this study aims to describe drinking patterns of Canadians aged 45+, and to determine risk and protective factors for harmful drinking as well as associated co-occurring health conditions. This study will further understanding of the magnitude of problematic alcohol use among older Canadians and characterize those at greatest risk for experiencing related harms. Findings will help inform initiatives aiming to prevent, identify and address problematic alcohol use in this population.

Keywords
Alcohol use; Harmful drinking; Risk factors; Prevalence; Older adults