

Applicant

Dr. Ada Tang, McMaster University
Trainee: Christina Nowak

E-mail Address

atang@mcmaster.ca

Project Title

Insights into Prevention: An up close look at healthy behaviours and their associations with frailty using the CLSA dataset

Project Summary

With the aging Canadian population, increasing attention has been directed towards conditions specific to older adults. Frailty is one such condition that refers to a decrease in body functioning that creates a vulnerability to disease. Healthy lifestyle practices, such as proper sleep, good eating habits and continued exercise, have been shown to reduce the risk of a variety of chronic conditions more commonly seen in older age. This study aims to evaluate the links between level of frailty and healthy lifestyle practices. Identifying which behaviours relate to less risk of frailty will allow clinicians to learn the most beneficial practices to prevent the development of frailty and subsequently increase the quality of life of older Canadians.

Keywords

Healthy behaviour, frailty, prevention