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Project Title

Sarcopenia and Mobility Impairment and the Associated Consequences in Canadians: An Analysis of the Canadian Longitudinal Study on Aging (CLSA)

Project Summary

Sarcopenia is the age-related decrease in muscle mass, muscle strength and/or physical function that is associated with poor health outcomes in the aging population. Different combinations and measures of muscle and functional variables are being used to define sarcopenia. However, it is currently unknown which definition best reflects the health risks associated with decreased muscle mass and strength. This project aims to provide an estimate of the prevalence of sarcopenia in Canadians for the first time and evaluate current sarcopenia definitions (using their recommended cut points) for their association with disability, falls, fractures, self-reported health care use, and informal and formal care receiving. The potential interaction of obesity with sarcopenia will also be investigated.

Keywords

Sarcopenia, muscle wasting, healthy aging, muscle mass, muscle strength