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Project Title
The population impact of combinations of behavioral risk factors on disability: an analysis from the Canadian Longitudinal Study on Aging

Project Summary
A major concern related to aging is the decline in one's ability to carry out everyday activities. Such disability can greatly affect a person's capacity to remain independent with advancing age. Previous research suggests that lifestyle factors, such as smoking, alcohol consumption, physical activity, and poor nutrition are associated with the risk of disability. However, most research has looked at the individual effect of these behaviours, while we know that they likely cluster in individuals. In this project we will therefore examine which combinations of lifestyle factors impact everyday activities most strongly in men and women and middle aged and older adults. We are also interested in quantifying which combinations of risk are responsible for the largest burden of disability in the population. Understanding these relations will inform our understanding of the pathways of disability development and progression and help us identify important risk sets and target populations for prevention.

Keywords
Disability, lifestyle, prevention, population impact