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Project Title

Examining multimorbidity among middle-aged Canadians

Project Summary

Multimorbidity refers to the presence of two or more chronic diseases. With the aging population, the number of people in Canada with multimorbidity can be expected to increase substantially. Although multimorbidity is common among older people, a considerable number of middle-aged people also have multimorbidity. Multimorbidity has a significant impact on people's functional status and quality of life. There are few studies, however, that have examined the consequences of multimorbidity among middle-aged people. This study has three objectives: (1) To examine the prevalence of multimorbidity among middle-aged Canadians; (2) To describe the socio-demographic (e.g., sex, education) and lifestyle factors (e.g., smoking, alcohol use) associated with multimorbidity among middle-aged Canadians; and, (3) To examine the association between multimorbidity and labour force participation among middle-aged Canadians.

Keywords

Multimorbidity, prevalence, lifestyle, labour force