CLSA Approved Project

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Project Title
Gender differences in predictors of self-rated health in older Canadians

Project Summary
Self-rated health (SRH) is a widely-used indicator in clinical assessments and research to assess overall health. SRH can be evaluated using a five-item question, asking respondents to rate their health on a scale from poor to excellent. It allows respondents to weigh all aspects of health, subjective and physical, against their own personal definition of health. The validity of using SRH as a measurement of health is supported by the well-established association between SRH and mortality. Predictors of SRH have also been identified, including physical, mental, lifestyle, and socioeconomic factors. The idea is that these predictors can be targeted to improve SRH, ultimately to improve overall health. However, whether these predictors are the same for women and men is unclear. Thus, the purpose of this study is to understand gender differences in predictors of SRH.

Keywords
Self-rated health, sex differences, aging, gender