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Project Title
Examining the relationship between health behaviours, chronic pain and chronic disease

Project Summary
Approximately 20% of Canadians have chronic pain. Chronic pain is associated with high levels of disability and poor health, and it costs Canadians ~$60 billion/year in direct medical costs and lost productivity. The high prevalence and negative consequences of chronic pain provide ample justification for it to be considered a public health priority. However, severe chronic pain may also increase the likelihood of dying from chronic diseases. Health behaviours influence the development of many chronic conditions, and there is evidence they may also predispose one to chronic pain. In a British study, poor diet and low levels of exercise increased the risk of chronic pain 12 years later. The purpose of this cross-sectional study is to preliminarily examine the relationship between health behaviours, chronic pain and chronic disease and to assess pain as a potential mediator between health behaviours and chronic disease. Future studies will examine relationships using CLSA longitudinal data.

Keywords
Chronic pain, Health behaviours, Heart disease, Cancer, Multi-morbidity