

Applicant

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Project Title

Assessment of Dietary Intake in Relation to Longevity and Healthy Aging

Project Summary

Few Canadians experience healthy aging, living into old age in the absence of a major health condition such as cancer, cardiovascular disease, pulmonary disease, diabetes or Alzheimer's. Diet may enhance the ability to resist disease and promote long healthy lives. We studied dietary patterns in 139 adults aged 85 and older from across British Columbia without a diagnosis of a major health condition using the same short diet questionnaire as the CLSA. We aim to compare the dietary patterns of these 'super-seniors' to those in the CLSA to determine if diet patterns are associated with healthy aging. We hope that these results may provide insight into dietary patterns associated with better health in older adults and information that will help tailor dietary recommendations.

Keywords

Nutrition, Diet, Healthy aging