CLSA Approved Project

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Project Title
Clustering of obesity-related characteristics and associations with body mass index, waist circumference, and body fatness

Project Summary
Obesity is a leading cause of morbidity and mortality in Canada. The wide range of characteristics associated with obesity suggest there may be distinct subtypes. Understanding these subtypes may be important to tailoring interventions for the treatment and prevention of obesity. The primary objective of this study is to identify the clustering of obesity-related characteristics and to evaluate the association of these distinct obesity-related clusters with body mass index (BMI) and body fatness, among adults in the Canadian Longitudinal Study of Aging (CLSA). The secondary objectives are to evaluate the role of genetics, age and sex differences, and the impact of these obesity-related clusters on healthcare use. A cross-sectional study will be conducted using the CLSA comprehensive cohort. Given the rigorous methodology and comprehensive data collection from the CLSA, this study will be in the unique position to evaluate the complexity of obesity in Canada at the population level.

Keywords
Obesity, Metabolic, Measurement, Nutrition, Genetics