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Project Title

Exploring associations between Lung Function and Quality of Life with movement behaviours and Fitness Measures among Middle-Aged and Older Canadians

Project Summary

The overall objectives of this study are to determine the association between physical activity and sitting time with lung function among older Canadian men and women, to determine the association between physical activity and sitting time with quality of life or healthcare use among healthy Canadian men and women, as well as those with existing chronic conditions, and to determine the effect of replacing sitting time with physical activity on lung function and related health outcomes in older Canadians. The Canadian Longitudinal Study on Aging provides the perfect opportunity to study these associations as it contains data on lung function, healthcare use, quality of life, and sedentary time, as well as a variety of important factors that can impact these associations, such as functional fitness, chronic disease, sleep, age, sex, and retirement.

Keywords

Spirometry; Sitting; Exercise; Functional fitness