

Welcome to the Summer 2018 Edition of CLSA Update

This newsletter includes information about celebrating recent CLSA milestones, including the release of the first CLSA report on health and aging in Canada, the launch of the second Follow Up (Follow Up 2) of data and biospecimen collection, and updates on the CLSA Webinar series and recent publications using CLSA data



CLSA Celebrates Major Data Access Milestone



The CLSA has achieved a major data access milestone with the approval of the 100th research-led project using CLSA data. Read more [here](#).

The Canadian Longitudinal Study on Aging releases first report on health and aging in Canada

The Canadian Longitudinal Study on Aging Report on Health and Aging in Canada: Findings from Baseline Data Collection 2010-2015 presents key findings on a range of physical, mental and social aspects of aging based on data from the CLSA's 50,000 participants, who were between the ages of 45 and 85 when they were recruited into the study. Read more about the CLSA Report on our [website](#).

New Data Available to Researchers

The CLSA will be releasing the following data in the next few months:

- Linked [CANUE](#) datasets on environmental indicators health – available in June
- Genome-Wide Association Study (GWAS) data – available in July
- Biomarker chemistry data – available in July

More information on these data will be shared in the following weeks. To keep up to date, visit [New at the CLSA](#).

CLSA Prepares to Launch the Second Follow Up (Follow Up 2) of Participants in June 2018

Follow Up 1 data and biospecimen collection will be completed in the summer. Follow Up 2 was launched for the Comprehensive cohort in April 2018, and will launch for the Tracking cohort in June 2018. Follow Up 2 will include several new data collection modules related to health (e.g. weight perception and hearing) and mental health and well-being.



CLSA Webinar Series



Dr. Chris Verschoor

Upcoming CLSA Webinars

Dr. Chris Verschoor, PhD

Age of Menopause and its Relation to Frailty and Biological Age in the CLSA Comprehensive Cohort

Thursday, June 21, 2018

Register [here](#).

This is the last CLSA Webinar of the season. Join us again in September for a new program of Webinars.

Recent Webinars Available on the CLSA Website

- Dr. Christina Wolfson, [They are older now: a snapshot of self-identified Veterans in the CLSA](#)
 - Dr. Holly Tuokko, [The Development of Normative Data and Comparison Standards for the Cognition Measures Employed in the CLSA](#)
 - Alexandra Mayhew, [Functional Status and Disability in the CLSA](#)
 - Dr. Yoko Ishigami-Doyle, [Assistive device use among community-dwelling older adults](#)
 - Dr. Yukiko Asada, [Grip Strength as an Indicator for the Assessment of Health Equity Among Older Adults](#)
 - Dr. Jane Law & Matthew Quick, [Exploring the Geography of Cognitive Function and Social Support Availability](#)
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Data Access

The next deadline to submit a data access application is **September 24, 2018**. For more information, visit our [Data Access Application Process](#).



CLSA Presentations

Recent presentations by CLSA researchers include:

- Oremus, M. [Using Weights to Analyze Complex Survey Data](#). Presented at the Statistical Society of Canada 2018 Annual Meeting. Montreal, Quebec. June 3 to June 6, 2018.
- Wister, A. [Resilience in the Face of Multimorbidity: Why Some Individuals Adapt to Adversity Better than Others](#). University of Calgary O'Brien Institute for Public Health and Brenda Strafford Centre on Aging event, 'Resilience in Aging: People, Places and Policies.' Calgary, Alberta. October 2, 2017.
- Tuokko, H. [Cognition in the Canadian Longitudinal Study on Aging](#). CLSA Participant Symposium at the Canadian Association on Gerontology (CAG) 2017 Annual Conference. Winnipeg, Manitoba. October 21, 2017.
- Kirkland, S. [Canadian Longitudinal Study on Aging \(CLSA\) as a Platform for Planning, Research and Evaluation related to Healthy Aging](#).
- Kanters, DM., Griffith, L., Hogan, DB., Patterson, C., Richardson, J., Raina, P. [Measuring Frailty in Canadian Population using CLSA data](#). CLSA Participant Symposium at the Canadian Association on Gerontology (CAG) 2017 Annual Conference. Winnipeg, Manitoba. October 21, 2017.
- Pichora-Fuller, K. and Mick, P. [Sensory Loss and Healthy Aging: The Association between CLSA Sensory and Social Measures](#). CLSA Participant Symposium at the Canadian Association on Gerontology (CAG) 2017 Annual Conference. Winnipeg, Manitoba. October 21, 2017.
- Kirkland, S. and Asada, Y. [Understanding inequalities and inequities in health among older adults in Canada using the Canadian Longitudinal Study on Aging \(CLSA\)](#). Pan-American Health Organization Review of Health Inequalities meeting. Ottawa, Ontario. December 6, 2017.
- Raina, P. [Canadian Longitudinal Study on Aging \(CLSA\) as a Platform for Research on Aging](#). Concordia University. Montreal, Quebec. January 10, 2018.

The CLSA regularly hosts seminars, symposiums and research update presentations for study participants at its data collection sites across Canada. Recent presentations to participants include:

- [CLSA Healthy Aging Seminar](#), McMaster University
- [Nutrition and Aging](#), McGill University
- [Living Longer, Living Better](#), University of Manitoba
- [Medication and Deprescription](#), Université de Sherbrooke
- [Cognition in the CLSA](#), University of Victoria



CLSA Publications

Recent publications by researchers using CLSA data include:

- [Prevalence and determinants of visual impairment in Canada: cross-sectional data from the Canadian Longitudinal Study on Aging](#), *Canadian Journal of Ophthalmology*, January 2018, Rumaisa Aljied, Marie-Josée Aubin, Ralf Buhrmann, Saama Sabeti, Ellen E. Freeman
- [Pets, Social Participation, and Aging-in-Place: Findings from the Canadian Longitudinal Study on Aging](#), *Canadian Journal on Aging*, April 2018, Ann M. Toohey, Jennifer A. Hewson, Cindy L. Adams, Melanie J. Rock



CLSA in the Media

In the past few months, several media outlets have featured CLSA researchers:

- CLSA Co-principal Investigator Dr. Christina Wolfson talks to [McGill News](#) on the scope of the study
- Dr. Parminder Raina, Lead Principal Investigator of the CLSA is quoted in this [McMaster Innovation Park \(MIP\) Connection](#) story
- Dr. Raina writes "aging is not a burden" in this [op-ed](#) which is also appears on TheConversation and Hamilton Spectator:
- Dr. Andrew Wister, CLSA site investigator at Simon Fraser University, applauds U.K. move to appoint a ministry of loneliness in this [CBC article](#)
- University of Victoria site investigator Dr. Debra Sheets talks to [CBC](#) about this research project on a Choir for Alzheimer's patients
- Dr. Andrew Wister and Dr. David Hogan are profiled in this University of Calgary [article](#) on the Brenda Strafford Centre on Aging profile
- The Vancouver Sun covers Michael Kobor's study on [cuddling babies](#)



L to R: David Hogan, Janine Wiles, Andrew Wister

Photo: O'Brien Institute for Public Health



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