

Welcome to the Winter 2018 Edition of CLSA Update



CLSA Update

*Transforming Everyday Life
Into Extraordinary Ideas!*

Season's Greetings

FROM THE CANADIAN LONGITUDINAL STUDY
ON AGING TEAM



WISHING YOU GOOD HEALTH & HAPPINESS
IN 2019



Data Access

The CLSA announced the release of the following baseline data in fall 2018:

- [Genome-wide Association Study \(GWAS\) data](#)
- [Biochemistry biomarker data](#)

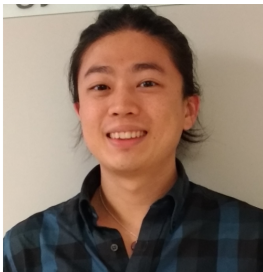
Researchers are invited to submit data access requests for upcoming application deadlines using this system. Please note that PDF applications will no longer be accepted. To learn more about changes to the data access process, visit [here](#).

The upcoming **deadlines to submit a data access application are February 25, June 3 and September 23, 2019**. For more information, visit our [Data Access Application Process](#) page.

Applications for available Follow-up 1 data can be made starting at the February 2019 deadline. The initial release will include questionnaire data, but no biomarker data, genomics or linked data. More information on the release of Follow-up 1 data will be available in the coming months on our website. To keep up to date, visit [New at the CLSA](#).



CLSA Webinar Series



Chun Yao, MSc, PhD Candidate

Upcoming CLSA Webinars

Chun Yao, PhD Candidate

Clinical Features of REM Sleep Behavior Disorder in the population-based Canadian Longitudinal Study on Aging Cohort: Can we improve the screening tools?

Wednesday, December 12, 2018

Register [here](#).

Recent Webinars Available on the CLSA Website

- Dr. Shilpa Dogra, [Moving More to Breathe Better: Associations between Physical Activity, Sitting Time, and Lung Function in the CLSA](#)
- Dr. Jeffrey Brook, Dr. Eleanor Setton and Dany Doiron, [Enriching the CLSA with environmental exposure data: The Canadian Urban Environmental Health Research Consortium \(CANUE\)](#)
- Dr. Darryl Leong, [The Global Importance of Frailty and Pre-Frailty in Middle-Aged Adults: A PURE Study](#)
- Dr. Chris Verschuur, [Age of Menopause and its Relation to Frailty and Biological Age in the CLSA Comprehensive Cohort](#)



CLSA Presentations

In October 2018, the Canadian Association on Gerontology Annual Scientific and Education Meeting featured two CLSA symposia, as well as several other presentations and posters. Some highlights include:

- Toohey, A., Kristjansson, E., Baxter, D., Enns, A., Menec, M., Sheets, D., Robitaille, A., Orpana, H. [A Tale of Eight Cities: Housing and Transportation](#). CAG2018 Conference. Vancouver, BC. October 20, 2018.
- Menec, V., Newall, N., Mackenzie, C., Shooshtari, S. [Examining individual and area-level factors associated with social isolation and loneliness using CLSA data](#). CAG2018 Conference. Vancouver, BC, October 20, 2018.
- Menec, V. [A Tale of Eight Cities](#). CAG2018 Conference. Vancouver, BC. October 20, 2018.
- Menec, V., Newall, N., Mackenzie, C., Shooshtari, S. [Examining Social Isolation and Loneliness using Canadian Longitudinal Study on Aging Data](#). CAG2018 Conference. Vancouver, BC. October 19, 2018.
- Wister, A. [Health Behaviours and Multimorbidity Resilience: Results from the Canadian Longitudinal Study on Aging](#). CAG2018 Conference. Vancouver, BC. October 19, 2018.
- Griffith, L. [The Impact of Chronic Condition List on Prevalence and the Relationship between MCCs and Disability, Social Participation, and Self-Rated Health: Data from the Canadian Longitudinal Study on Aging](#). CAG2018 Conference. Vancouver, BC. October 19, 2018.
- Griffith, L., Kanters, D., Hogan, D., Patterson, C., Papaioannou, A., Richardson, J., and Raina, P. [Measuring Frailty across the Age Spectrum in the Canadian Longitudinal Study on Aging](#). CAG2018 Conference. Vancouver, BC. October 19, 2018.
- Bassim, C., Griffith, L., Mayhew, A., Nazmul, S. Jinhui, M., Verschoor, C., Raina, P. [Oral health and frailty: An analysis of cross-sectional data from the CLSA](#). CAG2018. Vancouver, BC. October 19, 2018.

Presentations from the 2018 International Federation on Ageing Global Conference on Ageing include:

- Menec, V., Griffith, L., Powell, S. [The Canadian Longitudinal Study on Aging: A Platform Study to Support Policy Decisions and Initiatives](#). The International Federation on Ageing 14th Global Conference. August 10th, 2018. Toronto, Ontario.
- Stinchcombe, A., Wilson, K. [Ageing in Canada as a member of the LGBTQ2 Community: A Profile of Aging Sexual Minorities](#). International Federation on Ageing 14th Global Conference August 9th, 2018. Toronto, Ontario.

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:

- [Public Event: Study Participants Ask, Researchers Respond](#). University of Victoria, August 28, 2018.



CLSA Publications

Recent Publications using CLSA data include:

- Harasemiw O, Newall N, Mackenzie CS, Shooshtari S, Menec V. [Is the association between social network types, depressive symptoms and life satisfaction mediated by the perceived availability of social support? A cross-sectional analysis using the Canadian Longitudinal Study on Aging](#). Aging and Mental Health. 2018 Nov 8:1-10.

- Gilsing A, Mayhew AJ, Payette H, Shatenstein B, Kirkpatrick SI, Amog K, et al. [Validity and Reliability of a Short Diet Questionnaire to Estimate Dietary Intake in Older Adults in a Subsample of the Canadian Longitudinal Study on Aging](#). *Nutrients*.2018 Oct 17;10(10):1522.
- Wolfson C, Fereshtehnejad S, Pasquet R, Postuma R, Keezer MR. [High burden of neurological disease in the older general population: results from the Canadian Longitudinal Study on Aging](#). *European Journal of Neurology*. 2018 Oct 9; 0:1-7.
- Vafaei A, Aubin MJ, Buhrmann R, Kergoat MJ, Aljied R, Freeman EE. [Interaction between Physical Acuity and Peripheral Vascular Disease with Balance](#). *Journal of American Geriatrics Society*. 2018 Oct;66(10):1934-1939.
- Wister A, Lear S, Schuurman N, MacKey D, Mitchell B, Cosco T, et al. [Development and validation of a multi-domain multimorbidity resilience index for an older population: results from the baseline Canadian Longitudinal Study on Aging](#). *BMC Geriatrics*.2018 Jul 17;18(1):170.
- Dogra S, Good J, Buman MP, Gardiner PA, Stickland MK, Copeland JL. [Movement behaviours are associated with lung function in middle-aged and older adults: a cross-sectional analysis of the Canadian Longitudinal Study on Aging](#). *BMC Public Health*. 2018 Jul 3;18(1):818.
- Demnitz N, Hogan DB, Dawes H, Johansen-Berg H, Ebmeier KP, Poulin MJ, et al. [Cognition and mobility show a global association in middle- and late-adulthood: Analyses from the Canadian Longitudinal Study on Aging](#). *Gait & Posture*.2018 Jul;64:238-243.
- Hämäläinen A, Mick P, Pichora-Fuller MK, Wittich W. [Dual sensory loss in older Canadians: First insights from the Canadian Longitudinal Study on Aging](#). *The Magazine of DeafBlind International*. 2018 Jul;61:25-27.



CLSA in the Media

In the past few months, several media outlets have featured stories about the CLSA and its researchers:

- [The Globe and Mail](#) cites the Canadian Longitudinal Study on Aging as “one of the biggest, boldest studies on aging in the world.”
- Dr. Christina Wolfson, CLSA Co-principal Investigator, talks to [CTV News](#) about what it means to age well.
- Dr. David Hogan is interviewed on [CJSW Radio](#) about the importance of the Canadian Longitudinal Study on Aging.
- [The Times Colonist](#) shares an account of a study participant's experience in the CLSA.
- CLSA co-lead investigator Dr. Phillip St. John explains why Canada's health care system isn't ready for patients living longer in this [CBC News article](#).
- Dr. Parminder Raina, CLSA lead principal investigator, writes about five things you can do right now to age well [in this article](#) for McMaster Alumni.



From left: MP Mark Warawa, Dr. Parminder Raina, Dr. Christina Wolfson, MP Rachel Blaney, Dr. Yves Joannette and Dr. Susan Kirkland celebrate the launch of the CLSA Report on Health and Aging in Ottawa on May 22, 2018.

Approved Projects

To date, more than 130 projects using the CLSA research platform have been approved. Some of the latest approved projects include:

- Dr. Guillaume Lettre, [Genetic Analyses of Cardiometabolic Diseases and Traits in the Canadian Longitudinal Study on Aging \(CLSA\)](#)
- Dr. Wei Zhang, [Health, Work and Society: Economic Efficiency of Informal Caregiving and Caregiver Support in Canada](#)
- Dr. Meghan McDonough, [Social Factors and Physical Activity in Older Adults: Identifying Predictors Across Vulnerable Populations](#)
- Dr. Yeonjung Lee, [Improving Informal Caregivers' Health: Understanding the Role of Social Engagement and Health Behaviours in Influencing Multiple Health Outcomes](#)
- Dr. Rhiannon Edge, [A Cross-sectional Study of the Relationships between Social Networks, Loneliness and All-cause Mortality in Those over 45 Years of Age.](#)
- Dr. Manuel Montero-Odasso, [Concurrent Gait and Cognitive Impairment in the Canadian Longitudinal Study on Aging. In Search for Modifiable Risk Factors](#)
- Dr. David Allison, [Inflammation and Accelerated Aging in Major Depressive Disorder: A Population Health Perspective Using the Canadian Longitudinal Study on Aging](#)



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