



CLSA Update

*Transforming Everyday Life
Into Extraordinary Ideas*



In July, the Canadian Longitudinal Study on Aging (CLSA) Operations Committee met in Hamilton to discuss a variety of methodological topics related to ongoing and future data collection. Part of the meeting also focused on emerging areas of research in aging. Given the size and scope of the CLSA, face-to-face meetings are critical to ensure engagement of the research team and to consider new modalities for data collection and potential new content areas.



CIHR launches CLSA Catalyst Grant Competition

This summer, the Canadian Institutes of Health Research (CIHR) launched a \$715,000 funding opportunity to support the analysis of Baseline and Follow-up 1 data from the Canadian Longitudinal Study on Aging (CLSA). [Read more.](#)



Partnership created to discover frailty biomarkers

The Canadian Frailty Network, the Canadian Longitudinal Study of Aging (CLSA), the McMaster Institute for Research on Aging (MIRA) and Metabolon, Inc. have announced a collaborative partnership to develop a \$4-million research program. [Read more.](#)



CLSA investigator receives highest honour in Canadian health sciences

Dr. Parminder Raina, lead principal investigator of the CLSA, has been named a fellow of the Canadian Academy of Health Sciences, considered one of the highest honours for members of the country's health sciences community. [Read more.](#)



Cohort Profile: The Canadian Longitudinal Study on Aging (CLSA)

The *International Journal of Epidemiology* has published a cohort profile of the Canadian Longitudinal Study on Aging. The profile provides a snapshot of the rationale, size and power of the cohort, and describes retention and accommodation strategies. [Read more.](#)

Data Access

New Follow-up 1 data will be released this fall including:

- Alphanumeric physical assessment data (spirometry, hearing, visual acuity, tonometry, electrocardiogram and carotid-intima media thickness)
- Hematology Report
- Cognition
- Dietary Supplement Use
- General Health (open text on healthy aging)
- Pre-Retirement Labour Force Participation (open text)
- Labour Force (open text)

The **last application deadline for this year is September 25, 2019**. For more information and to apply, visit the [CLSA website](#). The first two application deadlines for 2020 are available [here](#).

To review the current list of available data, visit: www.clsa-elcv.ca/data-availability. **Please note: applications proposing the use of data that are not yet available at the time of submission will not be accepted.**

Getting ready to publish your research using CLSA data? Be sure to review the CLSA [Publication and Promotion Policy](#) and visit the [Data Access Resources](#) page on our website for additional information. As per the CLSA Data Access Agreement, **final drafts of all manuscripts describing research using CLSA data must be reviewed by the CLSA prior to submission.**

CLSA Webinar Series



Upcoming CLSA Webinars

Dr. Arne Stinchcombe and Dr. Kimberly Wilson
LGBTQ+ aging in Canada: What can we learn from the CLSA?

Noon (ET). October 29, 2019

Register [here](#)

Recent webinars available on the CLSA website

Dr. Paul Mick and Dr. Natalie Phillips, [Relationships between sensory, social, and cognitive factors in the CLSA](#)

Recordings of past webinars can be viewed on the CLSA website. [Watch here](#).

Rising Stars: A spotlight on CLSA trainees



Lavanya Huria is a part-time research assistant working at the CLSA Statistical Analysis Centre in Montreal who is pursuing her undergraduate degree in economics at McGill University.

"The CLSA seemed like a perfect fit for where I am in my career right now. Being a student, I still have a lot of technical skills to learn, and these skills are being practiced with relevant context, because we are working with data concerning health and social factors affecting people right now. The CLSA is doing the very important function of collecting and distributing data, so that researchers can answer questions that will help create a change for the better."

[Read more](#) about the opportunities the CLSA is creating for trainees like Lavanya.

Presentations

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:

- [Deciphering Resiliency through the CLSA](#). Simon Fraser University. June 11, 2019.

Presentation slides:

- Kirkland S. [Understanding Healthy Aging: Canadian Longitudinal Study on Aging](#). Deciphering Resiliency through the CLSA. Vancouver, BC. June 11, 2019.
- Liu-Ambrose T. [Physical Exercise and Cognitive Health](#). Deciphering Resiliency through the CLSA. Vancouver, BC. June 11, 2019.
- Wister A. [CLSA Highlights on Multimorbidity Resilience and Aging](#). Deciphering Resiliency through the CLSA. Vancouver, BC. June 11, 2019.



Selected publications describing research using CLSA data:

- Sekhon H, Allali G, Beauchet O. [Motoric cognitive risk syndrome and cardiovascular diseases and risk factors in the Canadian population: Results from the baseline assessment of the Canadian Longitudinal Study on Aging](#). *Arch Gerontol Geriatr*. 2019 Aug 5;85:103932.
- Hammond NG, Stinchcombe A. [Health Behaviors and Social Determinants of Migraine in a Canadian Population-Based Sample of Adults Aged 45-85 years: Findings from the CLSA](#). *Headache*. 2019 Aug 2.
- Ismail M, Hammond NG, Wilson K, Stinchcombe A. [Canadians Who Care: Social Networks and Informal Caregiving Among Lesbian, Gay, and Bisexual Older Adults in the Canadian Longitudinal Study on Aging](#). *Int J Aging Hum Dev*. 2019 Jul 29;91415019864603.
- Tessier AJ, Wing SS, Rahme E, Morais JA, Chevalier S. [Physical function-derived cut-points for the diagnosis of sarcopenia and dynapenia from the Canadian Longitudinal Study on Aging](#). *J Cachexia Sarcopenia Muscle*. 2019 Jul 15.
- Hewko S, Reay T, Estabrooks CA, Cummings GG. [The early retiree divests the health workforce: a quantitative analysis of early retirement among Canadian Registered Nurses and allied health professionals](#). *Hum Resour Health*. 2019 Jul 5;17(1):49.
- O'Connell ME, Tuokko H, Kadlec H, Griffith LE, Simard M, Taler V, Voll S, Thompson ME, Panyavin I, Wolfson C, Kirkland S, Raina P. [Normative comparison standards for measures of cognition in the Canadian Longitudinal Study on Aging \(CLSA\): Does applying sample weights make a difference?](#) *Psychol Assess*. 2019 Sep;31(9):1081-1091.
- Valcke M, Ouellet N, Dubé M, Laouan Sidi EA, LeBlanc A, Normandin L, Balion C, Ayotte P. [Biomarkers of cadmium, lead and mercury exposure in relation with early biomarkers of renal dysfunction and diabetes: Results from a pilot study among aging Canadians](#). *Toxicol Lett*. 2019 Sep 15;312:148-156.

- Velez MP, Alvarado BE, Rosendaal N, da Câmara SM, Belanger E, Richardson H, Pirkle CM. [Age at natural menopause and physical functioning in postmenopausal women: the Canadian Longitudinal Study on Aging](#). *Menopause*. 2019 Sep;26(9):958-965.
- Aljied R, Aubin MJ, Buhrmann R, Freeman EE. [Visual impairment and the use of formal and informal home care in Canada: the Canadian Longitudinal Study on Aging](#). *Can J Ophthalmol*. 2019 Jun;54(3):367-373.
- Cross NE, Carrier J, Postuma RB, Gosselin N, Kakinami L, Thompson C, Chouchou F, Dang-Vu TT. [Association between insomnia disorder and cognitive function in middle-aged and older adults: a cross-sectional analysis of the Canadian Longitudinal Study on Aging](#). *Sleep*. 2019 Aug 1;42(8).
- Wister A, Cosco T, Mitchell B, Fyffe I. [Health behaviors and multimorbidity resilience among older adults using the Canadian Longitudinal Study on Aging](#). *Int Psychogeriatr*. 2019 May 15:1-15.
- Mayhew AJ, Griffith LE, Gilsing A, Beauchamp MK, Kuspinar A, Raina P. [The association between self-reported and performance-based physical function with activities of daily living disability in the Canadian Longitudinal Study on Aging](#). *J Gerontol A Biol Sci Med Sci*. 2019 May 13.

CLSA in the Media

- [McMaster University](#), [BioSpace](#) and [Longwoods](#) reported on the partnership created between the [CLSA](#), the [Canadian Frailty Network](#), [Metabolon](#) and the [McMaster Institute for Research on Aging](#) to uncover reasons for frailty in aging populations.
- The Conversation highlighted CLSA research conducted by Dr. Ann Toohey on the [benefits of pet ownership](#) for older adults.
- [Neurology Advisor](#) cited Dr. Arne Stinchcombe's CLSA research on the effect of physical activity on migraine risk for men and women.
- [The Montreal Gazette](#) highlighted a CLSA research project by Dr. Stéphanie Chevalier and trainee Anne-Julie Tessier that developed [new cut-points for the diagnosis of sarcopenia](#), a disease that causes loss of muscle mass and strength in the elderly.

Approved Projects

To date, more than 200 projects using the CLSA research platform have been approved. Recently approved projects include:

- Dr. Laura Anderson, [Clustering of Obesity-related Characteristics and Associations with Body Mass Index, Waist Circumference, and Body Fatness](#)
- Dr. Janice Atkins, [Genetic Variation, Iron and Later Life Health Outcomes](#)

- Dr. Philip Awadalla, [Genomic and Environmental Determinants of Age-Related Clonal Hematopoiesis](#)
- Dr. Ruth Barclay, [Self-reported and Physical Factors Associated with Community Ambulation in Older Adults and People with Osteoarthritis](#)
- Dr. Carol Bassim, [Quantifying the Associations of Oral Health and Cardiovascular Health Using Baseline Data of the CLSA](#)
- Dr. Marla Beauchamp, [Physical Function versus Frailty for Predicting Adverse Outcomes in Older Adults](#)
- Dr. Annalijn Conklin, [Exploring the Link and Inter-relations between Social Relationships and Objectively Measured Cardiometabolic Risk Factors in Older Adult Women and Men in Canada](#)
- Dr. Luda Diatchenko, [Genetic Study of Pain Interactions with Comorbidities](#)
- Dr. Ellen Freeman, [The Incidence of Visual Impairment, its Risk Factors, and its Mobility and Health Consequences](#)
- Dr. Esme Fuller-Thomson, [The Relationship between Childhood Adversity and Physical, Cognitive and Mental Health in Later Life](#)

To view the complete list of approved projects, visit the [CLSA website](#).



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