

Applicant

Dr. Torsten Bohn, Luxembourg Institute of Health
Trainee: Farhad Vahid

E-mail Address

Torsten.Bohn@lih.lu

Project Title

Longitudinal Effects of Nutritional and Sociodemographic Determinants on Healthy Aging - Lessons to Learn from the Canadian Longitudinal Study on Aging

Project Summary

Healthy aging is a main concern worldwide. Understanding the factors that affect it is crucial for maintaining older adults' quality of life. Nutrition and sociodemographic factors are important determinants of it, and their effects can vary over time. The project will investigate the longitudinal effects of dietary and sociodemographic factors on healthy aging, considering physical, mental, and overall well-being, using CLSA data. The findings from CLSA will be compared to Luxembourg and will be of significant interest to policymakers, healthcare professionals, and researchers. Our goal is to identify dietary and sociodemographic factors contributing to a higher quality of life and to assess if the role of the factors differs across two geographic contexts (i.e., Canada and Luxembourg). The study will contribute to knowledge on the determinants of healthy aging and inform the development of effective interventions to promote healthy aging and help older adults lead healthier lives.

Keywords

healthy aging, nutritional and sociodemographic determinants of health, multimorbidity, personalized health, longitudinal studies