

Physical assessments in the Canadian Longitudinal Study on Aging (CLSA)

Baseline and Follow-up 1 Data Collection

Physical Assessment	Data Collected by the CLSA*
Weight and Height	Weight (WGT)
	Height (HGT)
	Body Mass Index (HWT)
Hip and waist Circumference (WHC)	Waist circumference
	Hip circumference
	Waist to hip ratio
Pulse Rate and Blood Pressure (BP)	Systolic Blood Pressure (up to 6 measurements)
	Diastolic Blood Pressure (up to 6 measurements)
	Pulse (up to 6 measurements)
	Average Systolic Blood Pressure (All measurements)
	Average Diastolic Blood Pressure (All measurements)
	Average Pulse (All measurements)
	Average Systolic Blood Pressure (Excluding 1 st reading)
	Average Diastolic Blood Pressure (Excluding 1 st reading)
	Average Pulse (Excluding 1 st reading)
Electrocardiogram (ECG)	Test Quality Indicator
	Diagnosis Summary
	Detailed Diagnosis
	Ventricular Rate
	PQ Interval
	P Duration
	QRS Duration
	QT Interval
	QTC Interval
	RR Interval
	PP Interval
	P Axis
	R Axis
	T Axis
	QRS Number
	P Onset
	P Offset
	Q Onset
	Q Offset
	T Offset
ECG Tracing	

Physical Assessment	Data Collected by the CLSA*	
Carotid Intima Media Thickness (CI)	Carotid Intima	Cine-loops <ul style="list-style-type: none"> - Up to 3 per side (Baseline) - 1 per side (FUP1)
		Still Image: <ul style="list-style-type: none"> - 1 per side (Baseline) - 3 per side (FUP1)
	Plaque	Cine-loop
Spirometry (SPR)	Ethnicity	
	Forced Vital Capacity (FVC) – up to 8 trials	
	Forced Expiratory Volume in 1 Second (FEV ₁) – up to 8 trials	
	FEV ₁ /FVC Ratio (FEV1%) – up to 8 trials	
	Predicted (FEV ₁ /FVC Ratio)	
	Rank of Trial (1,2,3) – up to 8 trials	
	Session Overall Quality Grade	
Bone Density by DEXA (DXA)	Whole Body Body Parts Dual Hip IVA Lateral Bone Forearm AP Spine (FUP1 only)	Bone Mineral Density
		T-score
		Z-score
		Image
Body Composition	Total Fat Mass	
	Total Lean Mass	
	Appendage Lean Mass	
	Total Mass	
	Lean Mass / Height ²	
	Appendage Lean Mass / Height ²	
	Trunk Fat Percentage	
	Body Fat Percentage	
Hearing (HRG)	Hearing frequency for left and right ears at 500Hz, 1000Hz, 2000Hz, 3000Hz, 4000Hz, 6000Hz & 8000Hz	
	Reliability of test for each ear	
	Status of ear canal for each ear	
Timed 4-Metre Walk (WLK)	Time to complete test	
	Paused or stopped before end of 4 metres	
	Symptoms experienced	

Physical Assessment	Data Collected by the CLSA*
Timed Get Up and Go (TUG)	Time to stand up, walk 3 metres, turn around and sit down again
Standing Balance (BAL)	Indicator of test completion and reason if not completed
	Time to complete test (trials 1 and 2 for left and right legs)
	Best attained time
Chair Rise : Balance and Coordination (CR)	Number of repetitions
	Time required to complete chair rise
	Average chair rise time
Visual Acuity (VA)	Indicator of test completion and reason if not completed
	ETDRS acuity log score for right, left and both eyes
	ETDRS acuity log score for right and left with pinhole
Tonometry (TON)	Test completion
	Corneal-Compensated IOP (IOPcc)
	Intraocular Pressure (IOPg)
	Corneal Hysteresis (CH)
	Corneal Resistance Factor (CRF)
	Quality Index
Retinal Scan (RS)	Image
Grip Strength (GS)	Dominant Hand
	Threshold
	Trials 1 to 3
	Maximum grip strength attained across all trials
	Average grip strength attained across all trials

* Please cross-reference with the [CLSA Data Availability Table](#) (also available for download on the CLSA website) to see which data are currently available to researchers.