

## **CANADIAN STUDY OF HEALTH AND AGING (CSHA)**

The CSHA is a study which examines the health of seniors in 36 communities across Canada. The study follows a representative sample of Canadians aged 65 or older; the original sample included 9,008 people in the community and 1,255 in institutions. The study involves both interviews and medical examinations.

### **Listing of study variables & measurement of variables**

#### **General information:**

- community (9008) and institutional (1255) samples
- 36 cities and surrounding rural areas in ten provinces (not Yukon, Nunavut, Northwest Territories and not military units, reserves)

#### **Sociodemographic:**

- age
- sex
- education
- The screening interview included questions about demographic information and social support, activities of daily living, current health status, and screened participants for cognitive impairment.

#### **Clinical Examination:**

- physical examination primarily for diagnosis of cognitive impairment and dementia including Alzheimer's disease; also obtained information on comorbidity and medication use
- neuropsychological- cognitive impairment
- used in the estimation of prevalence, incidence and in studying risk factors

#### **Lifestyle:**

- physical activity (frequency and intensity)
- nutrition (general questions)
- medication use
- antacid and antiperspirant use
- other lifestyle: history of smoking, alcohol consumption
- specific activities such as gardening, other hobbies
- employment history
- residential history

#### **Caregiver:**

- availability of informal caregivers
- care provided
- caregiver's use of paid services
- caregiver's health