



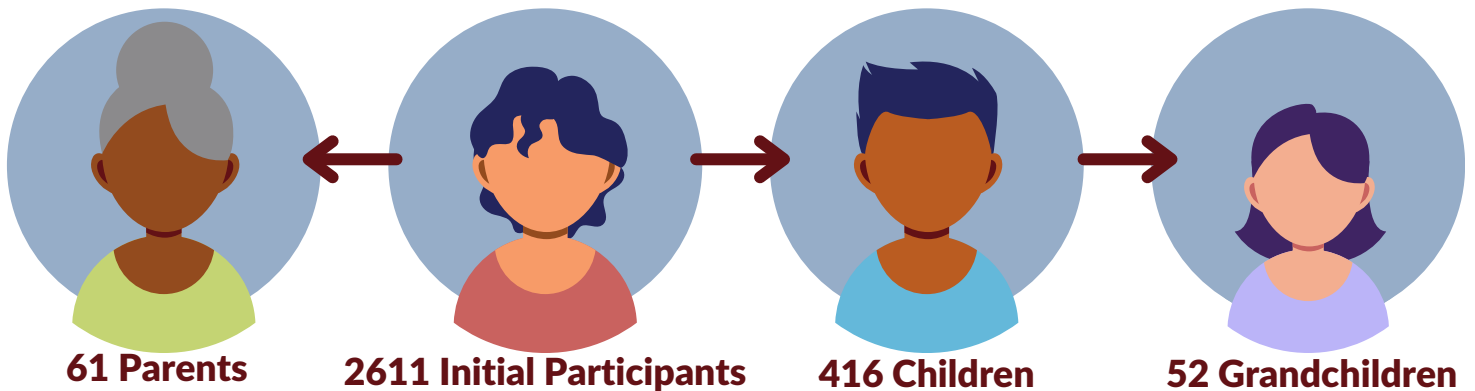
MIRA-iGeN Newsletter

December 2024

We are officially an intergenerational study!

Over the past few months, our team has been busy enrolling parents, children, and grandchildren of our initially recruited participants. This phase of the study is crucial for understanding how various factors such as social networks, lifestyle, and environmental influences impact healthy aging across the lifespan and generations. The insights we gain from this research will help us design more tailored and effective interventions and programs to support needs of all Canadians.

We currently have a total of 3,140 participants enrolled in our study.

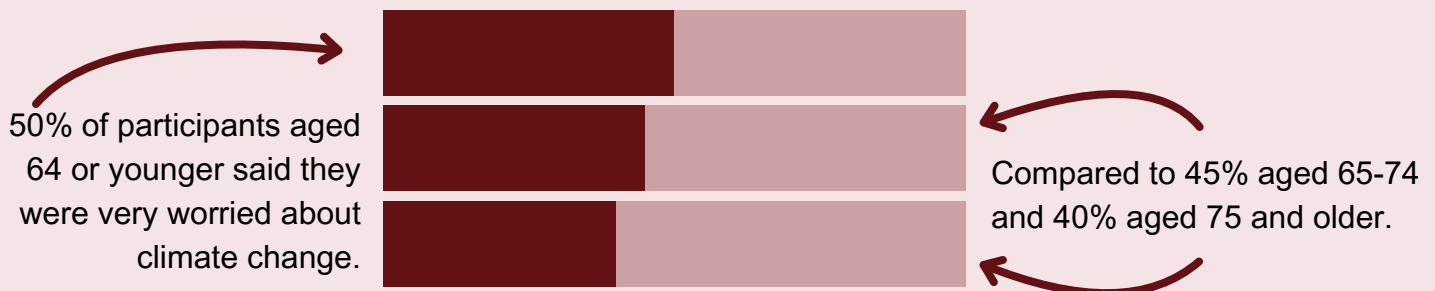


Participants have helped us learn more about:

- Demographics
- Environment
- Lifestyle
- School
- Caregiving
- Family Dynamics
- Intergenerational Relationships
- Social Connections
- Health Care
- Health and Social Services
- Mental Health
- Physical Health

Climate Change is a Growing Concern Across Generations

All age groups were worried about the impact of climate change on their own lives – this was seen the most in individuals aged 64 or younger.



The concern is even greater when it comes to their children's future.



Almost 3 in 4 parents under 55 years are worried about climate change affecting their children.

Participants are worried about the impact of climate change on the environment, well-being and security.

75%

of individuals were worried about the impact of climate change on the increase in extreme weather, loss of nature, poor air quality impacting health, and increase in food prices.



50%

were worried about rising sea levels and food scarcity.

These concerns were even higher for the next generation!

We are also collecting information from our youth and young adults about their thoughts on climate change which will help us further understand how it is impacting younger generations. Collecting data on people's concerns about climate change helps us understand its impact, address challenges, and create solutions that work for everyone.

What's next from the iGeN Team?

Please help the iGeN family grow!



When you are first enrolled in the study, if you have family (grandparents, parents, children, and/or grandchildren), you will be asked in our questionnaire if you would be willing to share information with them about how they can participate as well. We hope that you will consider inviting them to be a part of this important study.

Follow-up Questionnaire



In early spring of 2025, we will start reaching out to participants who are due for their three-year follow-up – a key milestone of our study! Following participants over time will allow us to identify factors that change over time to impact health and wellbeing. To generate reliable and valid results, your continued participation is crucial to the study's success. Please keep an eye on your email for any messages coming from our team regarding your follow-up assessment. Furthermore, please ensure that you are being contacted by a member of the iGeN team. You can always contact us or visit our MIRA-iGeN website to verify the details of the member reaching out to you.

Spring Webinar



Join us in March for a webinar where we will share the latest updates from the study! We welcome your thoughts on what topics you are most interested in hearing about. Please feel free to contact the study coordinator, Meghan Kenny (mkenny@mcmaster.ca) with your ideas!

Information Sessions



We are planning to host online information sessions for iGeN participants. Have a topic in mind? Let us know by emailing Meghan Kenny.

Our study leads are in the news!



Dr. Andrea Gonzalez recently published an article providing a Canadian perspective on the United States Surgeon General's recent public health advisory on the mental health and well-being of parents. In the article, she discusses why parenting is stressful, how we can reduce parent stress, and offers recommendations for policy makers to assist parents.

[Click here to read the article](#)

Dr. Parminder Raina was recently featured in a CBC article reporting on how heart health can contribute to brain health and delaying dementia. If you'd like to read more about how he is exploring this in his research, you can access the article here:

[Click here to learn more](#)

Are you looking for a reliable source of information on healthy aging?

Check out the Optimal Aging Portal, an excellent online resource where you can find evidence-based information (videos, articles, e-learning sessions, etc.) on a range of topics.

[Click here for more](#)

Get to know our team!

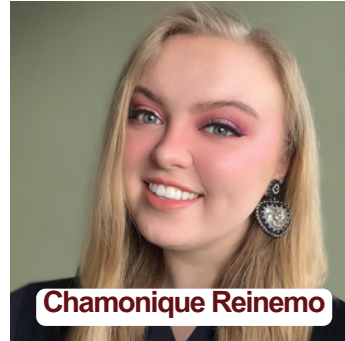
We are fortunate to have a dedicated group of individuals that are working hard to grow the iGeN study. You have likely spoken to one or more of them on the phone or through email. Just like our study participants, our team spans multiple generations!



Sharon Peck-Reid



Jacinda Burns



Chamonique Reinemo



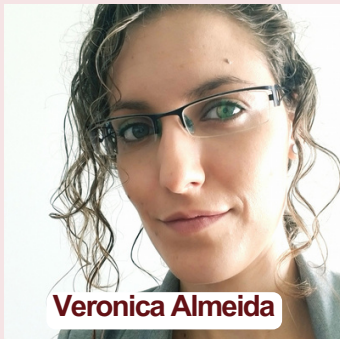
Venessa Yeung



Natalie Harvey-Younis



Yash Joshi



Veronica Almeida



Meghan Kenny

Thank YOU!

We are truly grateful for your contributions to the study. We understand how busy life can be and deeply appreciate the time you have dedicated to this important project. We look forward to continuing this journey with you as we work together to uncover ways to support health and wellbeing for all generations!