



MIRA-iGeN

Spring Update | April 2026

MIRA-iGeN at a Glance

- MIRA-iGeN continues to grow, with over **5,000** participants aged 4 to 103 enrolled to date. The study includes **668 two-generation families** and **257 three-generation families**, offering a unique opportunity to understand health and well-being across generations.
- We're also **expanding the platform** with new modules to better capture health across the life course, including cognition, women's health (spanning menarche to menopause), and men's health.
- Interested in getting a family member involved or have questions about the study? We'd love to hear from you—please contact Meghan Kenny, Research Coordinator, at mkenny@mcmaster.ca.

What we're learning from MIRA-iGeN



How do caregiving roles vary across the life course?

About 1 in 4 adults aged 45+ provide care across generations, but caregiving looks different at different stages of life. Adults in mid-life are most likely to care for both younger and older family members at the same time, making this a particularly demanding—and often overlooked—period of caregiving, influencing mental health-related quality of life.



How do relationships shape our mental health?

Stronger emotional connections across generations are linked to better mental well-being in mid- and later life, underscoring the importance of nurturing intergenerational relationships. This includes connections with both mothers and fathers, with findings suggesting that relationships with fathers may play a more meaningful role in mental health than is often recognized.

Upcoming events



Stay tuned for registration details for our webinar on **May 29, 2026**, where we will share our latest study findings.

Helpful resources



Visit the McMaster Optimal Aging Portal (mcmasteroptimalaging.org)
Your trusted source for evidence-based healthy aging information.