



## [Are Canadian seniors becoming more active? Empirical evidence based on time-use data.](https://arctichealth.org/en/permalink/ahliterature175201)

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Author: Charlemagne C Victorino

Anne H Gauthier

Author Affiliation: Department of Sociology, University of Calgary, 2500 University Dr. NW, Calgary, AB, T2N 1N4, Canada.

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Abstract: In this study, we examine trends in the patterns of time use of seniors in Canada since the 1980s. In particular, we ask whether today's seniors devote more, or less, time to productive activities than 20 years ago. Our inquiry is motivated by the claims that today's seniors are not engaged in "active aging." This study uses data from a series of time-use surveys carried out in Canada since 1981 to empirically test the validity of this claim. Our results suggest that some shift towards active aging has taken place in Canada since the 1980s; however, this shift involves a complex pattern of reallocation of time that varies by gender and age.

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