## Collecting Demographic Information on Age*

Statistics Canada defines age as the age of a person at their last birthday.

Depending on your study there might be different ways to ask about age. For some studies it might be necessary to know the person's actual date of birth, but given that this is personally identifying information, it might not be necessary to know the full birth date. Instead, you could ask the person:

*What is your age (in years)?*

Another option is to use age ranges. When using age ranges, Statistics Canada recommends using 5-to-10-year ranges depending on your target population and whether you need to disaggregate the data. Avoid combining multiple decades into one age group, such as 65+. Here is an example question involving age group.

*Please select your age group*:

- 18 to 19 years
- 20 to 24 years
- 25 to 29 years
- 30 to 34 years
- 35 to 39 years
- 40 to 44 years
- 45 to 49 years
- 50 to 54 years
- 55 to 59 years
- 60 to 64 years
- 65 to 69 years
- 70 to 74 years
- 75 to 79 years
- 80 to 84 years
- 85 to 89 years
- 90 years and over

When writing your questions, consider using appropriate terminology when addressing individuals of different age groups. The National Institutes of Health provide the following age designations:

| 0-1 month | Neonates or newborns |
| --- | --- |
| 1 month to 1 year old | Infants |
| 1-12 years old | Children |

| 13 to 17 years old | Adolescents |
|---|---|
| 18 years or older | Adults |
| 65 years or older | Older Adults |

For more information on how to respectfully refer to older individuals in research reports, articles and presentations see the following document: Reframing Aging Journal Manuscript Guidelines.

* Prepared with guidance from the University of Manitoba's Centre on Aging.

## References

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