

# MOMENTUM (MOvement, MENopause, & opTimUM Health): Building a Cohort Study

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## Background and Study Design

- Menopause is a universal health event for individuals born with ovaries, yet its impact on wellness remains understudied.
- There is an established link between physical activity levels, health, wellness, and quality of life. Menopause-related symptoms often act as barriers to PA.
- MOMENTUM is a Kinesiology initiated research collaboration of transdisciplinary longitudinal cohort study.
- Cohort data will be leveraged into sub-studies analyzing interconnections of cancer, neurodivergence, dementia and more.

## Study Objective

To explore how wellness behaviours, such as physical activity and nutrition, impact menopause over time.

## Inclusion Criteria

- Ages 40 - 60
- Alberta resident
- Born with ovaries
- Able to consent in English
- Able to participate in light to moderate exercise without an increased health risk.

## Study Assessments

MOMENTUM currently has two cohort arms.

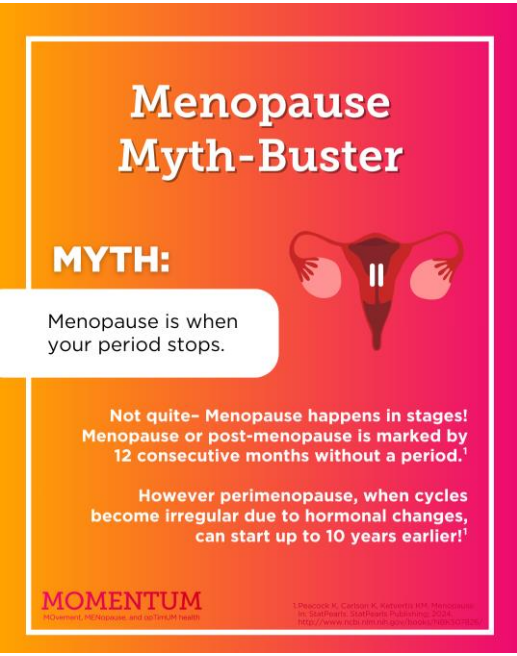
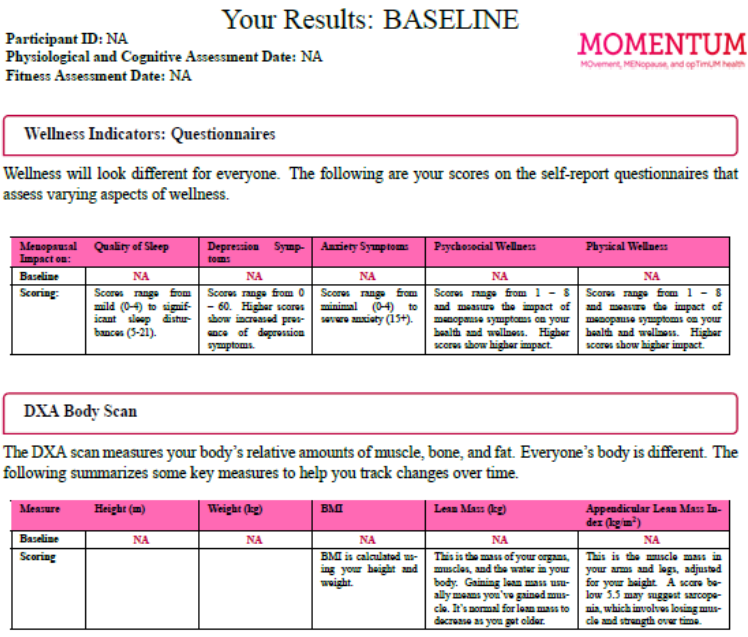
- In-Person Cohort** (n= 2319; data collection began January 2025)
- Virtual Cohort** (n~500; launching Spring 2025)

Study Assessments	In-person	Virtual
Participant-reported outcomes	✓	✓
Hormonal markers (e.g., blood and stool)	✓	
Medical imaging (e.g., DXA scans)	✓	
Cognitive Testing (NIH Toolbox)	✓	
Functional Fitness Testing	✓	✓
Qualitative Interviews	✓	✓

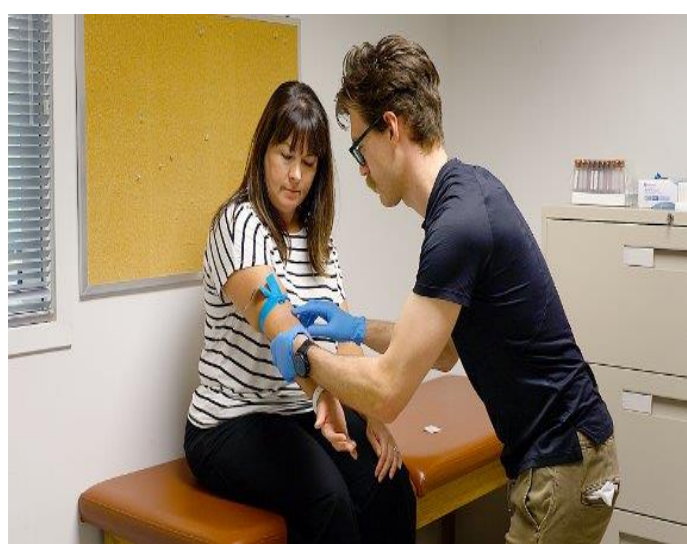
## Knowledge Translation and Accessibility

A key objective of MOMENTUM is to facilitate connecting study outcomes with community use. Research findings will be communicated through developed community networks to support wellness in menopause. Community networks include:

- Clinicians
- Community organizations
- Participants and community members

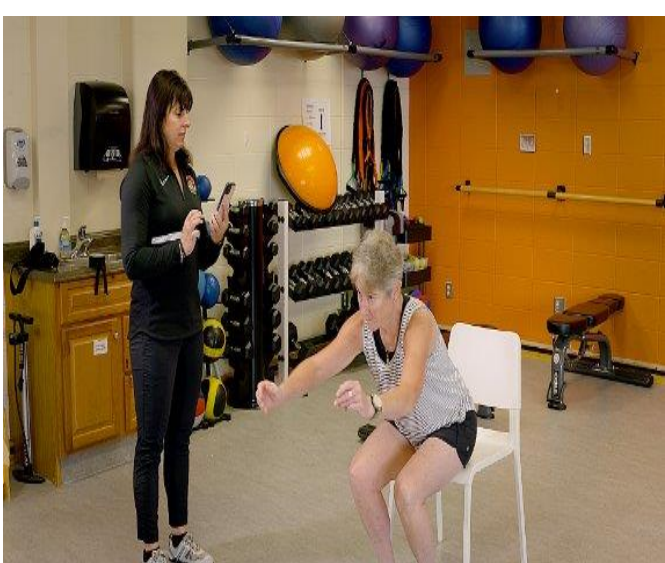


Picture 1. Bloodwork



Picture 2. DXA scan

Picture 3. Fitness Assessment



## Future Development

- A current study limitation is the **underrepresentation of many equity-deserving populations**, including ethnic diversity, lower socioeconomic, rural/remote communities, and disability.
- Mitigate barriers** to research participation through:
  - Targeted recruitment of largest ethnic minorities in AB
  - Culturally-sensitive adaptation of study assessments
  - Language translation of study materials and outputs.
  - Community-specific consultation through community advisory boards
  - Development of in-community testing sites with partner organizations

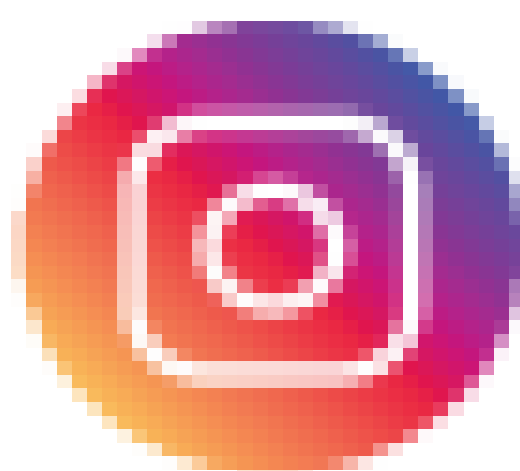
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This study has been approved by the University of Calgary Conjoint Research Ethics Board (REB23-1252).