Socio-demographic, nutricional and health factors related to the frailty syndrome in low income community living elderly in a large city

Amanda de C Mello[1], Marilia Sa Carvalho[1], Viviane Pereira Gomes[1], Luciana Correia Alves[2], Elyne Montenegro Engstrom[1], 1. Fiocruz, Brazil, 2. Unicamp, Brazil

Abstract (300 word limit)

Frailty is a progressive syndrome that decrease the quality of life of the elderly and their families and burdening the health system. The aim of this study was to analyze the nutritional, social, demographic and health aspects related to the condition of frailty in low-income community living elderly in a large city, Rio de Janeiro, in the years 2012 and 2013. This is a cross-sectional study of elderly individuals, of 60 years and above, both sexes. In the first analysis, the dependent variable was frailty and independents were socioeconomics, demographics, health conditions and nutritional collected through questionnaires and clinical assessment. The multinomial logistic regression model was used to investigate the relationship between variables. 137 elderly people were evaluated, composed by 93 women and 44 men, and 26.3% were not-frail, 61,3% pre-frail 61.3% and 12.4% frail. Among the factors, we found that individuals over the age of 80, who reported food insecurity and considered malnourished or at risk of malnutrition according to the Mini-Nutritional Assessment MNA® were more likely to have frail. Already be working at the time of the survey and alcohol consumption were considered as protection factors. In the second analysis, binomial multiple logistic regression was performed to assess the association between food groups and the condition of frailty. In the pre-frails and frails, body mass index and measures of central adiposity showed higher levels, while lean muscle parameters showed lower values, proportional to the syndrome's gradation. Frails consumed higher amounts of grains and lower amounts of beans and fruit; pre-frails consumed more vegetables, dairy products, and high-sugar and high-fat foods; the two groups consumed similar amounts of meat. Thus, it is necessary that health services have a routine early detection of the syndrome so that allows immediate intervention and to prevent the complications arising from the weakening process.

Recent Publications (minimum 5)

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Biography (150 word limit)

PhD in Public Health from the National School of Public Health, ENSP/Fiocruz. Graduated in Nutrition, Professor and Collaborating researcher, with experience in Public Health, Nutritional Assessment of Populations, Epidemiology, Statistical Analysis, Survey and Field Planning in Research.

Email: amandita.nut@gmail.com