

ASSESSMENT OF BODY COMPOSITION IN ELDERLY ADULTS WITHOUT UNDERNUTRITION OF AN AMBULATORY REHABILITATION UNIT

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BACKGROUND

Aging brings with it changes, among them the increase of the fat mass and the decrease of the muscular mass and the bone mass.

The electric bioimpedance (BIA) is a non-invasive and easy to apply method, being a valuable objective evaluation of the nutritional status and body composition of the person.

The BIA incorporates data in relation to muscle mass, percentage and distribution, current percentage fat mass, body water, total protein percentage, total weight and BMI, as well as the recommendation of the estimated weight for age and height, being an objective information for the treatment and monitoring of the elderly.

OBJETIVE

To evaluate body composition by electrical bioimpedance analysis in older adults without previous diagnosis of clinical malnutrition.

METHOD

The study was descriptive, cross-sectional of people evaluated by nutritionist as part of the comprehensive intervention plan for elderly people who attend therapy in an ambulatory rehabilitation unit during the months of July to October 2018. Nutritional parameters and bioimpedance titers were determined.

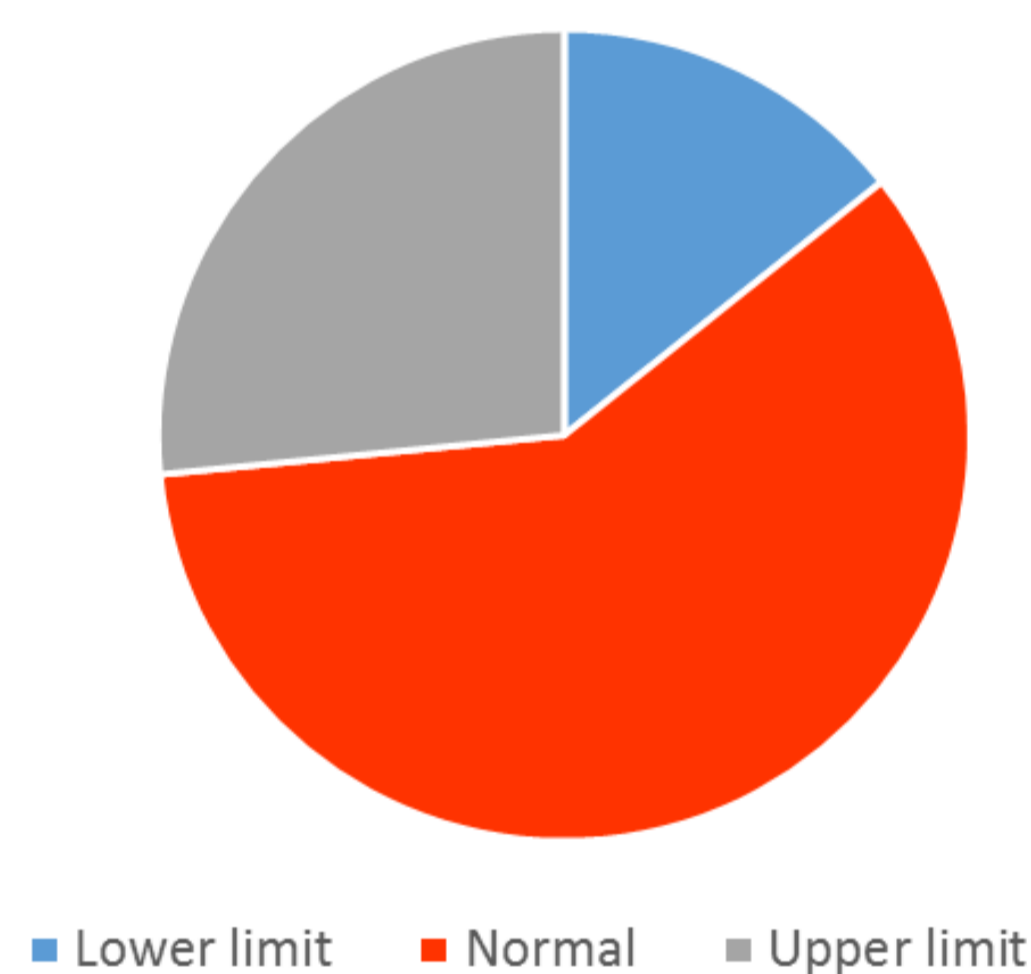
RESULTS

98 people were evaluated. 83.6% Women, 16.4% Men. Average 72.3 years (presenting a range of 61 to 91 years)

The BMI according to WHO was 15.4% normal weight, 36.8% overweight and 47.8% obesity. The BIA had the following values:

- The fat mass had normality parameters in 6.1% and increased 93.8%.
- The percentage of average fat was 43.2% in women and 35.2% in men, being classified as normality values in 98.9% of the total.
- Proteins: normal range 69.3% of people, lower than expected 8.1%, over the range of normality 22.4%.
Fat-free mass: low 8.1%, normal 64.2%, high 27.5%.
- Average SMM: Normal Weight 23.06 kg (range 13.1-29), Overweight 23.6 kg (range 16.5-33.7), Obesity 25.3 kg (Interval 15,9-43)

Total musculoskeletal mass (SMM)



CONCLUSIONS

There is evidence of a high prevalence of malnutrition due to excess in older adults, with an increase in body fat in most of the people evaluated.

Not only older adults with excess malnutrition have increased body fat distribution but also those who are normal weight. Malnutrition by excess does not lead to a proportional increase in muscle mass, with the absolute values of SMM being similar in all the nutritional groups.

The Bioimpedanciometria constitutes an emergent tool of utility for the objective evaluation of the nutritional state, contributing relevant information to the facultative one.

