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Association between functional capacity and nutritional status for older people

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Functional capacity is the condition of an individual living independently and the lack of it for preparation and eating food is a factor that can result in malnutrition and deserves the attention of professionals and family member. Then, the aim of this paper is to evaluate the relationship between nutritional status and functional capacity for older adults. Epidemiological cross-sectional study using a representative sample of older adults (368 subjects) selected from a previous study about quality of life in a Botucatu city, São Paulo, Brazil. Sociodemographic and morbidities questionnaires, activities of daily and instrumental living (ADL and IADL) and anthropometric variables were measured. 62.6% of the older were women, 44.68% were hypertensive, 28.81% were diabetic and 15.51 had hypercholesterolemia. 94.24% and 92.42% of the older were fully independent for ADL and IADL, respectively. There were associations between ADL with marital status and schooling. For IADL, there were associations between marital status, schooling and heart disease. Regarding anthropometry weight, height, arm muscle circumference, corrected arm muscle circumference and waist circumference were higher in men compared to women ($p < 0.05$). The average values of triceps skinfold thickness behaved in the opposite way, being higher in women ($p < 0.0001$). According to body mass index (BMI), 12.23% were underweight, 36.41% normal weight and 51.36% overweight. Among men, 20.00% were underweight, 35.36% normal weight and 44.44% overweight. Related to waist circumference (WC), it was found that 76.63% were altered being 62.06% among women and 37.94 among men. No significant association was found between nutritional status and ADL. A logistic regression model was fitted considering BMI and WC as a response. It was found IADL as a protective factor, as a risk factor for dependence. As a conclusion, low weight and increased waist circumference have influence in a functional capacity of older adults according to the instrumental activities daily living (IADL).

Biography

Jose Eduardo Corrente has completed his Under-graduation in Mathematics and MSc and PhD in Biostatistics. He is an Associate Professor at Biostatistics Department - University of Sao Paulo State - UNESP, and his field of research is Epidemiology of third age. His main projects are in quality of life, lifestyle and nutritional aspects for older people with respect to eating patterns and adequate intake as well as publications in reputed journals.

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