



## P11. MALNUTRITION AND BODY COMPOSITION IN ELDERLY POPULATION

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### ABSTRACT

**Introduction:** Ageing leads to an increase of chronic disease's prevalence, change in body composition: increased fat mass and decreased lean mass that can lead to malnutrition.

**Objectives:** The aim was relating malnutrition with depletion of lean mass and alteration of fat mass.

**Materials and methods:** Cross sectional study, developed in the district of Lisbon, in the period from January 1, 2019 to June 30, 2019. Elderly people ( $\geq 65$  years) admitted to the Internal Medicine Unit of a central hospital (up to 72 hours) were eligible to the study. The elderly participants had to present capacity to make their informed consent, without intervention of any element of coercion, with enough knowledge and understanding of the objectives of the study that allowed free and informed decision making. The nutritional assessment was performed through the MNA-LF® and the analysis of the body composition through the measurement of the calf circumference and triceps skinfold.

**Results:**  $n= 38$  patients, with a mean age of  $78.8 \pm 5.8$  years (70-91), 50% ( $n=19$ ) males and 50% ( $n=19$ ) females. At hospital admission 7.9% ( $n=3$ ) were malnourished, 39.5% ( $n=15$ ) presented nutritional risk, 34.2% ( $n=13$ ) presented depletion of lean mass and 31.6% ( $n=12$ ) depletion of fat mass.

When we reported presence of malnutrition with the calf circumference and tricipital skin fold, there was a statistically significant correlation ( $p=0,04$ ;  $r=0,05$ ). Malnourished patients presented depletion of lean mass and fat mass.

**Discussion/Conclusion:** The nutritional assessment using the body composition analysis presents an extreme importance in the hospital admission, which allows better performance of the nutritional support adapted to each elderly and better nutritional goals. Signaling the patients who need intervention alert all the clinical team to the importance of nutritional intervention also in the community.

**Keywords:** Elderly, Malnutrition, Body Composition.