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## Association sarcopenic obesity with physical function and risk of disabilities

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Sarcopenic obesity, defined as decreased muscle mass combined with increased body fat, contributes to a decline physical function and exacerbates disabilities in older adults. Physical activity may improve health status and prevent functional decline. This study aims to identify the association sarcopenic obesity with physical function and disabilities. This cross-sectional study based on the Korean Frailty and Aging Cohort Study (KFACS) represents a population of 1,532 people 70 years and older. The correlation of sarcopenic obesity with physical performance including grip strength and walking speed was evaluated by using one-way Analysis of Variance (ANOVA). A logistic regression analysis was performed to identify the risk of disability in sarcopenic obese participants. A population of 1,532 community-dwelling older adults was included for whom the mean and Standard Deviation (SD) of age were  $76.2 \pm 3.9$  years (53.3% female). The prevalence of sarcopenic obesity was 16.6%. The lowest mean gait speed and hand grip strength values were seen in the sarcopenic obese group ( $1.09 \pm 0.24$  m/s and  $23.57 \pm 7.03$  kg, respectively). Sarcopenic obese participants were associated with an increased risk of Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL). Sarcopenic obesity is associated with IADL disabilities in geriatric population (Odds Ratio: 1.69, 95% Confidence Interval: 1.10-2.58).

### Biography

Kyoung Jin Kim is a Medical Doctor of Department of Family Medicine from Konkuk University Medical Center. She has studied about health promotion of seniors and published some papers dealing with frailty and geriatric problem.

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