Association between diet quality and protein-energy malnutrition in community-dwelling older adults

No registrations found.

Ethical review   Not applicable
Status   Other
Health condition type   -
Study type   Observational non invasive

Summary

ID

NL-OMON27705

Source
NTR

Health condition

Malnutrition; Undernutrition; Protein-energy malnutrition; Ondervoeding

Sponsors and support

Primary sponsor: Intramural Research Program of the National Institutes of Health (NIH), National Institute on Aging (NIA)

Vrije Universiteit Amsterdam, Faculty of Earth and Life Sciences, Department of Health Sciences
Source(s) of monetary or material Support: European Framework Programme 'Horizon 2020'

Intervention

Outcome measures

Primary outcome

4-year incidence of protein-energy malnutrition

Secondary outcome

1-year incidence of protein-energy malnutrition

Study description

Background summary

Protein-energy malnutrition (PEM) is a major problem in older adults worldwide. It is currently unknown whether poor diet quality is a risk factor for the long-term development of PEM. Therefore, this study aims to determine whether poor diet quality is associated with the incidence of PEM in community-dwelling older adults.

Data will be used of U.S. community-dwelling older adults aged 70-79 years of the Health ABC Study, who are free of PEM at baseline. By using Cox regression analyses, the associations of three indicators of diet quality, including the Healthy Eating Index, energy intake and protein intake, with 4-year incidence of PEM will be examined.

Study objective

Protein-energy malnutrition (PEM) is a major problem in older adults worldwide. Whether poor diet quality is an indicator for the long-term development of PEM is currently unknown. The aim of this study is to determine whether poor diet quality is associated with the incidence of PEM in community-dwelling older adults.

Study design

Protein-energy malnutrition was defined as: a BMI <20 kg/m2 and/or involuntary weight loss ¡Ý5% in the preceding year. Protein-energy malnutrition was assessed annually, from baseline through the fourth follow-up examination.

Diet quality, energy intake and protein intake were determined at baseline using an interviewer-administered food frequency questionnaire.

Intervention

N/A

Contacts

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Eligibility criteria

Inclusion criteria

Participants were included if they were at least 70 years of age and provided written informed consent. Both men and women were included.

Exclusion criteria

Participants were excluded if they reported to use special equipment to get around; reported difficulties walking a quarter of a mile, climbing up ten steps without resting, or performing basic activities of daily living; had cancer in the past three years; planned to leave the geographic area in the next three years; were enrolled in lifestyle intervention trials.

Study design

Design

Study type: Observational non invasive

Intervention model:	Other
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL
Recruitment status:	Other
Start date (anticipated):	01-09-2016
Enrollment:	0
Type:	Unknown

Ethics review

Not applicable
Application type:	Not applicable

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

	Register ID
NTR-new	NL6000
NTR-old	NTR6399
Other	National Institutes of Health National Institute on Aging / Health ABC : AP16-1303

Study results