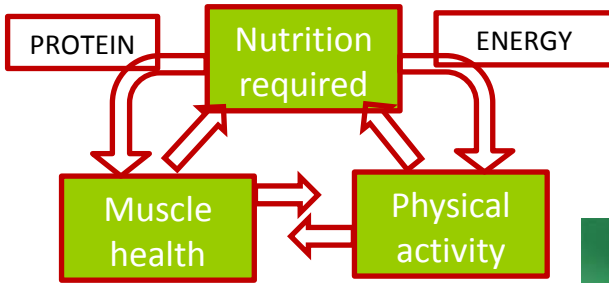


Background

Low muscle mass and strength (sarcopenia) are common in older adults and are associated with negative health outcomes such as falls and physical disability. Modifiable lifestyle factors such as physical activity and dietary intake contribute to the development of sarcopenia. However, there is no information on energy expenditure and nutritional status in geriatric outpatients.

Research question



Methodology

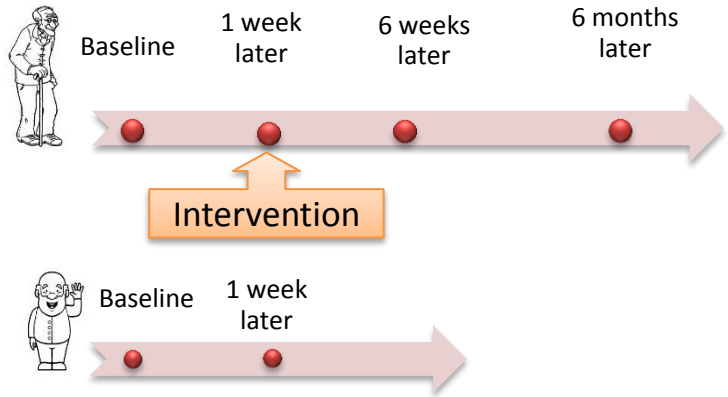
Setting:

Falls & Balance Clinic, Royal Melbourne Hospital, Australia

Study population:

220 geriatric outpatients & 53 healthy age and sex matched controls

Study design: longitudinal



Data collection:

Comprehensive geriatric assessment (CGA) will be done for both geriatric outpatients and healthy controls. Geriatric domains of the CGA include physical, psychological, functional and social domains.



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