



Overnutrition among older nursing home residents: may some benefit from a nutritional intervention - a cross-sectional study

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INTRODUCTION

The obesity paradox indicates that not all older adults will benefit from weight loss interventions.

A risk screening approach (see fig.1) has been developed to identify older adults with overnutrition who may benefit from a nutritional intervention (1).

AIM

To apply risk screening among nursing home residents to identify those who may benefit from an intervention.

RESULTS

Result 1: In total 52% had BMI ≥ 25 kg/m². All residents with a BMI ≥ 25 kg/m² had a minimum of one criterion present; 11.5% (n=7) of participants had either NCD or low function, and 88.5% (n=54) had combined NCD and low function.

Result 2: Compared to residents with normal weight ($\geq 18.5 < 24.9$ kg/m²), the group with BMI ≥ 25 kg/m² had lower Fat-Free Mass percentage (FFM%) (31.7 vs. 33.8 %, p= .005) and FFM Index (16.4 vs. 17.2, p=.0004).

The group with overnutrition had a higher fat mass (FM) (25.1 vs. 15.2 kg) and FM% (32.8 vs. 23.9 %), (all p < .0005).

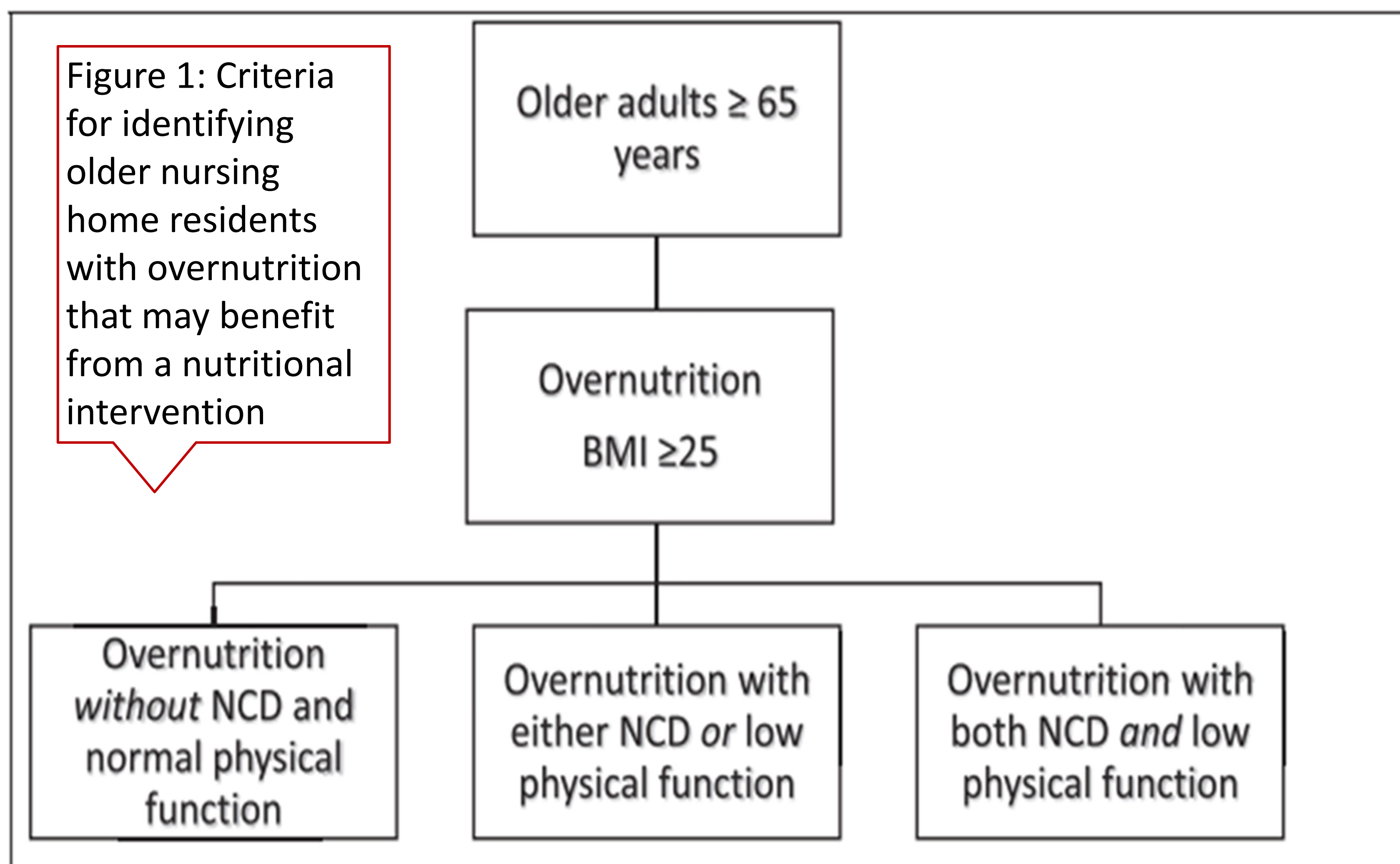
REFERENCES

1. Christoffersen T. et al 2022: Development of an approach for overnutrition among older adults in community health care settings: - an opinion paper. *Clin Nutr. Open*.

METHOD

- 1 Participants (n=116) were recruited from six nursing homes in Denmark. Data collection included body composition (Bioelectrical impedance), physical function (chair stand test), and presence of non-communicable disease (NCD).
- 2 Residents were classified based on BMI ≥ 25 kg/m² and the presence of normal or low physical function or presence of NCD (fig. 1)
- 3 Comparison of variables between groups with variance analysis.

Figure 1: Criteria for identifying older nursing home residents with overnutrition that may benefit from a nutritional intervention



CONCLUSIONS

Applying a risk screening model developed for older nursing home residents showed that overnutrition is highly prevalent and that all overweight residents might benefit from an intervention.

The presence of NCD, lower FFM%, and FFMI, and higher FM, and FM% represent the complexity of overnutrition among residents and indicate that developing nutritional interventions are important next step for healthy aging.

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