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Main physical/mental morbidities in relation to an increased risk of sarcopenia in Colombian adult women

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AIM

To identify the association between previously diagnosed clinical morbidities and the risk of sarcopenia, identified with SARC-F in Colombian older adult women

METHOD

Sub-analysis of the database that is part of the cross-sectional research project SARCOL [Sarcopenia in Colombian Women] was carried out.
The sociodemographic and clinical information provided by 700 elderly women [60-74 years] residing in Colombian territory who were interviewed and clinically evaluated in their own homes within a primary or community care program was evaluated.
Anthropometric measurement was performed, the previous diagnosis of morbid conditions was questioned, and the SARC-F scale, universally accepted as a screening test, was applied.
Overall score of 0-3 indicated good muscle health and four or more suggested risk for sarcopenia.
Women with reading and writing problems and comprehension of the information provided were excluded.
Univariate logistic regression and an adjusted model were performed between the risk of sarcopenia and the clinical morbidities identified.
Age and age at menopause were used as covariates. Study with the endorsement of the ethics committee.

RESULTS

Sociodemographic characteristics and clinics n = 700	
Age (years), X ± DS	67.0 ± 4.8
body mass index X ± DS	26.5 ± 4.8
Waist circumference (cm) X ± DS	90.2 ± 14.5
Hip circumference, (cm)	103.6 ± 10.9
Calf circumference, (cm)	34.1 ± 4.0
Age at menopause, X ± DS	48.1 ± 4.1
Risk of sarcopenia % [IC95%]	9.8 [7.8-12.2]
Diagnosed with high blood pressure (%)	59.0
Diabetes (%)	15.8
osteoarthritis/arthritis (%)	19.7
heart disease (%)	8.7
Lung disease (%)	5.1
Depression (%)	2.6
Anxiety (%)	2.2

Morbidities Associated with Sarcopenia Risk. Not adjusted OR [95%CI]

- Depression: 7.13 [2.92-17.37]
- Osteoarthritis/arthritis: 6.07 [3.61-10.20]
- Anxiety: 4.19 [1.55-11.30],
- Heart disease: 3.16 [1.63-6.10]
- Lung disease: 2.82 [1.23-6.47]
- Diabetes: 2.04 [1.14-3.64]
- Arterial hypertension: 1.79 [1.04-3.09]

Morbidities Associated with Sarcopenia Risk Adjusted model including all morbidities explored OR [CI95%]	
Osteoarthritis/arthritis	5.64 [3.28-9.68]
Depression	3-07 [1.03-9.12]
Diabetes	2.10 [1.09-4.04]

CONCLUSIONS

In a group of Colombian older adult women, osteoarthritis/arthritis, depression and diabetes were associated with a significant increase in the possibility of presenting a risk of sarcopenia, when evaluated with a clinical screening test.

CONTACT INFORMATION

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