

# BOOK OF ABSTRACTS



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## CREDITS

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- **16806 | Anthropometric values of older people in Portugal: results from the Nutrition UP 65 study**

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Introduction: The accentuated aging of the Portuguese population raises several health concerns and anthropometry can provide important indicators of nutritional status. Given the high variability of anthropometric characteristics among older people and the lack of anthropometrical data for this age group in Portugal, this work aims to describe the anthropometric values of the Portuguese older population.

Participants and methods: Based on the Nutrition UP 65 cross-sectional study, a sample of 1500 older individuals aged  $\geq 65$  years, representative of the Portuguese population regarding sex, age, educational level and geographic regions (NUTS II) was evaluated. Data on weight, height, body mass index, triceps skinfold, and middle-arm, waist and calf girths were reported in percentiles by sex and age group. Weight and height were also compared with available data from elder populations of different nationalities.

Results: After the exclusion of 4 individuals with missing data, anthropometric values were described for 1496 participants. Percentiles 5, 10, 25, 50, 75, 85, 90, and 95 were calculated. Regarding WHO BMI cut-offs, 3 (0.2%) were underweight, 249 (16.6%) were classified as normal weight, 662 (44.3%) were pre-obese and 582 (38.9%) were obese. Comparing the weight values of this sample with those of other nationalities, only the Turkish, Swedish, Australian, and the American presented superior weight values, for both sexes. Regarding height, the majority of the older women of other nationalities presented superior values to that of the Portuguese. However, these differences were lower for men.

Conclusion: The present study confirmed the high prevalence of overweight and obesity in this age group. This description of the anthropometric values of the Portuguese elderly population may contribute to the early implementation of intervention health measures directed to older individuals.

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