



## SARCOPENIA IN A TAIWANESE METROPOLITAN ELDERLY POPULATION

### 台灣都市老人肌少症的盛行率

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**Purpose:** Sarcopenia is a condition with multidimensional causes and confers a high risk for adverse health outcomes. Little information exists on the prevalence of sarcopenia in a general elderly population in Taiwan. Thus this study aimed to report the prevalence of sarcopenia in a Taiwanese metropolitan elderly population.

**Methods:** We did a cross-sectional survey of a sample consisting of 1,347 ethnic Taiwanese elders aged 65 years and over who lived in 8 administrative units of the North District of Taichung City, Taiwan in 2009. Sarcopenia was defined according to the criteria proposed by European Working Group on Sarcopenia in Older People (EWGSP) in 2010. Elders with sarcopenia were characterized by low muscle mass, plus at least one of low muscle strength or low physical performance. Low muscle mass was defined as sex-specific lowest 20% of skeletal muscle mass index measured by dual energy X-ray absorptiometry in our study sample. Low muscle strength was measured as low handgrip strength and low physical performance as low gait speed based on frail criteria proposed by Fried et al.

**Results:** The age- and gender-weighted prevalence of sarcopenia was 15.4%. The prevalence of sarcopenia was 7.0%, 16.4% and 43.2% in men aged 65-74, 75-84 years and 85 years and over, and 7.9%, 22.1% and 26.3% in women aged 65-74, 75-84 years and 85 years and over, respectively. For sociodemographic characteristics, only older age was associated with an increased likelihood of sarcopenia after adjusted for gender, educational attainment and marital status.

**Conclusion:** Sarcopenia was present in 15.4% of the Taiwanese elderly population aged 65 years and over in a metropolitan area; there were substantial variations by age.