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ABSTRACT 183

The relationship between CVD and nutrition risk in Octogenarians

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Background

The oldest old is the fastest growing segment of the New Zealand (NZ) population. In NZ, cardiovascular disease (CVD) accounts for more than half of the mortality among the oldest old. Nutrition status is related to CVD but the relationship between nutrition risk and CVD in octogenarians is less recognised.

Objective

To examine the association between CVD, CVD risk factors and nutrition risk in octogenarians

Methods

The Life and Living to Advanced Age, NZ is a cohort study recruited 936 (411 Māori; 525 Non-Māori) octogenarians in the North Island, NZ. CVD was ascertained through an interviewer administered standardised questionnaire, general practice medical records, ECG and a nationally held hospitalisation registry. Nutrition risk was assessed using a validated questionnaire - SCREEN II. Physical assessments included anthropometric measures, systolic and diastolic blood pressure and estimation of body fat percentage. Fasting blood samples were collected.

Results

In the preliminary results, 71% (n=663) of the sample had CVD and 69% (n=450) were at risk of under-nutrition. Nearly half of the participants (45%, n=279) had a BMI between 25-30kg/m², 27% between 18.5-25kg/m², 27% >30kg/m² and 1% <18.5kg/m². According to the WHO classification, 86% had increased waist circumference (WC) (i.e. men ≥94cm; women ≥80cm). Those with CVD had a higher BMI (p=0.012) and at higher risk of under-nutrition (p=0.044) than those without CVD. Controlling for gender, ethnicity and socioeconomic factors, risk of under-nutrition was associated with CVD [OR (95%CI) 0.955 (0.921-0.992), p=0.016]. The relationship between CVD, its risk factors and risk of under-nutrition for both Māori and non-Māori men and women will be discussed in the presentation.

Conclusions

CVD and risk of under-nutrition were prevalent among the octogenarians. Understanding the relationship between CVD and nutrition risk will assist with developing appropriate dietary interventions to prevent deterioration of cardiovascular health in the oldest old.