

<b>Paper Category:</b>	Nutrition
<b>Paper Title:</b> (Arial Font; 14 Pt Size)	Sarcopenia and Its Associated Factors Among Community-dwelling postmenopausal women in Malaysia
<b>Abstract Body:</b> (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> <li>• Background</li> <li>• Objectives</li> <li>• Method</li> <li>• Results</li> <li>• Discussions and Conclusions</li> </ul>

(Maximum word limit - 300 words)

**Background and Objectives:** The proportion of elderly population and postmenopausal women has grown dramatically in Asia. While it is universally recognised that a progress muscle degeneration occurs during aging and menopausal transition, leading to increased risk of sarcopenia in postmenopausal women, studies are scarce on this aspect among Asian populations. This study aims to determine risk of sarcopenia and its associated factors among community-dwelling postmenopausal women in Malaysia. **Methods:** Risk of sarcopenia was determined using AWGS (2019) criteria namely skeletal mass index, calf circumference, hand grip strength and gait speed which were assessed objectively. Participants were ascertained on dietary intake, lifestyle factors, anthropometric parameters. **Results:** A total of 304 community-dwelling postmenopausal women were recruited. Sarcopenia prevalence was 34.5%, with 28.8%, 33.9%, 36.5% and 40.5% of the postmenopausal women presented with slow gait speed, small calf circumference, low skeletal muscle index and poor hand grip strength, respectively. Low sunlight exposure, inadequate intake of protein, uneven meal distribution of protein intake, alkaline water consumption and sleep quality were negatively associated with risk of sarcopenia and its criteria. **Conclusions and Discussions:** Our study found the prevalence of sarcopenia was high among the community-dwelling postmenopausal women. A few of the risk factors for sarcopenia are modifiable which deserve formulation of appropriate interventions to mitigate impact of sarcopenia among this vulnerable population.

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