

Paper Category:	Nutrition
Paper Title: (Arial Font; 14 Pt Size)	Prevalence of Multidimensional Frailty and its Associated Factors among urban living Older Adults in Malaysia
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> • Background • Objectives • Method • Results • Discussions and Conclusions
<p>(Maximum word limit - 300 words)</p> <p>Changes in physical, psychological and social functioning occur with ageing. The dysfunction of multiple systems is the characteristics of frail people. In Malaysia, the data of multidimensional frailty are still limited and less studied. A cross-sectional study aimed to determine the prevalence of physical, psychological and social frailty and their associations with socio-demographic characteristics, anthropometric measures, multimorbidities and lifestyle factors was conducted among 102 urban-living older adults in Malaysia. The physical frailty was assessed using Fried's criteria, whereas the psychological and social frailty were assessed using Tilburg Frailty Indicator (TFI). An interview-based questionnaire was utilized to collect data on sociodemographic multimorbidities and lifestyle factors. Anthropometric measures included body weight, height, mid-upper arm circumference (MUAC), calf-circumference (CC) waist circumference (WC) and body fat percentage. The prevalence of physical, psychological, and social frailty among the respondents were 26.5%, 22.5% and 10.8%, respectively. Gender ($\chi^2=6.468$, $p=0.011$), multimorbidities ($X^2=4.943$, $p=0.026$), body fat percentage ($r=0.29$, $p<0.05$) and waist circumference ($r=0.20$, $p<0.05$) were associated with physical frailty. Moreover, calf-circumference ($p=0.011$) and waist circumference ($r=0.24$, $p<0.05$) were related to psychological frailty. Meanwhile, age ($p=0.000$), living status ($p=0.000$), waist circumference ($r=0.32$, $p<0.05$), mid-upper arm circumference ($r=0.27$, $p<0.05$) and calf circumference ($r=0.31$, $p<0.05$) were linked with social frailty. Thus, imply that given their significant relationship, females who were older, lived alone, had multiple diseases, had a higher body fat percentage, and had abdominal obesity were more likely to experience multidimensional frailty. This study suggests that the physical, psychological, and social frailty is prevalent in the community setting. Therefore, early preventive strategies focusing on multidimensional approach is warranted to minimise the frailty and it's adverse outcomes to this vulnerable age group.</p>	

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