INTRODUCTION

In the Philippines as well as in other developing countries, the number of persons aged 60 years and above is rising. Based on the 2010 Philippine population census 6.25 million are older persons, this number is projected to reach more than 19.6 million in 2040. This implies that more resources will have to be allocated for older persons who will avail of health and nutrition services to maintain good health and prolong life. Currently, studies are still limited on effective interventions to safeguard the health and quality of life of older Filipinos.

- Quality of Life (QOL) is defined as the individuals’ perceptions of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns- World Health Organization (WHO)

- Functional Capacity refers to the ability of a person to perform activities that relate to self-care and daily living.

Objective

To determine the nutritional status and its association with the functional capacity and quality of life of older persons in the National Capital Region (NCR). Specifically,

1. To assess the nutritional status of older persons among selected participants of the study by means of anthropometric, biochemical, clinical and dietary methods
2. To assess the functional capacity and quality of life of older persons; and
3. To relate nutritional status with functional capacity and quality of life.

MATERIALS AND METHODS

Research Design

Cross-sectional study among community-dwelling older persons in the National Capital Region (NCR) taken from the households covered by the 2015 Updating of the Nutritional Status of Filipino Children and Other Population Groups survey conducted by the FNRI-DOST.

Data Collected

- Anthropometry: weight, body fat, height, waist, hip, and calf circumferences
- Biochemical: high sensitivity C-reactive protein (hsCRP), hemoglobin
- Clinical: blood pressure, medical history, aging-related disorders
- Dietary: food and nutrient intake, adequacy
- Functional capacity: muscular strength, activities of daily living/instrumental activities of daily living (ADL/IADL), physical activity (GPAQ)
- Quality of life: questionnaire-based (WHO-QOL-BREF)
Among urban-dwelling older persons...

- Four in ten males and six in ten females participated in this study.
- Six out of ten are from the younger age group of older persons.
- 90% live with their families.

63% have health insurance, 98.5% are members of PhilHealth.

58% are Members Social Organizations, where 47% are members of Senior Citizen's Organization.

Under- and Overnutrition are present

- Are Underweight with BMI <18.5
- Normal
- Are Overweight or Obese with BMI ≥25.0

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<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
<th>Both</th>
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</thead>
<tbody>
<tr>
<td>Calf Circumference</td>
<td>70</td>
<td>87</td>
<td>84</td>
</tr>
<tr>
<td>Mid Upper Arm Circumference</td>
<td>90</td>
<td>93</td>
<td>94</td>
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<tr>
<td>Waist -Hip Ratio</td>
<td>17</td>
<td>84</td>
<td>84</td>
</tr>
<tr>
<td>Waist Circumference</td>
<td>48</td>
<td>84</td>
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At least seven in ten males and females are at risk to malnutrition based on low calf and mid-upper arm circumference. Eight and nine in ten females have excess abdominal fat based on waist-hip ratio and waist circumference, respectively.

- Hand grip – about half with normal arm muscle strength
- Almost all (96%) are independent or can perform both basic and instrumental activities of daily life using ADL/IADL questionnaire
- 4 in 10 are at risk to malnutrition using MNA questionnaire

Their health condition

- Majority (95%) have gastrointestinal problems
- 8 of 10 have vision problems
- 47% are Hypertensive
- 1 out of 5 is Anemic

At least ONE in every THREE older persons have arthritis, hearing, psychiatric, pulmonary and genito-urinary problems.
It is recommended that health care and support services should be made accessible for older persons that include a tailored nutrition and education campaign for this group. Continued family and community support is also needed to address nutrition and medical problems and to create a safe environment where older persons remain productive.

Local cut-off points should be established for calf circumference and MUAC as a practical tool to determine risk to malnutrition among the older age groups.

- Both under and over nutrition exists among older persons in NCR. Older persons are at risk to malnutrition while common ailments associated with aging are also present.
- Majority of the older persons can still perform activities of daily life independently irrespective of age, BMI and health condition. Majority of older persons perceive their quality of life and health as satisfactory.
- The scores from MNA, a measure of nutritional risk, is a significant factor that influence the quality of life of older persons. Measurements on the calf and mid-upper arm circumferences, hand grip strength and MNA scores significantly affect satisfaction on the quality of their health.

References
2. www.psa.gov.ph
3. Nestle Nutrition Inc. A guide to completing the Mini Nutritional Assessment MNA

ACKNOWLEDGEMENT
1. Mr. M. Veluz for lending the Handgrip Dynamometer
2. Mr. David Kenneth Mendoza