

Anthropometry, body composition and functional limitations in the elderly

Indicadores antropométricos, composición corporal y limitaciones funcionales en ancianos

Arroyo, Patricia

Leraa, Lydia

Sánchez, Hugo

Bunout, Daniel

Santosb, José Luis

Albala, Cecilia

Background: Functional limitations limit the independence and jeopardize the quality of life of elderly subjects. Aim: To assess the association between anthropometric measures and body composition with functional limitations in community-living older people. Material and Methods: Cross-sectional survey of 377 people  $\geq 65$  years old (238 women), randomly selected from the SABE/Chile project. Complete anthropometric measurements were done. Handgrip muscle strength was measured using dynamometers. Body composition was determined using Dual-Energy X-Ray Absorptiometry. Functional limitations were assessed using self reported and observed activities. Results: Body mass index was strongly associated with fat mass (men  $r = 0.87$ ; women  $r = 0.91$ ) and with lean mass (men  $r = 0.55$ ; women  $r = 0.62$ ). Males had significantly greater lean mass (48.9 kg vs 34.9 kg), and bone mass than females (2.6 kg vs 1.8 kg) and women had higher fat mass than men (26.3 kg vs 22.9 kg). The prevalence of functional limita