

# Factors related to total energy expenditure in older adults (Chile) Factores relacionados con el gasto energético total en adultos mayores (Chile)

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© 2015, Grupo Aula Medica S.A. All Rights Reserved. Aim: to assess Total Energy Expenditure (TEE) in healthy Chilean institutionalized or independently older people Methods: twenty seven young (27-30 years), 27 institutionalized (> 65 years old) and 27 free-living older (> 65 years old) participants were studied. Body composition was estimated by dual energy X-ray absorptiometry. Physical activity energy expenditure (AEE) and TEE were assessed using Actiheart accelerometers. The Mini Nutritional Assessment (MNA) was applied and Timed Up and Go (TUG) was measured. Results: AEE was 171, 320 and 497 kcal/day in institutionalized, free living older and young participants, respectively ( $p < 0.01$  between young and older participants). Both absolute TEE and TEE/RMR was higher in young people. Multiple regression analysis accepted age, MNA and TUG as significant predictors of AEE ( $r^2 = 0.24$   $p < 0.01$ ). Conclusion: AEE and PAL were lower among older people, with no differences by insti