

THE DIETARY INFLAMMATORY INDEX AND FRAILTY RISK IN OLDER PEOPLE WITH POOR NUTRITIONAL STATUS

Yongsoon Park and Doyeon Kim

Hanyang University, Korea

Both inflammation and poor nutritional status are major risk factors of frailty, and the dietary inflammatory index (DII) has been suggested as being associated with the risk of frailty. The present study aimed to investigate whether DII scores were positively associated with the risk of frailty in older people, particularly those with poor nutritional status. In total, 321 community-dwelling older people aged 70-85 years were recruited and categorized as non-frail, pre-frail, and frail according to the cardiovascular health study index. DII scores were calculated based on 24 h dietary recall, and nutritional status was assessed using the mini nutritional assessment. Multinomial logistic regression analysis showed that DII scores were positively associated with the risk of frailty in older people, particularly those with poor nutritional status. Among the frailty criteria, weight loss, low walking speed, and low grip strength were associated with DII scores. In addition, the optimal DII cut-off score for frailty was ≥ 0.93 (sensitivity 71%; specificity: 72%; AUC=0.792). The present study showed that a pro-inflammatory diet was associated with increased risk of frailty, particularly in older people with poor nutritional status. Future randomized controlled trials with a low DII diet for the prevention of frailty are needed to confirm our finding.

Biography

Yongsoon Park has completed her PhD from the Department of Food Science and Human Nutrition, Washington State University, and Postdoctoral Studies from Endocrine Research Unit, Mayo Clinic. She is a Professor in the Department of Food and Nutrition at Hanyang University, and the Director of Korean Living Science Research Center. She has published more than 120 papers in reputed journals, and has been serving as an Editorial Board Member of Nutrition Research.

yongsoon@hanyang.ac.kr