

**P-196****Nutritional assessment of institutionalized elderly at a day care centre**

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**Introduction:** Early identification of malnutrition is essential for an individualized intervention that promotes and protects the health of the elderly. The aim of this study was to perceive and evaluate the nutritional status of elderly users of a day care centre.

**Methods:** An observational, cross-sectional study was carried out in 39 elderly patients from a day care centre. Anthropometrical, bio-electrical impedance and biochemical parameters were evaluated. Hand-grip strength was obtained. The nutrient intake of each participant was registered through a 24-h recalls and food frequency questionnaire. Malnutrition and risk of malnutrition were determined by Mini Nutritional Assessment (MNA).

**Results:** The average age of the elderly in the study was 81 years; 69.2% were women. The most frequent pathologies were arterial hypertension (79.5%), dyslipidaemia (58.9%) and type-2-diabetes (25.6%). The evaluation of the Body Mass Index indicated that 17.8% showed normal weight, 35.6% overweight and 28.8% obesity. Of the sample studied, 71.1% presented a holding force below the reference value. Waist circumference results revealed that 62.2% were classified with increased cardiovascular risk. The hand-grip strength showed a significant correlation with the lean mass value. The results of the application of MNA showed that 37.8% of the elderly were at risk of malnutrition and 3% malnourished.

**Key conclusions:** The prevalence of the risk of malnutrition in the studied sample is relevant. Nutritional monitoring of overweight and/or at nutritional risk individuals is crucial to avoid deterioration in their health status and to promote a healthy lifestyle.