

## Poor outcomes for prefrail/frail at risk of malnutrition

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(HealthDay)—Prefrail/frail seniors at risk of malnutrition have poor

health outcomes and increased mortality, according to a study published online July 13 in *JAMA Network Open*.

Kai Wei, M.D., from Shanghai Jiao Tong University in Shanghai, and colleagues examined health outcomes associated with physical frailty and [malnutrition](#) in a population-based cohort study. Participants included 2,804 community-dwelling adults in Singapore aged 55 years or older at baseline.

The researchers found that the normal nutrition (R-NN) group, as measured by the Mini Nutritional Assessment Short-Form (MNA-SF), had the lowest prevalence of instrumental/basic activities of daily living disability (16.9 percent), which increased substantially only among the prefrail/frail at risk/malnourished (PFF-ARM; 40.2 percent; odds ratio, 1.88). The prevalence of poor quality of life (QOL) using cross-sectional analyses was lowest among the R-NN group (14.1 percent), and the highest increase was seen in the PFF-ARM group (41.3 percent). Across frailty and nutritional status groups, a significant association with incident poor QOL was highest in the PFF-ARM group versus the R-NN group (34.8 versus 19.2 percent; odds ratio, 1.70). The lowest mortality rate was seen in the R-NN group, while the highest rate was seen in the PFF-ARM group (0.54 and 3.04 per 100 person-years, respectively; hazard ratio, 1.72)

"Reported adverse health outcomes attributed to poor nutrition often appear more likely to be associated with physical [frailty](#)," the authors write.

**More information:** [Abstract/Full Text](#)

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