

## EATING HABITS OF PATIENTS WITH SARCOPENIC OBESITY

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### Abstract

In the aging process, physiological changes weaken the structure of tissues, organs, and organ systems. This year, the World Health Organization (WHO) declared a decade of healthy aging. According to their data from 2016, 650 million people over 18 were obese. An alarming prevalence also occurs in vulnerable groups such as the elderly. Prevention of sarcopenia and obesity, along with its complications, are among the most crucial health actions in this decade of healthy aging. Adequate nutrition and physical activity are essential preventive measures. Assessment of eating habits and physical activity enables the introduction of specific nutritional recommendations for people with sarcopenic obesity. The work aimed to evaluate the characteristics of eating and lifestyle habits in patients with sarcopenic obesity.

This study included 30 subjects of both sexes, aged 65 to 75, who were patients in Polyclinic Medicus A, Gračanica. The inclusion criteria for entering the study were proven obesity and sarcopenia. Skeletal muscle mass index (SMI) was used to assess the presence of sarcopenia, and obesity was proven using body mass index (BMI). Obese patients whose SMI was within normal limits were in the control group. Data on dietary habits was collected using an eating habits questionnaire. The difference between the groups is analyzed using the chi-square Mann-Whitney U test. The analysis is performed using the statistical software MedCalc v12.3.

Patients with sarcopenic obesity were statistically significantly ( $p < 0.05$ ) less physically active, more prone to insomnia, and consumed less fruit and vegetables and more carbohydrate foods than the control group. There are significant differences in the eating and lifestyle habits of the experimental and control groups. Nutritional interventions include increased protein intake ( $> 1.2$  g/kg body weight/day) and following the Mediterranean diet consisting of fresh fruit and vegetables, fatty fish, and nuts.

Grape seed extract, Marat root, vitamin D, and probiotics may be helpful in the treatment of sarcopenia. It is also recommended to increase physical activity, especially resistance training.

**Key words:** *Obesity, Sarcopenia, Nutrition interventions, Prevention, Healthy ageing.*