

Central obesity:

A BETTER, SAFER ASSESSMENT TOOL FOR OLDER ADULTS

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"For older adults, waist circumference may be a better indicator of health than the conventionally-used BMI" - A/Prof Reshma Merchant


The research study surveyed

754
participants

Aged
65
and above

It defined

MAN
Central obesity:  waistline of 90cm and above

High BMI: 23.0kg/m² and above 

WOMAN*
waistline of 80cm and above 

*This may not apply to patients with artificially inflated waistlines (e.g. liver disease patients, peritoneal dialysis patients)

Research findings

Patients with central obesity were **1.5x more likely to suffer from chronic diseases** (hypertension and diabetes), regardless of their BMI



For the **timed-up-and-go test**, the **best timings** were achieved by those with **high BMI** and no central obesity

How to lose weight while maintaining muscle mass

Exercises



Exercises should focus on building muscle strength



Resistance exercises, using tools like resistance bands, weights, and pedal exercisers, are advised



Adults who are physically well should go to the **gym 2-3 times a week**, and go for **brisk walks 5-6 times a week**



Older adults with mobility issue can do **10 repetitions of sit-to-stand exercises per day** under supervision

Diet



Each meal should include at least **palm-sized amount of protein** (e.g. fish, poultry)