

Knowledge and Understanding of Lifestyle Factors Relating to Sarcopenia in United Kingdom Adults Aged 45 years and Over

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INTRODUCTION

- Based on European Working Group on Sarcopenia in Older People (EWGSOP) 2018, sarcopenia is a **geriatric syndrome** characterised by **progressive and generalised loss of muscle mass and strength**.^{1,2}
- Sarcopenia** usually affects people **aged 60 years and over**.³
- The **prevalence** of sarcopenia in the world is **10% in men** and **10% in women**.⁴
- There are many impacts of sarcopenia, especially in the elderly population such as **physical disability, reduced quality of life, and increased mortality rates**.^{5,6,7}
- Sarcopenia is **inevitable**. However, **its progression can be halted** by having a good lifestyle, **namely adequate protein intake and regular exercise**.^{8,9}
- There has been **no survey** investigating the general public's **knowledge, attitude and practices (KAP)** in **United Kingdom (UK)** on the **prevention of sarcopenia**.
- Previous survey on KAP in other countries have shown that people with **high level of knowledge regarding sarcopenia prevention** as well as **exhibit positive attitudes and practices** have **lower risk of developing sarcopenia**.¹⁰

AIMS

- The aims of this study were to:
- Assess** the **KAP** of adults aged 45 and over in the UK towards the prevention of sarcopenia through lifestyle, namely nutrient intake and exercise.
 - Find out how many respondents **are at high risk of sarcopenia using the Strength, Assistance with walking, Rising from a chair, Climbing stairs, and Falls (SARC-F)** questionnaire.

METHODS

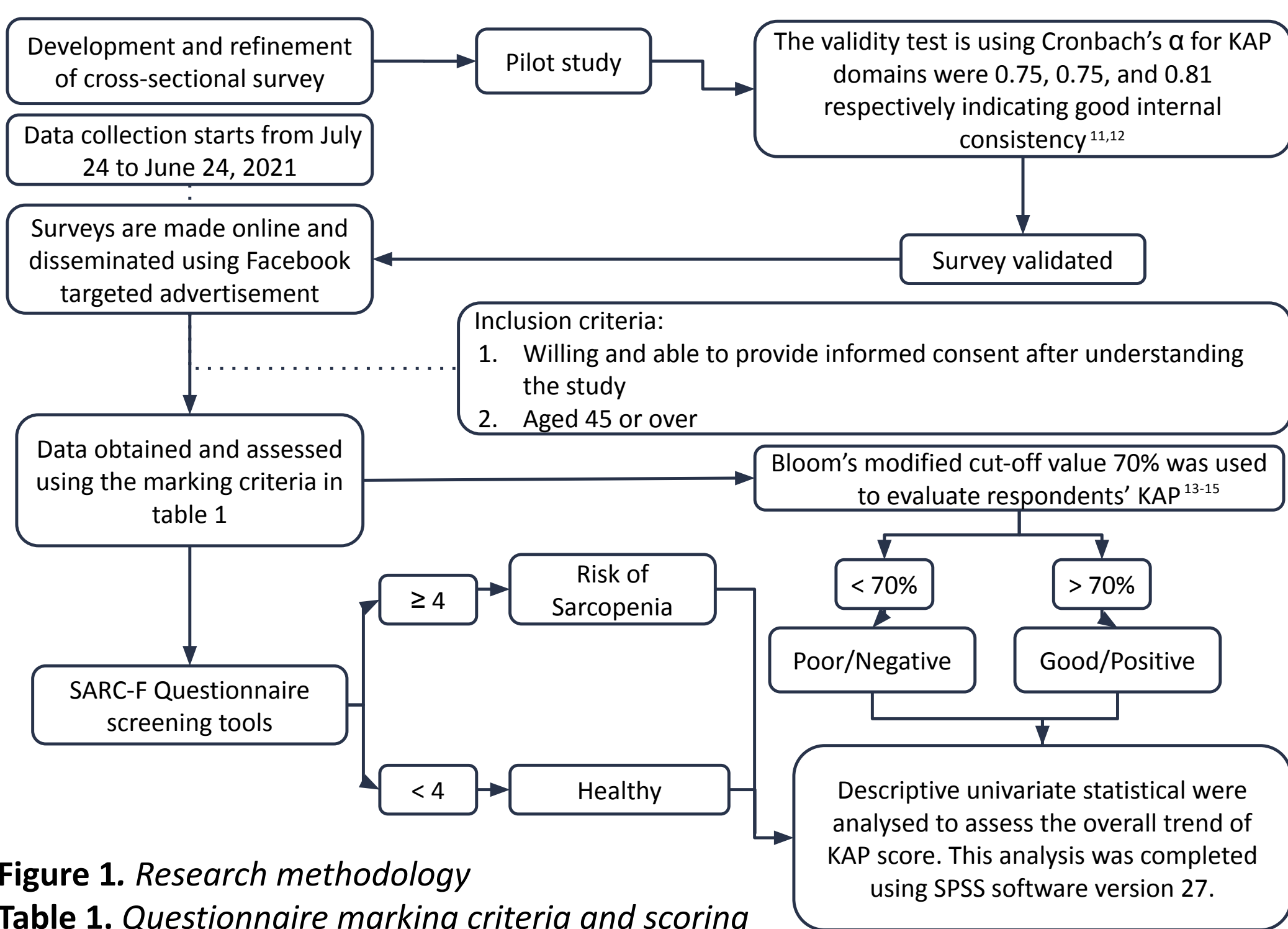


Figure 1. Research methodology

Table 1. Questionnaire marking criteria and scoring

Component	Marking criteria	Scoring	Output
Knowledge & Practice (Multiple Choice)	Correct answer or in line with the recommendation	1	Knowledge: <ul style="list-style-type: none">0 – 9 = “poor” knowledge10 – 14 = “good” knowledge
	Incorrect answers, I do not know, or not in line with the recommendation	0	Practice: <ul style="list-style-type: none">0 – 5 = not in line with the recommendations6 – 8 = In line with the recommendations
Attitude (Likert Scale)	Rate from 1 (strongly disagree) to 5 (strongly agree) to the statement given	1-5	Attitude: <ul style="list-style-type: none">10 – 34 = “negative” attitude35 – 50 = “positive” attitude
SARC-F (Multiple choice)	Very difficult, unable to do so, and a lot	2	SARC-F: <ul style="list-style-type: none">< 4 = Healthy≥ 4 = Risk of having sarcopenia
	A little difficult and some	1	
	Not difficult and none	0	

RESULTS

Demographic Data

Table 2. Demographic data on study population (n = 123)

Population Characteristic	Population n(%)
Age	
45 – 55 years	6 (4.9%)
56 – 65 years	30 (24.4%)
> 65 years	87 (70.7%)
Gender	
Male	2 (1.6%)
Female	120 (97.6%)
Others	1 (0.8%)
Ethnicity	
White British	120 (97.6%)
White (Other)	3 (2.4%)

Knowledge, Attitude, Practices (KAP) on Sarcopenia and its Prevention

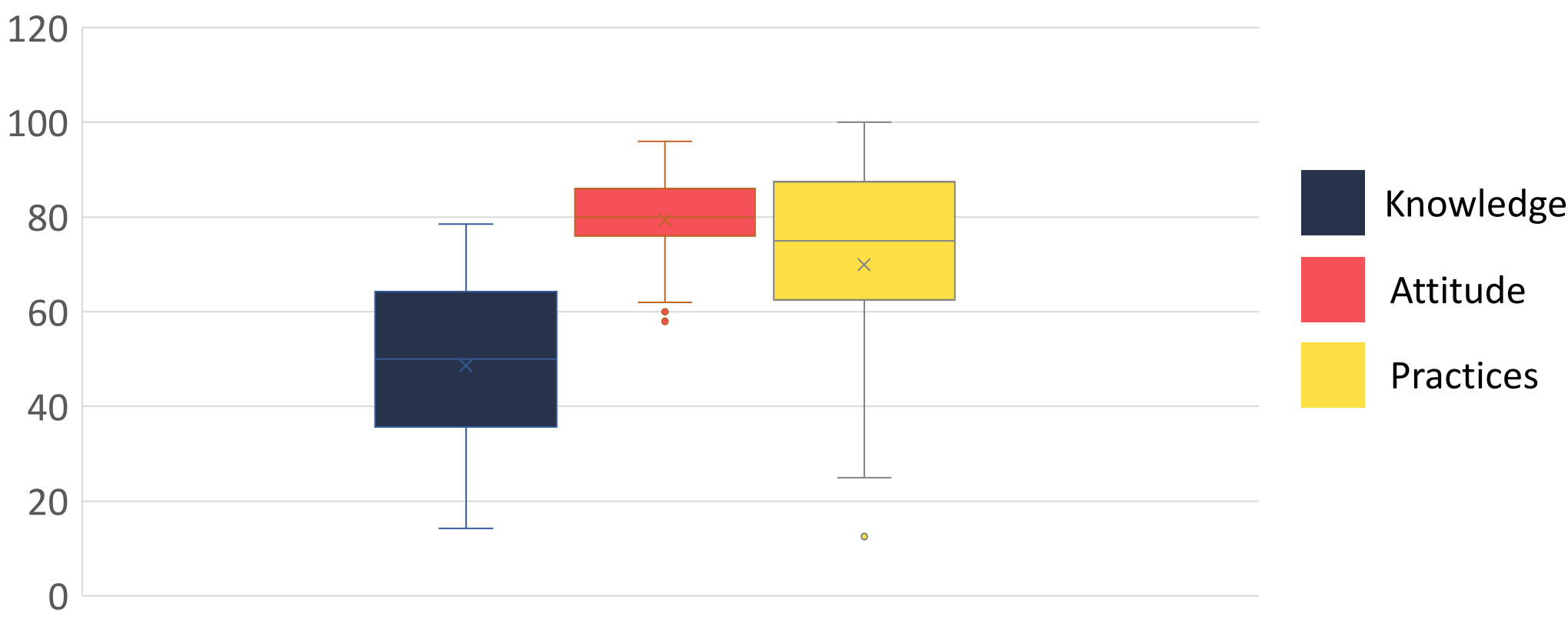


Figure 2. Median score for Knowledge, Attitude and Practices respectively

- The **median** score for **knowledge** is **50%** with an interquartile (IQR) of 28.8%; **attitude** is **80%** (IQR: 10%) and **Practice** is **75%** (IQR: 25%)
- For knowledge, **98 respondents** scored **less than 70%** and were considered to have **poor knowledge** about sarcopenia and its prevention whereas the remaining passed this cut-off
- For attitude, **110 respondents'** attitude towards sarcopenia and prevention was **positive**. Only **13 respondents** had a negative attitude
- For practice, **65 respondents** had a practice in line with the recommendations while the rest (58) did not.

SARC-F Questionnaire

- Respondents who scored **less than 4** are **healthy**, while those who scored **4 or above** are considered to have a **risk of developing sarcopenia**
- 104 respondents (85%)** were **healthy**, while the remaining **19 (15%)** were at **risk**.

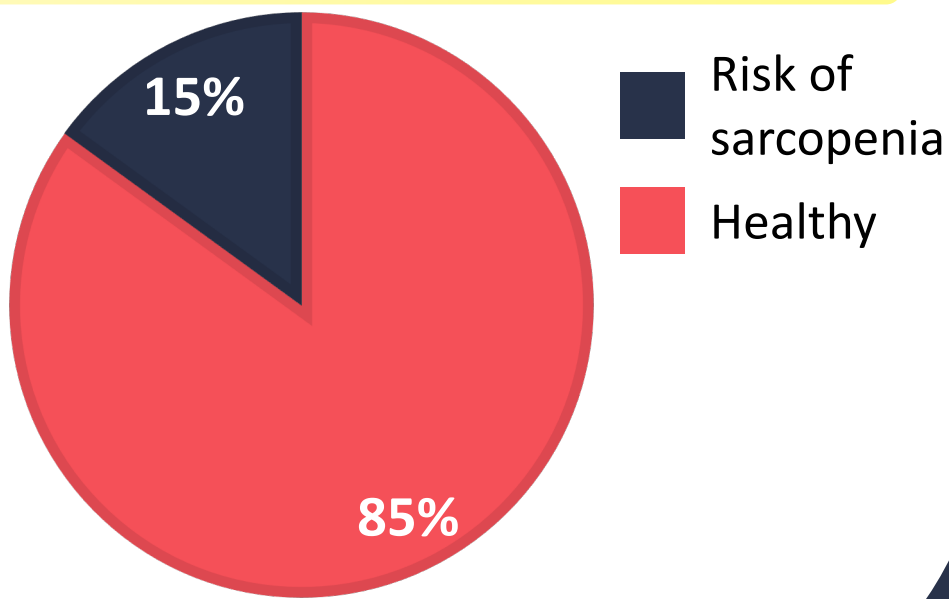


Figure 3. SARC-F questionnaire output

CONCLUSION

- The findings of this study suggest that the **UK adults aged 45** and over demonstrate **poor knowledge** but **positive attitude** and **good practices towards sarcopenia and its prevention**.
- 1 out of 6 adults** in this study were **at risk of having sarcopenia**. Hence further efforts should be directed towards raising the awareness of the disease to improve **their knowledge regarding sarcopenia and its prevention**