

ANALYSIS OF THE NUTRITIONAL PROFILE AND LIFESTYLE OF THE ELDERLY AND THE CORRELATION WITH NON-COMMUNICABLE CHRONIC DISEASES

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ABSTRACT

Objective: To identify risk factors related to the nutritional profile and lifestyle of elderly people for the development of non-communicable chronic diseases (NCDs). Method: This is an integrative review. Article searches were performed in the National Library of Medicine and National Institutes of Health (PubMed), Virtual Health Library (VHL), and Google Scholar databases. Results: Nutritional profile, lifestyle, elderly, and body weight were risk factors for the occurrence of NCDs. Conclusion: It is essential to identify risk factors for the occurrence of chronic diseases. This analysis is crucial to provide support for professional practice and to generate information that can substantiate and improve the health strategies of elderly support centers.

Keywords: Nutritional Profile; Lifestyle; Elderly.

INTRODUCTION

Obesity in the elderly is a multifactorial condition, which can be influenced both by the natural aging process and by poor eating habits and sedentary lifestyle, and its prevalence has been growing and, as pointed out by Freitas *et al.* (2023), is associated with a higher risk of developing non-communicable chronic diseases (NCDs). The study by Ávila *et al.* (2019), in a nutrition outpatient clinic in southern Brazil, observed that most elderly patients were overweight and sedentary, and outpatient nutritional care was effective for reducing anthropometric measurements.

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The Western dietary pattern, characterized by high consumption of foods rich in fats and sugars and low intake of fruits and vegetables, contributes to the increase in obesity and NCDs (Ávila *et al.*, 2019). Thus, the excessive consumption of added sugars, present in ultra-processed foods and sugary drinks, is associated with worse control of chronic diseases in the elderly, as pointed out by Silva Júnior *et al.* (2023).

Given this, considering the cited data and understanding the relationship between lifestyle, nutritional profile, and the occurrence of NCDs, the present study aimed to identify risk factors related to the nutritional profile and lifestyle of elderly people for the development of non-communicable chronic diseases.

METHODOLOGY

This is an integrative literature review, which allows for the synthesis of various published studies, enabling conclusions about a specific area (Pereira *et al.*, 2018). To formulate the guiding question, the PICo strategy was used, with P (population) as elderly people, I (interest) as nutritional profile and lifestyle, and Co (context) as NCDs. Thus, the guiding question of this research was: "What is the relationship between nutritional profile and lifestyle and the incidence of NCDs in the elderly?". The following Health Sciences Descriptors, listed on the Virtual Health Library (VHL) DeCS platform and Medical Subject Headings (MeSH), were used: "Nutritional Profile"; "Lifestyle"; "Elderly"; applying the Boolean operator "AND".

Article searches were performed in the databases: National Library of Medicine and National Institutes of Health (PubMed), Virtual Health Library (VHL), which includes content from the MEDLINE, LILACS, Ministry of Health, and Coleciona SUS (Brazil) databases, and on the Google Scholar platform. The publication period comprised the years 2019 to 2024, in Portuguese and English languages. The searches were conducted between May and July 2024. The inclusion criteria were: original or review articles that answered the guiding question. Studies that did not fit the study objective and articles not available in full online were excluded.

From the database searches, 457 articles were found in total; after applying the publication year filter, 80 remained. Of these, 47 were available in full. After removing those that were not original, 15 remained. From these, those available in Portuguese and English languages were refined, and 10 remained. Finally, a superficial and in-

depth reading was performed; studies duplicated in the databases were also removed. The sample was therefore composed of 5 articles.

RESULTS

After all analyses were performed according to the established criteria, the 5 articles that fit were read in full and are listed according to Table 1.

Table 1. Articles included in this integrative review.

AUTORES	OBJETIVO	DESFECHO-CONCLUSÃO
MELO e LIMA, 2020	Buscar associação entre as multimorbidades mais frequentes em idosos no Brasil e variáveis socioeconômicas e de estilo de vida.	A multimorbidade em idosos é frequente, especialmente em mulheres, mais jovens e socioeconomicamente desfavorecidos. As condições socioeconômicas e o estilo de vida influenciaram na prevalência das principais multimorbidades (Hipertensão e Colesterol alto; Hipertensão e AVC; Hipertensão e Diabetes).
ÁVILA <i>et al.</i> , 2019	Avaliar perfil, estado nutricional, índices antropométricos e variação de peso de pacientes idosos atendidos em um ambulatório de nutrição do Sul do Brasil.	A maioria dos pacientes (82,35%) apresentou sobrepeso tanto na primeira quanto na última consulta. O atendimento nutricional ambulatorial se mostrou efetivo para a redução das medidas antropométricas.
COSTA <i>et al.</i> , 2019	Avaliar os índices antropométricos e a composição corporal, bem como identificar os fatores associados aos hábitos alimentares e ao sedentarismo em idosos com obesidade.	A maioria dos idosos era sedentária (93,2%). Fatores como sexo masculino, baixa renda e tabagismo foram associados ao sedentarismo.
PAMPOLIM <i>et al.</i> , 2021	Verificar a prevalência e analisar os fatores associados à multimorbidade em idosos de uma comunidade em Vitória-ES.	A prevalência de multimorbidade foi de 64,7%, sendo associada a idade \geq 75 anos, sexo feminino, restrição ao lar, não consumo de álcool, não praticar atividade física, polifarmácia, sintomas depressivos, incapacidade para atividades básicas e instrumentais de vida diária e percepção negativa da qualidade de vida.

Passos <i>et al.</i> , 2021	Avaliar a qualidade da dieta de idosos longevos por meio do Índice de Alimentação Saudável Revisado e verificar sua relação com as DCNT.	A qualidade da dieta dos idosos longevos precisa de adequação, pois a maior parte dos idosos apresentava hipertensão arterial, alto consumo de sódio e baixo consumo de cereais integrais. A presença de doenças crônicas não transmissíveis não alterou o consumo alimentar dos idosos, exceto para os diabéticos.
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Source: prepared by the authors.

Conclusion

Given the results, it was possible to answer the starting question of this study, concluding that there is an intrinsic relationship between lifestyle and nutritional profile in the elderly resulting in the occurrence of NCDs. Regarding the analysis of anthropometric indices and body composition of the elderly, this study demonstrated that body changes resulting from the aging process occur differently in men and women and at different stages of aging. It was observed that women of more advanced age have higher values of fat mass. Factors associated with eating habits in elderly people with obesity were gender, education level, and marital status. Regarding sedentary lifestyle, they were gender, income, and smoking.

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