

RISK FACTORS FOR THE DEVELOPMENT OF NON-COMMUNICABLE CHRONIC DISEASES IN THE ELDERLY

João Marcos Luiz da Silva¹

Carla Santos Bastos²

Isabela Leão Gonçalves de Souza³

João Pedro Rodrigues Garcia⁴

Jalsi Tacon Arruda⁵

Universidade Evangélica de Goiás – UniEVANGÉLICA¹²³⁴⁵

ABSTRACT

Objective: To identify risk factors for the development of non-communicable chronic diseases (NCDs) in the elderly. Method: This is an integrative review. Article searches were conducted in the databases *National Library of Medicine and National Institutes of Health* (PubMed), Virtual Health Library (BVS), and Google Scholar. Results: Female sex, sedentary behavior, diet quality, and body weight were risk factors for the occurrence of NCDs. Conclusion: It becomes imperative to identify risk factors for the occurrence of chronic diseases. This analysis is essential to provide support for professional practice and for generating information that can substantiate and improve health strategies in elderly support centers.

Keywords: chronic disease; risk factors; aged; health of the elderly.

INTRODUCTION

The main negative impact of population aging is the increased prevalence of non-communicable chronic diseases (NCDs), which are the leading causes of mortality and disability worldwide (WHO, 2015). The chronic diseases that most affect the elderly are Systemic Arterial Hypertension (SAH), Diabetes Mellitus (DM), Osteoarthritis, neurodegenerative diseases such as Alzheimer's Disease and Parkinson's Disease, chronic lung diseases such as Chronic Obstructive Pulmonary Disease (COPD), and cancer (ARAÚJO, 2012). Furthermore, mental illnesses are among the NCDs that most directly cause disability and worsen quality of life, with a significant impact also on family members (WHITEFORD et al, 2015). Among them, the most prevalent in the elderly is depression.

NCDs are characterized by having multiple etiology, many risk factors, the main ones being tobacco use, harmful alcohol consumption, unhealthy diet, and insufficient physical activity; long latency periods of these diseases, prolonged course, non-infectious origin, and their association with functional deficiencies and disabilities. The surveillance of NCDs encompasses the set of actions that enable knowing the distribution, magnitude, and trends of these diseases and their risk factors in the

population, identifying their social, economic, and environmental determinants, with the aim of supporting the planning, execution, and evaluation of prevention and control (ARAÚJO, 2012).

Therefore, considering the aforementioned and understanding the relationship between the aging process and the occurrence of NCDs in the life of the elderly, the present study aimed to identify the risk factors for the development of non-communicable chronic diseases in the elderly.

METHODOLOGY

This is an integrative literature review, which allows for the synthesis of various published studies, enabling conclusions regarding a specific area (Pereira et al., 2018). To formulate the guiding question, the PICO strategy was used, with P (population) as the elderly, I (interest) as non-communicable chronic diseases (NCDs), and Co (context) as the risk factors for the development of NCDs. Thus, the guiding question of this research was: "What are the risk factors for the development of NCDs in the elderly?".

The following Health Science Descriptors, listed on the (DeCS) platform of the Virtual Health Library (BVS) and *Medical Subject Headings* (MeSH), were used: *Aged, Health of the elderly, Chronic Disease, and Risk factors*. These descriptors were articulated using the Boolean operators AND/OR.

Article searches were conducted in the databases: *National Library of Medicine and National Institutes of Health* (PubMed), Virtual Health Library (BVS), which encompasses the contents of the MEDLINE, LILACS, Ministério da Saúde, and Coleciona SUS (Brazil) databases, and on the *Google Scholar* platform. The publication period covered the years 2021 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 investigate the proposed topic, opinion articles, letters to the editor, and those that did not meet the described inclusion criteria were excluded.

From the database searches, 372 articles were found in total; after applying the publication year filter, 151 remained. Of these, 137 were available in full text. After removing those that were not original, 35 remained. From these, those available in

Portuguese and English were refined, leaving 27. Finally, a superficial and in-depth reading was performed; studies duplicated across 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 were suitable were read in full and are listed according to Table 1.

Tabela 1. Artigos incluídos nessa revisão integrativa.

AUTORES	OBJETIVO	DESFECHO-CONCLUSÃO
Fontinele & Duque, 2021.	A analisar a prevalência de DCNT nos idosos e a sua associação com os fatores sociodemográficos.	Verificou-se que a maior prevalência de DCNT entre os idosos do sexo feminino (79,41%). Em relação às DCNT, a hipertensão foi a doença mais frequente na população em estudo, acometendo 51,61% dos idosos, em seguida a obesidade (29,03%) e, por último, diabetes mellitus (19,35%).
Cândido et al., 2022.	Avaliar a associação entre comportamento sedentário com multimorbidade e seus padrões em idosos brasileiros	Tempos elevados em comportamento sedentário são fatores de risco relevantes para a ocorrência de multimorbidade e seus padrões em idosos.
Passos et al., 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.
Silva et al., 2023.	Identificar a prevalência das doenças crônicas não transmissíveis: hipertensão arterial, diabetes mellitus e os fatores de risco associados em pessoas idosas longevas de três regiões brasileiras.	A polifarmácia, o peso corporal e o sexo determinam a prevalência das doenças crônicas não transmissíveis: hipertensão arterial e diabetes mellitus em pessoas idosas longevas.

Souza et al., 2023.	Verificar a associação entre estado nutricional segundo diferentes pontos de corte para índice de massa corporal (IMC) e ocorrência de DCNT em idosos	O baixo peso se associou à menor ocorrência de doenças osteoarticulares e cardiometabólicas; o sobrepeso à maior ocorrência de doenças cardiometabólicas. O baixo peso se associou à menor ocorrência de doenças cardiometabólicas, sobrepeso à menor ocorrência de doenças neuropsicológicas, obesidade à maior ocorrência de doenças osteoarticulares, cardiometabólicas e respiratórias.
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Fonte: elaborada pelos autores.

CONCLUSION

Considering the demographic and epidemiological transition observed in various nations, it becomes imperative to identify risk factors for the occurrence of chronic diseases, which predominantly affect the elderly population. This analysis is essential to provide support for professional practice and for generating information that can substantiate and improve health strategies in elderly support centers.

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