

Protein consumption and determinants in community dwelling older adults using the National Diet and Nutrition Survey (NDNS)* years 9-11: A cross-sectional study.



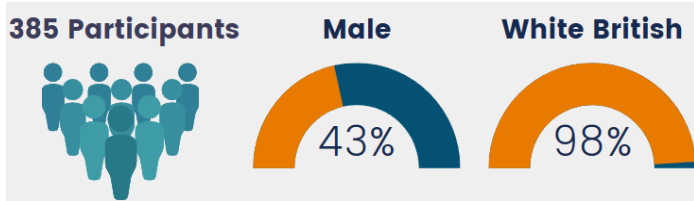
Background

Reference nutrient intake for protein amongst the general population is 0.75 grammes of protein per kilogram of body weight per day (g/kg BW/d). Expert groups recommend healthy adults over 65years have 1.0-1.2g/kg BW/d to support good health and maintain functionality. Recent recommendations for older adults have suggested 1.2g/kg BW/d should be the minimum target.

This study aimed to quantify percentage of community dwelling older adults meeting recommendations for protein intake and explore factors associated with low consumption.

Methods

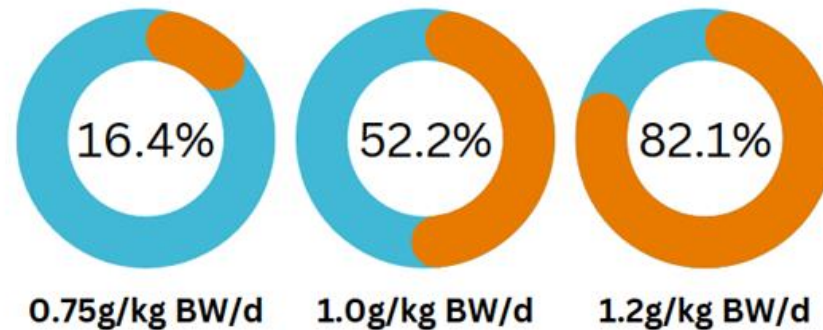
- The study population comprised >65s completing the NDNS survey years 9-11 (2016-2019).
- Protein consumption was calculated as grammes per kilogram adjusted body weight per day (g/kg aBW/d). Adjustment made for body mass index (BMI) below 22kg/m² and above 27kg/m².
- Percentage of participants meeting protein recommendations for 0.75, 1.0 and 1.2g/kg BW/d was calculated.
- Chi-squared test for independence was utilised to determine association between social, health and lifestyle factors and low protein intake.



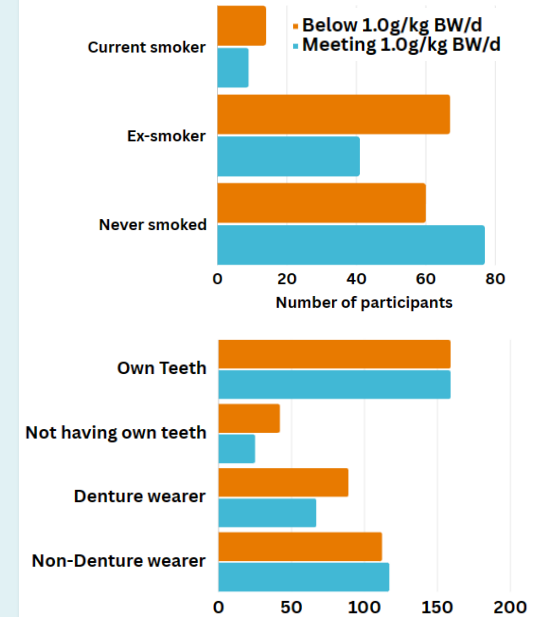
A large percentage of community dwelling older adults are not meeting expert recommendations for protein intake.

Mean protein intake 0.98g/kg aBW/d (SD+/-0.25)
Range 0.33-1.74g/kg aBW/d

Prevalence below recommendations



Associations with low protein intake



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Kate Taylor, Pre-doctoral Clinical and Practitioner Academic Fellowship, NIHR 302696 was funded by Health Education England (HEE) / NIHR for this research project. The views expressed in this publication are those of the author and not necessarily those of the NIHR, University of Exeter, NHS or the UK Department of Health and Social Care.

*University of Cambridge, MRC Epidemiology Unit, NatCen Social Research. (2023). National Diet and Nutrition Survey Years 1-11, 2008-2019. [data collection]. 19th Edition. UK Data Service. SN: 6533, DOI: <http://doi.org/10.5255/UKDA-SN-6533-19>