


一般演題（ポスター） | 一般演題（ポスター発表）：オーラルフレイル・口腔機能低下症

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  ポスター発表11（幕張メッセ展示ホール8）

## オーラルフレイル・口腔機能低下症

### [P-115] Association of masticatory performance, sarcopenia, and social frailty with nutritional status in community-dwelling older adults

○Werdiningsih Monika<sup>1</sup>、大川 純平<sup>1</sup>、吉村 将悟<sup>1</sup>、堀 頌子<sup>1</sup>、Khaing Aye Mya Mya<sup>1</sup>、安野 綾夏<sup>1</sup>、山田 果歩<sup>1</sup>、翁 恩慈<sup>1</sup>、Thu Ya Min<sup>1</sup>、中田 晴香<sup>1</sup>、堀 一浩<sup>1</sup> (1. 新潟大学大学院医歯学総合研究科包括歯科補綴学分野)

#### 【目的】

Decline in masticatory function, sarcopenia, and social frailty can potentially lead to poor nutritional intake. Therefore, understanding these factors is essential for assessing their impact on the nutritional status of older populations. This study aimed to clarify the relationship between masticatory performance, sarcopenia, social frailty, and nutritional status.

#### 【方法】

Participants included 142 independent older adults (85 females, 57 males; age  $74.4 \pm 6.9$  years) from Wakasa Town, Fukui Prefecture. Nutritional status was assessed based on albumin levels (cutoff: 4.0 g/dL), and masticatory performance was evaluated using a gummy jelly (UHA Mikakuto). Sarcopenia was assessed using AWGS 2019 criteria, including handgrip strength, 5-times chair stand test, and skeletal muscle mass index (SMI). Social frailty was assessed using the five components outlined by the Makizako Social Frailty Index (score: 0, robust; 1, pre-social frailty;  $\geq 2$ , social frailty). The components included living alone, reduced outings, infrequent visits to friends, feeling unhelpful, and limited daily conversations. Basic demographic data, including age, gender, years of education, and food limitations due to chronic disease, were also assessed. Statistical analysis was performed to evaluate the associations between nutritional status, masticatory performance, sarcopenia, social frailty, and basic demographic data using the generalized linear mixed model (GLMM), with  $\alpha=0.05$ .

#### 【結果と考察】

Among the participants, 19.0% had low nutritional status, with albumin levels ranging from 3.6 g/dL to 5.0 g/dL, and masticatory performance ranging from 156.4 mm<sup>2</sup> to 9706.0 mm<sup>2</sup>. Additionally, 15.5% were living alone, while 24.6% and 24.6% were classified as pre-social frailty and social frailty, respectively. GLMM analysis revealed that male, lower masticatory performance, low SMI, living alone or living only with a spouse were significantly associated with lower nutritional status. This study highlights that masticatory performance, sarcopenia and social frailty are important factors in the nutritional status of older people. Assessing these factors is essential for identifying at-risk individuals and guiding targeted interventions to address nutritional challenges in aging populations.

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