

# **Health status of community-dwelling prefrail older adults: A cross-sectional Study**

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## **Background**

Japan is becoming a super-aging society. Adopting measures against frailty is important before it becomes a condition that requires nursing care in older adults to maintain a healthy state for a long time.

## **Aim of the study**

This study aimed to clarify the characteristics of the health status, especially the subjective symptoms of community-dwelling prefrail older adults.

## **Methods**

This cross-sectional study included older adults aged  $\geq 65$  years who had undergone a specific health checkup in City A, and who responded to a questionnaire survey using grip strength and walking speed measurements. The Japanese version of the Cardiovascular Health Study criteria was used to determine frailty. Additionally, health checkup and questionnaire data were analyzed. Descriptive statistics were calculated for each item, and logistic regression analysis was performed to determine its association with prefrailness. The study was approved by the Research Ethics committee of Showa University (approval no. 433).

## **Results**

Of the 987 participants who underwent the health checkup, 190 were included in the study, but only 188 (excluding 2 frail participants) were included in the analysis. Prefrail was determined in 59 (31.4%) participants. The association between health status and prefrailty showed significant differences in subjective symptoms of neck and back stiffness, heartburn, and frequent sputum production.

## **Conclusions and implications**

Gastrointestinal and respiratory symptoms were present in the prefrail stage. Thus, paying attention to the conditions of prefrailty and frailty is necessary when these symptoms are present on physical examination.