

ABSTRACT

Sarcopenic obesity is diagnosed as a chronic disease that is currently a pressing issue for the entire world population. Prevalence is steadily increasing as the population ages. Interactions between aging, increased oxidative stress, lack of exercise and poor dietary habits lead to a decline in muscle mass, an increase in % body fat and can lead to impaired mobility and muscle function due to infiltration of adipose tissue into muscle cells. Diagnosis of sarcopenic obesity involves taking into account several parameters: BMI, % body fat, amount of muscle mass and overall BIA results. In addition, it also includes measurement of muscle strength using a handgrip, specialized screening with SARC - F or EQSL, which focuses on quality of life.

The research was conducted by evaluating a dataset of 34 patients of the Geriatric Clinic of the General University Hospital in Prague. In total, there were 28 women in the study, only 6 men. In this study, it was found that seniors do not consume sufficient amounts of fiber, protein, quality fats and frequent alcohol consumption prevails.

keywords: sarcopenia, geriatrics, nutrition, sarcopenic obesity, bioimpedance measurement