

SARCOPENIA

Criteria:

1. Low muscle strength
2. Low muscle quantity or quality
3. Low physical performance

Diagnosis

Criteria 1 alone = probable

Criteria 1+2 = confirmed

Criteria 1+2+3 = severe



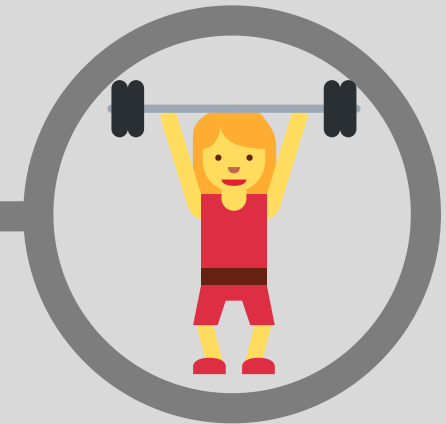
FRAILTY

Increased risk of falls and fractures
Associated with decreased ability to perform ADLs



NUTRITION

Protein Intake should be: 1.2g per kg / day
Up to 40% older adults do not meet this recommendation



EXERCISE

Multi-component exercise is recommended for both frail and pre-frail populations