

Diet and biological age amongst male elderly : a comparative study between high and low socioeconomic class in Jakarta, Indonesia

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Abstrak

Aging is closely associated with physical disability that mostly causes by the onset of degenerative diseases. Due to the increasing mean age in most of the societies, the relationship between nutrition and aging is growing interest. The study aims to investigate the association of diet and biological age. A cross sectional study was conducted amongst male elderly (60 years and over) living in Jakarta. Eighty-four subjects were selected randomly. Biological age was determined by measuring skin wrinkling using skin microtopograph and serum dehydroepiandrosterone sulfate (DHEAS). Data collection was done using interviewer-administrated structured questionnaire and semi quantitative food frequency questionnaire (FFQ). After adjustment for age, elderly with high socioeconomic status had higher energy, protein, meat, fish, and egg intakes. Low socioeconomic class had more extensive hand skin wrinkling and although not significant, arm sites. Serum DHEAS level was similar, respectively for high and low socioeconomic class. Serum DHEAS was positively correlated with the vitamin C intake and negatively correlated with cereal consumption. Skin wrinkling was positively correlated with cereal consumption. Since the design of this study was cross sectional, further studies are recommended to elaborate the protective effect of vitamin C and damaging effect of high cereal consumption on biological age as indicated by serum DHEAS levels and skin wrinkling.