

Effects of the EatWellLog App on Diet Management for Older Adults With Sarcopenic Obesity

NCT06360432

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | The Hong Kong Polytechnic University |
| Enrollment | 40 participants |

Key Eligibility Criteria

Inclusion (6)

- Aged 65 or above, and living in the community;
- Having SO according to the Asian Working Group for Sarcopenia (AWGS) and the World Health Organization (WHO)'s obesity criteria for Asians:
- Early-stage sarcopenia indicated by fulfilment of one of the following criteria; handgrip strength ≤ 28 kg (men) and ≤ 18 kg (women); appendicular skeletal muscle mass (ASM)/ height² ≤ 7 kg/m² (men) and ≤ 5.7 kg/m² (women), or SPPB score of ≤ 9 ; Short Physical Performance Battery (SPPB) score of ≤ 9 ,
- Obesity indicated by BMI ≥ 25 kg/m², waist circumference ≥ 90 cm (men) and ≥ 80 cm (women), or body fat $\geq 30\%$;
- Own a smartphone with internet access; and
- ... and 1 more (see full listing online)

Exclusion (4)

- Individuals with diseases impacting digestion or food consumption, including severe cardiac/ pulmonary/ renal diseases, diabetes, cancer, or autoimmune disorders;
- Those on medications affecting eating habits, digestion, or metabolism, such as weight loss drugs;
- Persons with alcohol use disorder as defined by the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), potentially hindering dietary behaviour changes;
- Those with medical implants like pacemakers that could be disrupted by the bioelectric impedance analysis (BIA's) low-level electrical currents.

Locations (1 total)

The Hong Kong Polytechnic University, Hong Kong, Hong Kong