

A Multifaceted Nutrition Intervention for Frailty in the Community Elderly

NCT06547593

Status	RECRUITING
Phase	Not Applicable
Sponsor	Zhaofeng Zhang
Enrollment	315 participants

Key Eligibility Criteria

Inclusion (2)

- Frailty assessed by the frail phenotype
- Aged between 65 and 85 years old

Exclusion (4)

- Multiple serious diseases such as stroke, cerebral infarction, tumors, and severe cardiovascular and cerebrovascular diseases
- Disability, dementia; severe visual and hearing impairments, and physical activity impairment
- Moderate to severe anxiety and depression
- Unable to complete this study as requested

Locations (1 total)

Qingta Community Health Service Center, Beijing, Beijing Municipality, China