

<b>Paper Category:</b>	Nutrition
<b>Paper Title:</b> (Arial Font; 14 Pt Size)	Sarcopenia and Its Associated Factors Among Community-dwelling postmenopausal women in Malaysia
<b>Abstract Body:</b> (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> <li>• Background</li> <li>• Objectives</li> <li>• Method</li> <li>• Results</li> <li>• Discussions and Conclusions</li> </ul>
<p>(Maximum word limit - 300 words)</p> <p><b>Background and Objectives:</b> While the elderly population and postmenopausal women has grown dramatically in Asia, studies are scarce on this aspect among Asian populations. This study aimed to determine risk of sarcopenia and its associated factors among community-dwelling postmenopausal women in Malaysia. <b>Methods:</b> Risk of sarcopenia was determined using AWGS (2019) criteria namely skeletal mass index, calf circumference, hand grip strength and gait speed which were assessed objectively. Participants were ascertained on dietary intake, lifestyle factors, anthropometric parameters. <b>Results:</b> A total of 304 community-dwelling postmenopausal women were recruited. Sarcopenia prevalence was 34.5%. There were 28.8%, 33.9%, 36.5% and 40.5% of the postmenopausal women with slow gait speed, small calf circumference, low skeletal muscle index and poor hand grip strength, respectively. Low sunlight exposure, lower daily protein intake, uneven meal distribution of protein intake, alkaline water consumption and sleep quality were negatively associated with risk of sarcopenia and its criteria. <b>Conclusions and Discussions:</b> Our study found prevalence of sarcopenia was high among the community-dwelling postmenopausal women. A number of risk factors for sarcopenia are modifiable which deserve formulation of appropriate interventions to mitigate impact of sarcopenia among this vulnerable population.</p>	

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