

5th European Nutrition and Dietetics Conference

June 16-18, 2016 Rome, Italy

Relation between anthropometric measurements and biochemical data based on Longitudinal Aging Study in Spain (ELES)

Leticia Coello Lafuente

Basque Culinary Center, Spain

The Longitudinal Aging Study in Spain (ELES) is an interdisciplinary project design longitudinal, based on the monitoring for 20 years, Spanish population cohort born before 1960. The survey includes a collection of biological samples, anthropometry, performing tests and a wide questionnaire with objective and subjective questions on ageing dimensions (household, demographic and life course characteristics, well-being and QoL, family and social networks and social participation in free time, physical health and healthy living habits, physical, emotional and cognitive functioning, support networks and use of health and social resources, residential environment, employment situation, economic resources and standard of living, values and attitudes). This descriptive and comparative study analyzed anthropometry, biochemical data and disease variables. Participants were people age 50 to 99 with an average age of 66 years. In the study were 1.357 people, 611 were men and 746 were women. It has carried out various data analysis, frequency analysis of the questioned diseases and a descriptive analysis of biochemical data and anthropometric data. Subsequently it has conducted a bivariate correlation for the relationship between some anthropometric and biochemical data. In our study we see significant negative correlations between cholesterol and the average subscapular fold and impedance in men and women. We found significant negative correlations between both, albumin and impedance too. On the other hand we found significant positive correlations in the different sexes and the average triceps skin fold and weight, subscapular skin fold and impedance and other significant positive correlations in both subscapular skin fold and triceps skin fold, weight and impedance.

Biography

Leticia Coello Lafuente is a Nutritionist by University of Navarra in Spain. She has Master's degree in Nutrition and Dietetics from Mexico University. She is currently working in the Basque Culinary Center in the R&D department. She is working in a healthy lifestyles habits line in a nutrition related themes. She was awarded with the best oral communication.

lcoello@bculinary.com

Notes: