

Muscle Wasting: Are Malaysian Elderly at Risk?

Nur Shahida Abdul Aziz

Institute for Public Health, Ministry of Health Malaysia

ABSTRACT

INTRODUCTION: Elderly aged more than 60 years old tend to be at risk for malnutrition. This may lead to various health and social problems including deterioration of quality of life. The aim of this study is to determine muscle wasting among elderly in Malaysia. **METHODS:** Data was obtained from the National Health and Morbidity Survey (NHMS) 2018: Elderly Health, a cross sectional study with two-stage stratified random sampling. A total of 3700 elderlies were involved in this study. Socio-demography was obtained using a self-administered questionnaire and calf circumference was used to identify individuals aged 60 years and above who were at risk of muscle wasting with cut-off values of <30.1cm for men and <27.3cm for women. Descriptive analysis using complex sample was performed for data analysis. **RESULTS:** Findings showed that a total of 477 elderlies were at risk of malnutrition or muscle wasting. The national prevalence of the risk of muscle wasting was 10.5% (95%CI: 9.01, 12.32). Rural areas (14.9%, 95%CI: 12.52, 17.60), males (11.9%, 95%CI: 9.91, 14.27), single (14.7%, 95%CI: 12.03, 17.81), had no formal education (17.1%, 95%CI: 13.43, 21.59), and unemployed (10.7%, 95%CI: 9.05, 12.50) were the highest among elderly who were at risk of muscle wasting. **CONCLUSION:** Therefore, although the prevalence of risk of muscle wasting was lower than previous studies, a systematic enable nutrition screening and appropriate intervention should be promoted to improve the health status of the elderly.

KEYWORDS: malnutrition, muscle wasting, elderly, Malaysia.

Perceptions of Social Norm Played an Important Role on the Occurrence Casual Sex Among Yi Minority Residents in China: A Population-Based Study

Shujuan Yang

West China School of Public Health and West China Fourth Hospital, Sichuan University

ABSTRACT

INTRODUCTION: Liangshan is one of the areas severely affected by both HIV and poverty in China. Casual sex is extremely prevalent among Yi minority people in Liangshan. Social norms can be viewed as products of cultural values, customs or traditions, which are informal understanding that reflect common expectation of a certain behaviour. This study was to investigate prevalence of casual sex in lifetime and social norms associated with occurrence of casual sex. **METHODS:** A cross-sectional survey was conducted among a representative sample of sexually active Yi minority people between October 2017 and February 2018. 1616 individuals were recruited for participation in this study. **RESULTS:** Of the participants, 11.8% were confirmed to be HIV positive. About half of the participants (46.6%) had ever engaged in casual sex in their lifetime, 34.2% reported their first sexual intercourse occurred below 18 years old. The lifetime prevalence of condom-less sex and multiple sex partnerships was 92.5% and 56.7%; 9.4% reported injective drug use. All six perceptions of social norms were significantly associated with presence of casual sex in lifetime after adjusted for the background variables. Perceptions that casual sex was acceptable among Yi minority people (OR_m: 11.20) and Yi man can have more than one sex partner (OR_m: 1.66) remained statistically significant in the multivariate logistic regression model. **CONCLUSIONS:** Casual sex may play an important role in facilitating HIV transmission among Yi minority people. Future interventions should consider making use of Yi clan system to change perceptions of social norm related to casual sex.

KEYWORDS: social norm; casual sex; HIV transmission