



Anthropometric Characteristics of Taiwanese Older Adults 65 Years and Older by Age and Gender

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INTRODUCTION

Anthropometric characteristics are important for assessing the health and nutritional status of individuals. In Taiwan, the population is aging rapidly, and it is important to understand the anthropometric characteristics of older adults to design effective health interventions. This article will provide an overview of the anthropometric characteristics of Taiwanese older adults aged 65 years and older by age and gender.

DESCRIPTION

Body mass index (BMI) is a commonly used measure of body fatness that is calculated as weight in kilograms divided by height in meters squared. According to the World Health Organization (WHO), a BMI of less than 18.5 is considered underweight, 18.5-24.9 is considered normal weight, 25.0-29.9 is considered overweight, and 30.0 or higher is considered obese. In a study conducted by Wu et al. (2017), the BMI of Taiwanese older adults aged 65 years and older was examined. The study included 2,306 participants (1,083 men and 1,223 women) who were randomly selected from the Taiwan Longitudinal Study on Aging database. The participants were categorized into four age groups: 65-69 years, 70-74 years, 75-79 years, and 80 years and older [1].

BMI of Taiwanese older adults aged 65 years and older was examined. The study included 2,306 participants (1,083 men and 1,223 women) who were randomly selected from the Taiwan Longitudinal Study on Aging database. The participants were categorized into four age groups: 65-69 years, 70-74 years, 75-79 years, and 80 years and older. The results showed that the mean BMI of Taiwanese older adults was 24.4 kg/m² for men and 24.0 kg/m² for women. The prevalence of underweight was 10.8% for men and 12.9% for women. The prevalence of normal weight was 42.4% for men and 46.4% for women. The prevalence of overweight was 37.4% for men and 30.3% for women. The prevalence of obesity was 9.4% for men.

There are many examples of interdisciplinary research in EPS. One recent example is the study of the Earth's magnetic field. The magnetic field is generated by the motion of molten iron in the Earth's outer core. Geophysicists use a variety of techniques,

including satellite measurements and ground-based observatories, to study the magnetic field. However, understanding the dynamics of the outer core requires knowledge of fluid dynamics, which is typically studied by physicists and engineers. By bringing together researchers from these different fields, scientists have been able to develop models of the Earth's magnetic field that are increasingly accurate [2].

Another example of interdisciplinary research in EPS is the study of the Earth's climate. Climate scientists use a range of techniques, including computer models and field measurements, to study the Earth's climate system. However, to fully understand the climate system, researchers must draw on knowledge from a range of disciplines, including atmospheric science, oceanography, and geology. For example, geologists can provide information on past climates by studying the composition of rocks and sediments, while oceanographers can provide insights into the role of the oceans in the climate system [3].

A third example of interdisciplinary research in EPS is the study of planetary formation. Astronomers have discovered thousands of exoplanets outside our solar system, but understanding how planets form is still an active area of research. Planetary formation requires knowledge of astrophysics, geophysics, and chemistry. By bringing together researchers from these different fields, scientists have been able to develop models of planetary formation that can explain the diversity of planets observed in our galaxy. Challenges and Opportunities While interdisciplinary approaches offer many benefits in EPS, there are also challenges associated with this approach. One challenge is the difficulty of communicating across disciplines. Researchers from different fields may use different terminology and have different ways of approaching scientific questions. This can make it difficult to collaborate effectively and can lead to misunderstandings [4,5].

CONCLUSION

The results showed that the mean WC of Taiwanese older adults was 87.5 cm for men and 80.5 cm for women. The prevalence of abdominal obesity defined as a WC of 102 cm or higher for men and 88 cm or higher for women) was 30.6% for men and 49.6% for women. When comparing the results by age group, the prevalence

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of abdominal obesity increased with age for both men and women. Women had a higher prevalence of abdominal obesity in all age groups, while men had a higher prevalence of abdominal obesity in the 65-69 years age group.

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CONFLICT OF INTEREST

None.

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