

Nutritional status

Nutritional status is a requirement of the health of a person convinced by the **diet**, the levels of nutrients contained in the body, and normal metabolic integrity. Normal nutritional status is managed by balancing food consumption and normal utilization of nutrients.

107 subjects (median 78 (IQR 58.5-90.5, range 35-105) yo) were recruited, and factors associated with antibody titer after the third mRNA COVID-19 vaccine were analyzed between 49 elderly (age ≥ 80 , median 94 (IQR 86-97, range 80-105) yo) and 58 younger (≤ 79 , median 61 (IQR 46-71, range 35-79) yo) adults.

Results: Among BMI categories, the underweight group in elderly adults had a lower antibody titer compared to the normal weight group ($p < 0.01$ after one, three and five months). Elderly adults were less likely to maintain effective antibody titer ($\geq 4,160$ AU/ml) compared to younger adults; 76% vs 98%, $p < 0.001$ after one month, and 45% vs 78%, $p < 0.001$ after three months. Elderly adults who maintained effective antibody titer for five months had a higher BMI (22.9 kg/m² vs 20.1 kg/m², $p = 0.02$), and were less likely to have underweight BMI (0% vs 31%, $p = 0.02$) compared to the subjects who failed its maintenance.

These highlight the impact of nutritional status, and the deleterious effect of being underweight **BMI** on **antibody titer** and its maintenance among elderly adults following booster mRNA COVID-19 vaccine¹⁾

¹⁾

Mori M, Doi T, Murata M, Moriyama Y, Akino K, Moriyama T, Maekawa T, Doi N. Impact of nutritional status on antibody titer after booster mRNA COVID-19 vaccine among elderly adults in Japan. J Infect Dis. 2023 Nov 14;jiad495. doi: 10.1093/infdis/jiad495. Epub ahead of print. PMID: 37962870.

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