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FUNCTIONAL IMPAIRMENT PREVALENCE IN BRAZILIAN FRAILTY ELDERLY

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Introduction: Health life expectation could be defined in many ways. The notion of health life can be considered, for example, physical, mental or social well-being; disease consequences; functional impairment; successful aging. Functional independence in daily activities is a key aspect of frailty elderly quality of life. This independence is related with elderly social and leisure activities, which improves their physical and mental health and brings sense to their life.

Objectives: Data obtained in other countries could not represent the national population; the objective was to describe a Brazilian frailty elderly sample.

Aims: Determine functional impairment prevalence in Brazilian frailty elderly.

Methods: 8769 frailty elderly were examined. Social data, tobacco and alcohol consumption were verified and the functional activities questionnaire was applied from May, 2009 to August, 2010.

Results: Female elderly was predominant (68.1%). They were almost married (47.3%), followed by widow (37.9%), single (9%), divorced (5.9%). White people were predominant (69.9%); black (14.9%) and brown (15.2%) were presented at the same proportion. Only 13.1% were smokers and 4.3% drank alcohol. The majority (78.7%) were younger than 80 years-old. Functional impairment prevalence was 9.5% in the 60-69 years old group; 18.9% in 70-79 years old group; 36.8% in 80-89 years old group and 61.3% in 90-99 years old group.

Conclusions: The prevalence of functional impairment increased with aging and we presented data obtained in a Brazilian sample. These data can be used to compare functional impairment in different countries and to stimulate elderly independence during their aging.