

A02 Nutritional status and quality of life among Malaysian elderly who practise Qigong

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Qigong is an ancient Chinese exercise that combines the principles of meditation, breathing techniques and slow body movements. It provides many health benefits to its practitioners such as improving body balance, quality of life and blood pressure control. This cross-sectional study aims to assess nutritional status and quality of life among elderly who practise Qigong in Ipoh, Perak. Elderly aged 60 years who practised Qigong at least 3 times a week for a minimum of two years were recruited from parks, courts and fields in Ipoh, Perak. Nutritional status and quality of life were assessed using a Self-Mini Nutritional Assessment (Self-MNA) and 20-Item Short Form Health Survey (SF-20) via paper questionnaires and online questionnaires. A total of 151 subjects (104 females, 47 males) with an average age of 69.9 ± 6.5 years participated in this study. Based on their measured and self-reported body weight and height, their mean body mass index was normal ($23.3 \pm 3.3 \text{ kg/m}^2$). On average, subjects in this study practised Qigong for 412 ± 214 minutes per week. The subjects reported normal nutritional status with a mean Self-MNA score of 12.1 ± 1.6 . The reported quality of life was good, with SF-20 scores ranging from $73.9 \pm 15.9\%$ to $99.2 \pm 5.1\%$. Significant gender differences were found in the mental health score and bodily pain score ($p \leq 0.05$). In conclusion, the elderly who were regular Qigong practitioners in this study had normal nutritional status and good quality of life.