



## INTRODUCTION

- Qigong is an ancient Chinese exercise that combines the principles of meditation, breathing techniques and slow body movements [1].
- NHMS 2015 estimates that 0.54% of Malaysian population are Qigong practitioners [2].
- Qigong is suitable to be practised by elderly [3] as it improves body balance [4] and quality of life [5].

## OBJECTIVE

To determine the nutritional status and quality of life among Malaysian elderly who practice Qigong.

## METHODOLOGY



### SUBJECTS

**Total: 151**  
Aged  $69.9 \pm 6.5$  years  
(104 females, 47 males)



### INCLUSION CRITERIA

- $\geq 60$  years old
- Residing in Ipoh, Perak
- Practise Qigong 30 mins at least 3 times per week for  $\geq 2$  yrs

### PAPER/ ONLINE QUESTIONNAIRE:

- Self-Mini Nutritional Assessment (Self-MNA) [6]**  
To assess nutritional status
- 20-Item Short Form Health Survey (SF-20) [7]**  
To assess quality of life

### ANTHROPOMETRIC DATA:

Body weight and height were self-reported or measured by the researcher

## RESULTS

Figure 1: Nutritional status of Malaysian elderly who practise Qigong (n=151)

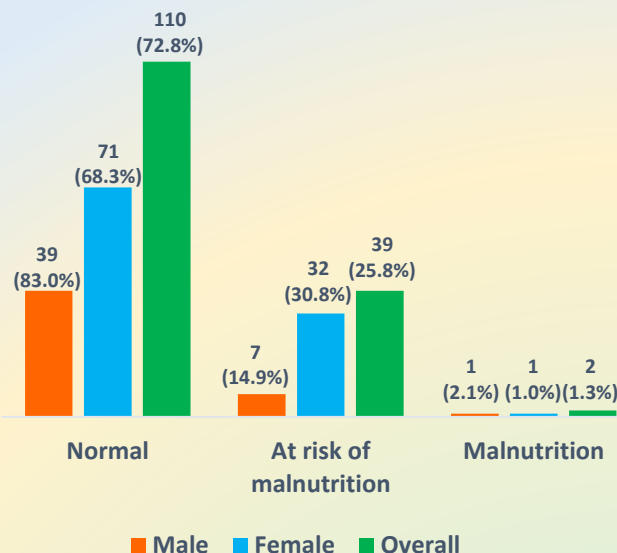


Figure 2: Quality of life of Malaysian elderly who practise Qigong (n=151)

Quality of life (SF-20) score	Male (n=47)	Female (n=104)	Overall (n=151)
General health (GH)	$75.6 \pm 16.8$	$73.2 \pm 15.6$	$73.9 \pm 15.9$
Bodily pain (BP)	$86.7 \pm 18.8$	$78.8 \pm 24.6$	$81.3 \pm 23.2^*$
Mental health (MH)	$85.6 \pm 13.6$	$79.4 \pm 15.2$	$81.4 \pm 15.0^*$
Role functioning (RF)	$96.8 \pm 16.2$	$95.2 \pm 17.8$	$95.7 \pm 17.3$
Social functioning (SF)	$99.1 \pm 5.8$	$99.2 \pm 4.8$	$99.2 \pm 5.1$
Physical functioning (PF)	$90.4 \pm 10.4$	$89.3 \pm 12.1$	$89.7 \pm 11.6$

\*There was a significant difference between gender in bodily pain score and mental health score of subjects,  $p \leq 0.05$

## DISCUSSION

- The mean Self-MNA score of  $12.1 \pm 1.6$  indicates that most respondents had **normal nutritional status**. This finding is **consistent** with what has been found in previous study [8].
- The reported **quality of life** was **good**, with **SF-20 scores** ranging from  $73.9 \pm 15.9\%$  to  $99.2 \pm 5.1\%$ . This study reported that compared with male respondents, **female respondents had significantly higher bodily pain scores**, while **male respondents had significantly higher mental health scores** than female respondents.
- A **similar pattern of results** was obtained in previous study, showing that **social functioning scores** were the **highest score** among the six domains of quality of life [9].

## CONCLUSION

This study concluded that the elderly who were regular Qigong practitioners had normal nutritional status and good quality of life.

## REFERENCE

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