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Project Title

The association between social isolation and loneliness and sarcopenia, osteoporosis, and fractures among older adults

Project Summary

Sarcopenia and osteoporosis are common medical conditions which increase disability, frailty, dependence and poor quality of life for older people worldwide. Social isolation and loneliness are also common for older adults, which can result in a decrease in quality of life, physical and mental health. Socially isolated or lonely older adults might be at risk of having worse health conditions or behaviors such as dietary disorder, decrease of medication adherence, mobility and physical activity in general. These may increase the risk of developing sarcopenia, osteoporosis, or fractures due to decreased bone, amount of muscle, muscle strength, physical function and increased fat mass. There is still uncertainty that socially isolated or lonely older adults are vulnerable to the risk of osteoporosis, fractures, or sarcopenia. Our study will explore how social isolation and loneliness are related to sarcopenia, osteoporosis and fractures for older adults.

Keywords

Social isolation, Loneliness, Sarcopenia, Osteoporosis, Fractures