

BLENDING COUNSELING AND PROTEIN SUPPLEMENTATION INCREASE PROTEIN INTAKE IN COMMUNITY DWELLING OLDER ADULTS: Preliminary results of the TEAMS RCT

Mohammed Benali¹, Jantine van den Helder¹, Josje Schoufour¹, Peter Weijs^{1,2}, Michael Tieland¹

¹ Faculty of Sports and Nutrition, Center of Expertise Urban Vitality, Amsterdam University of Applied Sciences, Amsterdam, The Netherlands; ² Department of Nutrition and Dietetics, Amsterdam University Medical Centers, Amsterdam, The Netherlands.

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Rationale

In order to prevent sarcopenia in community dwelling older adults a higher daily protein intake is needed.

A blended dietary counseling and protein supplementation was used to increase total daily protein intake to optimal levels (minimal 1.2 g/kgBW/day, optimal 1.5 g/kgBW/day) in 12 weeks.

This study focuses on 1) the effects and 2) the adherence to this protein intervention.



Methods

Preliminary data from the TEAMS RCT is available for 76 community-dwelling older adults (age ≥ 65y). Groups:

- EX: exercise
- EX-Pro: exercise + protein intervention

- 1) Dietary intake was measured by a 3-day dietary record. A two-way mixed ANOVA with time, group, and time*group interaction was performed.
- 2) Adherence data was logged by a dietician coach.

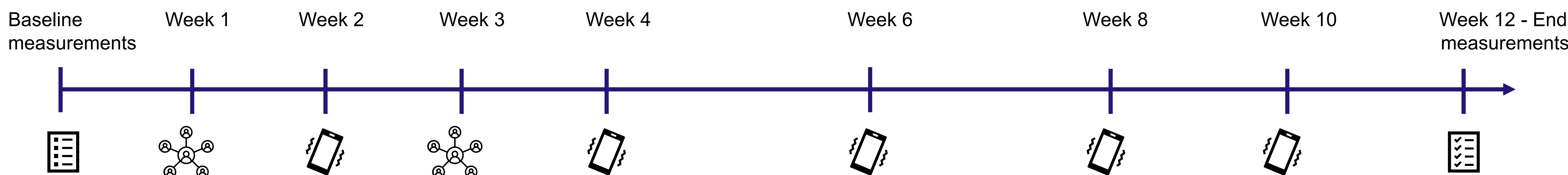


Figure 1: Design of the protein intervention

1) Blended dietary counseling:

- Two group sessions
- Five tele- health sessions

2) Daily protein supplementation:

- Protein-enriched orange juice (10g protein / Carezzo Nutrition)
- Whey protein Isolate (10g protein / Fonterra)

Results

Figure 2 shows a significant main **interaction effect on protein intake (p=.008)** with an improved protein intake in the EX-Pro compared to the EX-group after 12 weeks. There was a significant main effect of **time on protein intake (p< .001)**. In the EX-Pro group **61%** of the subjects increased protein intake **above** the **minimum intake** level after 12 weeks. See *Population characteristics* and *Adherence rate* below.

Population characteristics

N= 76	SPPB: 9.8±1.8
74±6 years	1-RM: 94 KG
74%	BMI: 29.2±5.3
Protein intake 0.9±0.3 g/kgBW/day	

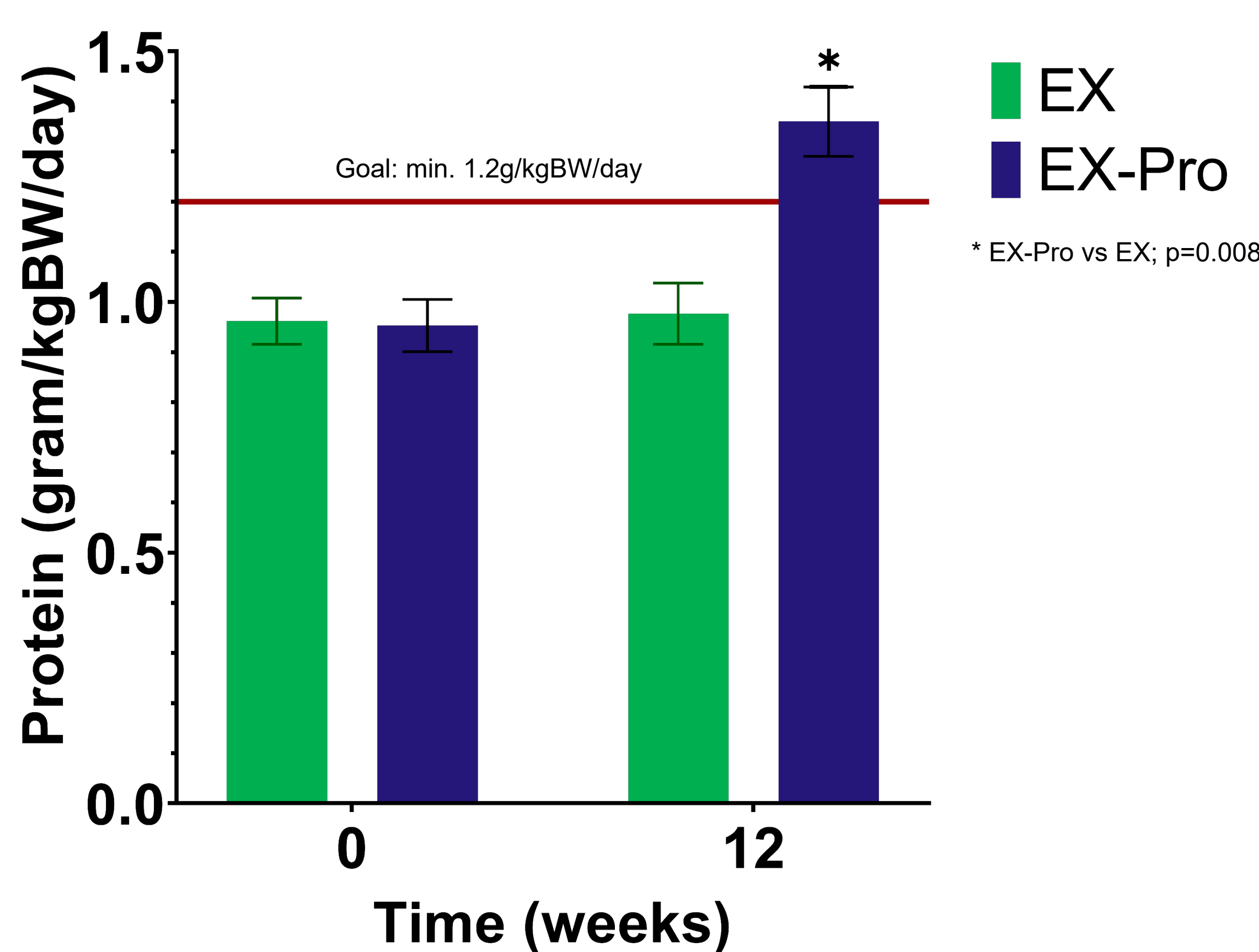


Figure 2: Protein intake of the TEAMS study groups of community dwelling older adults.

Adherence rate

- 88% adherence to group sessions
- 100% adherence to tele-health
- 94% adherence to blended dietary counseling

Conclusion

Blended dietary counseling with protein supplementation improves protein intake sufficiently during a 12-week resistance exercise program in community-dwelling older adults and is a promising strategy in the prevention of sarcopenia.



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Mohammed Benali
M.Benali@hva.nl
Center of Expertise Urban Vitality
Amsterdam University of Applied Sciences
Amsterdam, the Netherlands