

<b>Paper Category:</b>	5.COVID 19 and Sarcopenia and Frailty
<b>Paper Title:</b> (Arial Font; 14 Pt Size)	<b>Associations of green tea intake with cognitive and physical function in community-dwelling frail/pre-frail older adults</b>
<b>Abstract Body:</b> (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> <li>• Background</li> <li>• Objectives</li> <li>• Method</li> <li>• Results</li> <li>• Discussions and Conclusions</li> </ul>
<p><b>Background</b> Several epidemiological studies have found that green tea consumption is beneficial for cognitive and physical function in older adults.</p> <p><b>Objectives</b> This study aimed to examine the association of the frequency of green tea intake with cognitive and physical function in frail/pre-frail older adults using samples containing a predetermined amount of green tea components.</p> <p><b>Method</b> Participants were recruited from a sports club in the community. A six-month observational period was conducted on individuals aged <math>\geq 60</math> (mean age <math>69.8 \pm 5.8</math> years, 59.3% women) who were identified as having frailty or pre-frailty using the Kihon checklist or the Frailty screening index, excluding those meeting the exclusion criteria. Physical function (grip strength, five times sit-to-stand, gait speed), cognitive function (attention/executive function, information processing), and body composition were assessed. We provided the green tea product “Koimidori” (gallate type catechins, 197 mg/stick; Itoen Ltd.) to participants who wished. Participants were recommended two sticks of Koimidori per day. The associations between the amount of product intake and change in each variable over six months were examined by partial correlation (adjusted for age).</p> <p><b>Results</b> Of the total 27 participants, 18 were identified to be pre-frail, and 9 were frail. Mean consumption of the green tea per day was 1.6 sticks. In the pre-frailty group, no partial correlation was observed in any of the items between the intake of green tea components and the extent of change in variables. In the frailty group, there was a significant association between intake of green tea ingredients and improvements in the Kihon checklist scores (<math>p = 0.03</math>) and grip strength (<math>p = 0.04</math>).</p> <p><b>Discussions and Conclusions</b> High green tea intake may have positive impact on frailty and weakness prevention in frail older adults. Continuous intake of green tea ingredients may be useful when considering interventions for frail older adults.</p>	

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