

# Relationship between sleep quality and quality of life with nutritional status and cardiometabolic risk in physically active older adults [Relación entre calidad de sueño y calidad de vida con el estado nutricional y riesgo cardiometabólico en adultos mayores físicamente activos]

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Introduction: The increase in the population of older adults is a global reality that poses great challenges and opportunities to societies. Objective: To relate sleep quality and the perception of quality of life with the nutritional status and cardiometabolic risk in Chilean physically active older adults. Material and method: Cross-sectional study that evaluated 212 older adults. We studied the Pittsburgh Sleep Quality Index, the Epworth Sleepiness Scale, the health-related quality of life SF-36, the nutritional status according to body mass index and the cardiometabolic risk according to waist circumference and waist-to-height ratio. Comparisons were made through the Student's t-test and associations through logistic regression, considering  $p < 0.05$ . Results: Older adults evaluated showed significant differences only among women for sleep latency ( $p = 0.022$ ). In addition, the logistic regression showed a relationship between lower sleep latency with a low probability of being overweight/obesity ( $OR = 0.276$ ,  $95\% CI = 0.086-0.887$ ,  $p = 0.031$ ). On the other hand, less sleep

increases the probability of being overweight/obesity (OR=3.921, 95% CI=1.061-14.490, p=0,031).

The dimensions of quality of life did not report significant relationships with nutritional status or cardiometabolic risk. Conclusions: Chilean older adults participating in physical activity governmental workshops that present greater sleep latency and less sleep exhibit a higher risk of being overweight/obesity. In addition, the perception of quality of life is positive regardless of their nutritional status or cardiometabolic risk. © 2018 Sociedad española de dietética. All rights reserved.

Elderly

Obesity

Physical activity

Quality of life

Sleep quality