

Summary

Nutritional status as well as body composition changes with life stage, and the impact of each nutritional status on disease and disability varies with life stage. In adults, metabolic syndrome, which is caused by obesity, is known to be associated with the risk of cardiovascular disease and death. However, as people age, various factors tend to cause a decrease in skeletal muscle mass and accumulation of fat, mainly visceral fat, leading to the so-called "sarcopenia obesity. This sarcopenia obesity is reported to be a stronger risk of health problems than sarcopenia or obesity alone. On the other hand, as aging progresses and people reach the age of 75 or older, various factors, including anorexia of aging, cause a gradual loss of appetite and a decrease in food intake. As a result, weight loss is more likely to occur, leading directly to a frail state, the onset of new diseases, physical dysfunction, hospitalization, and death. In any case, appropriate nutrition and exercise are recommended while considering life stages.

(167 words)