



ABSTRACT

Findings from nutriplanet: how ready are we for healthy aging?

Ray W. Basrowi¹

^{1.} Danone Specialized Nutrition, Jakarta Indonesia.

Abstract : Nutrition Virtual Symposium 2021 - Speaker

Received 24 May 2022
Accepted 25 May 2022
Published: 31 May 2022

Link to DOI:
[10.25220/WNJ.V05.S3.0006](https://doi.org/10.25220/WNJ.V05.S3.0006)

Citation: Basrowi R.W. Findings from Nutriplanet: how ready are we for healthy aging?. World Nutrition Journal.2022 May 31, 5(S3): 10-11.



Copyright: © 2022 by the authors. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).

Website :
<http://www.worldnutrijournal.org/>

Healthy aging has become one of the important focus in many countries. The World Health Organization and the United Nation have initiated The Healthy Aging Decade (2021 – 2030) which focus on collaborative efforts to reach healthy aging condition – a condition in which the senior population remains productive, has good quality of life and not become economic burden for the country. To reach this condition, one should put efforts as early as possible. In Indonesia, it is predicted that in 2040 there will be an increment in aging population. Pre-senior population (aged 45 – 60 years) will reach 17.5% and senior population (aged >60 years) will reach 10.1%. These numbers will make Indonesia one of the countries with the highest senior population in the world.

Danone Specialized Nutrition Indonesia has conducted Indonesian Nutriplanet Healthy Aging Study in 2020. The study reviews three aspect of aging, namely health status, nutritional intake, and mobility. The study shows an increasing trend of non-communicable diseases, especially diabetes mellitus, and cardiovascular diseases. The common health complaints in adult include joint problems, mental health, insomnia, and depression, while in senior adult include muscle loss, osteoporosis, and frailty. The non-communicable diseases, i.e heart disease, cancer, stroke, and chronic kidney disease cause the biggest economic burden to the national health insurance. The adult and senior adult population in Indonesia have low vegetable and fruit intake but high intake of food that possess health risks, i.e sweet and salty food, fatty food and processed food. Common mobility issues include arthritis, osteoporosis, sarcopenia, low back pain, neck pain, and peripheral neuropathy. Mobility issues are accompanied with comorbidities of metabolic syndrome (i.e high blood pressure, high blood sugar, excess cholesterol, heart diseases and kidney health), nutrient deficiencies (mainly low protein, vitamin D, calcium, antioxidant and omega-3), and low physical activities.

Based on Nutriplanet Healthy Aging Study, it can be concluded that Indonesia still faces a lot of problems to achieve healthy aging targets, in which mobility problems coexist with non-communicable diseases as comorbidity and nutritional intake problems. Therefore, it is important to develop awareness and implementing preventive measures early, starting in adulthood.

Corresponding author:

Dr. dr. Ray Basrowi, MKK
Danone Specialized Nutrition,
Indonesia
Email: ray.basrowi1@danone.com

Specific intervention by multidisciplinary sector collaboration to create customized nutrition education program and development of functional food might become a strategic plan to reach the objectives of healthy aging.

Keywords: nutriplanet, aging, indonesia
