

評価対象論文リスト(要因:体格[やせ]、アウトカム:フレイル)

評価判定日:2023/6/29

①既存の系統的レビュー・メタ解析・統合解析

1	Liao CD, Chen HC, Huang SW, Liou TH. The role of muscle mass gain following protein supplementation plus exercise therapy in older adults with sarcopenia and frailty risks: a systematic review and meta-regression analysis of randomized trials. <i>Nutrients</i> . 2019;11(8):1713. doi:10.3390/nu11081713
2	Navarrete-Villanueva D, Gómez-Cabello A, Marín-Puyalto J, Moreno LA, Vicente-Rodríguez G, Casajús JA. Frailty and physical fitness in elderly people: a systematic review and meta-analysis. <i>Sports Med</i> . 2021;51(1):143-160. doi:10.1007/s40279-020-01361-1
3	Yuan L, Chang M, Wang J. Abdominal obesity, body mass index and the risk of frailty in community-dwelling older adults: a systematic review and meta-analysis. <i>Age and Ageing</i> . 2021;50(4):1118-1128. doi:10.1093/ageing/afab039
4	Liberman K, Forti LN, Beyer I, Bautmans I. The effects of exercise on muscle strength, body composition, physical functioning and the inflammatory profile of older adults: a systematic review. <i>Current Opinion in Clinical Nutrition & Metabolic Care</i> . 2017;20(1):30-53. doi:10.1097/MCO.0000000000000335
5	Yin YH, Liu JYW, Fan TM, et al. Effectiveness of nutritional advice for community-dwelling obese older adults with frailty: a systematic review and meta-analysis. <i>Front Nutr</i> . 2021;8:619903. doi:10.3389/fnut.2021.619903
6	Jakicic JM, Kraus WE, Powell KE, et al. Association between bout duration of physical activity and health: systematic review. <i>Medicine & Science in Sports & Exercise</i> . 2019;51(6):1213-1219. doi:10.1249/MSS.0000000000001933
7	De Labra C, Guimaraes-Pinheiro C, Maseda A, Lorenzo T, Millán-Calenti JC. Effects of physical exercise interventions in frail older adults: a systematic review of randomized controlled trials. <i>BMC Geriatr</i> . 2015;15(1):154. doi:10.1186/s12877-015-0155-4
8	Chen YC, Lin K chung, Chen CJ, Wang CH. Effects of leisure-time physical activity interventions on frailty-related characteristics of frail older adults in long-term care: a systematic review. <i>Contemporary Nurse</i> . 2020;56(1):34-48. doi:10.1080/10376178.2020.1737555
9	Feng Z, Lugtenberg M, Franse C, et al. Risk factors and protective factors associated with incident or increase of frailty among community-dwelling older adults: A systematic review of longitudinal studies. <i>Ginsberg SD, ed. PLoS ONE</i> . 2017;12(6):e0178383. doi:10.1371/journal.pone.0178383

②日本人集団の個別研究

10	Katsukawa F. Energy recommendation in dietary reference intakes for Japanese 2020: an overview and future tasks. <i>J Jpn Soc Nutr Food Sci</i> . 2021;74(5):255-263. doi:10.4327/jsnfs.74.255
11	Doba N, Kushiro T, Hinohara S. Essentials of health evaluation in the elderly with special reference to frailty and sarcopenia. <i>JAMHTS</i> . 2016;43(3):447-454. doi:10.7143/jhep.43.447
12	福尾実人, 村木里志. 地域在住男性高齢者におけるフレイルと身体各部位筋量との関連性. Published online 2019. doi:10.15063/riigaku.11627

③有力な研究

13	Fiatarone MA, O'Neill EF, Ryan ND, et al. Exercise training and nutritional supplementation for physical frailty in very elderly people. <i>N Engl J Med</i> . 1994;330(25):1769-1775. doi:10.1056/NEJM199406233302501
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■メタ解析、系統的レビュー

Reference		Include study					Design	Category	Relative risk (95% CI or p)	Weight	Magnitude of association
Author	Title	Year	Ref No.	First author	Year	Study period	Study location	Event (*Definition)			
Yuan L, Chang M, Wang J.	Abdominal obesity, body mass index and the risk of frailty in community-dwelling older adults: a systematic review and meta-analysis.	2021	24	Chen et al.	2019	3 years	USA		normal	1.25(1.15, 1.35)	22.00
				28 Kim et al.	2019	2 years	Korea			4.02(1.88, 8.58)	8.20
				30 Liao et al.	2018	12 months	China		underweigh (BMI<18.5kg/m2)	1.31(0.83, 2.07)	13.76
				31 Moretto et al.	2013	2 years	Brazil			1.49(1.22, 1.82)	20.01
				35 Trevisan et al.	2017	4.4 years	Italy			0.67(0.46, 0.98)	15.66
				36 Watanabe et al.	2020	12 months 2011-2012	Japan	prevalence of frailty cross-sectional		2.04(1.58, 2.63)	18.75 ↑ ↑
				33 Albala et al.	2017	10-15 years	Chile			3.45(0.44, 27.05)	1.63
							Overall	1.45(1.10, 1.90)	100.00		