



SPRINTT: Sarcopenia and Physical fRailty IN older people: multi-component Treatment strategies



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SPRINTT

- International multicentre single-blind RCT involving a multi-component intervention (MCI) versus healthy aging lifestyle education (HALE) programme, in community-dwelling older persons with physical frailty and sarcopenia
 - 16 centres
 - The Icelandic Gerontological Research Institute
 - 11 European countries
 - 1500 participants
- Primary objective
 - Evaluate the effectiveness of a MCI versus HALE on the hazard rate of mobility disability
-  Secondary objective 
 - Evaluate the effect of the MCI programme compared with the HALE programme on relevant health-related outcomes





Methods

- Recruitment
 - Advertised
- Inclusion criteria
 - Non-disabled older persons (≥ 70 years)
 - Clear physical impairment
 - Reduced physical performance
 - Low muscle mass
 - Absence of mobility disability
- Study period
 - 24 months (V1-V6)
- MCI
 - Physical activity program
 - Full nutritional assessment and dietary counselling
 - ICT intervention
- HALE
 - Regular meetings
 - Short instructor-led program of stretching exercises
 - Education on healthy diet
- Nutritional targets
 - Daily energy intake:
 - 25-30 kcal/kg BW
 - Average daily protein intake:
 - 1.0-1.2 g/kg BW
 - Serum levels of 25OH-vitamin D:
 - Minimum 75 nmol/L





Results

- Results
 - Open lecture in May

