

## **VALIDATION OF THE FRAILTY CRITERIA IN ELDERLY FROM COMMUNITY IN BRAZIL**

**R.A. Coelho**, A.A. Peixoto Jr. , R.P. Carvalho, L.P. Aragao, B.C. Ellery, C.B. Nogueira, J.M. Coelho Filho

*Universidade de Fortaleza (UNIFOR), Fortaleza, Brazil; Universidade Federal do Ceará (UFC), Fortaleza, Brazil; Depto. de Fisiologia e Farmacologia da UFC, Fortaleza, Brazil; Faculdade Christus - Medicina, Fortaleza, Brazil*

Purpose: The phenotype of frailty was proposed by studies in North American population. We aim to validate this model of frailty in elderly living in Brazil. Methods: A total of 1600 elderly from community ( $\geq 65$  years) was interviewed and 55 of them were randomly invited to the study (frailty=21, robust=34). They were evaluated by frailty criteria (Linda Fried and cols, 2001) and by laboratorial exams. Adverse health events, including falls, hospitalization and death, were assessed prospectively one year after. Results: Subgroups of frailty and robust have 80.9% and 85.2% of female, respectively ( $p = .719$ ). There was a trend to higher BMI in frailty ( $28.2 \pm 5.2$  vs.  $26.1 \pm 3.2$  Kg/cm<sup>2</sup>,  $p = .065$ ). Interleukin-6 was higher in frailty ( $3.7 \pm 1.5$  vs.  $2.7 \pm 1.9$  pg/mL,  $p = .045$ ). The incidence of adverse health events, especially hospitalization, was higher in frailty (figure). Conclusion: Frailty phenotype can be applied in elderly from Brazil, and correlated with poor outcome.