

DAFTAR PUSTAKA

- Adioetomo, SM dan Mujahid, G. (2014). “UNFPA Indonesia Monograph series no.1: Indonesia on the threshold of population ageing”. Jakarta: UNFPA Indonesia.
- Agarwalla R, Saikia AM, Baruah R. 2015. “Assessment of the nutritional status of the elderly and its correlates”. *Journal of Family & Community Medicine* 22(1): 39-43.
- Alexandre TDS, Duarte YADO, Santos JLF, Wong R, Lebrao ML. 2013. “Sarcopenia according to the European Working Group on Sarcopenia in Older People (EWGSOP) versus dynapenia as a risk factor for disability in the elderly”. *The Journal of Nutrition, Health & Aging* doi:10.1007/s12603-013-0424-x.
- Alexandre TDS, Duarte YADO, Santos JLF, Lebrao ML. 2018. “Prevalence and associated factors of sarcopenia, dynapenia, and sarcodynepenia in community-dwelling elderly in Sao-Paulo – SABE Study”. *Revista Brasileira de Epidemiologia* 21(2): e180009.
- Ali S & Garcia JM. 2014. “Sarcopenia, cachexia and aging: diagnosis, mechanisms and therapeutic options – a mini review”. *Gerontology* 60:294-305.
- American Psychiatric Association. 2003. “Diagnostic and statistical manual of mental disorders (5th ed.)”. Arlington, VA: American Psychiatric Publishing.
- An KO & Kim J. 2016. Association of sarcopenia and obesity with multimorbidity in adults: a nationwide cross-sectional study”. *Journal of the American Medical Directors Association* 17(10):1-7.
- Anker SD, Morley JE, von Haehling S. 2016. “Welcome to the ICD-10 code for sarcopenia”. *Journal of Cachexia, Sarcopenia and Muscle* 7: 512-514
- Arjuna T, Soenen S, Hasnawati RA, Lange K, Chapman I, Luscombe-Marsh ND. 2017. “A cross-sectional study of nutrient intake and health status among older adults in Yogyakarta Indonesia”. *Nutrients* 9, doi:10.3390/nu9111240.
- Bae EJ & Kim YH. 2017. “Factors affecting sarcopenia in Korean adults by age group”. *Osong Public Health and Research Perspectives* (3):169-178.
- Badan Pusat Statistik Provinsi Jawa Timur, 2018. “Profil penduduk lanjut usia Provinsi Jawa Timur 2017”. Diunduh dari <https://jatim.bps.go.id/publication/2018/12/18/409a38a0b7bbc02b90bad81a/profil-penduduk-lanjut-usia-provinsi-jawa-timur-2017.html>
- Bahat G, Saka B, Tufan F, Akin S, Sivrikaya S, Yucel N, Erten N, Karan MA. 2010. “Prevalence of sarcopenia and its association with functional and nutritional status among male residents in a nursing home in Turkey”. *The Aging Male* DOI: 10.3109/13685538.2010.489130.

- Baumgart M, Snyder HM, Carrillo MC, Fazio S, Kim H, Johns H. 2015. "Summary of the evidence on modifiable risk factors for cognitive decline and dementia: A population-based perspective". *The Journal of the Alzheimer's Association* 11(6): 718-726.
- Baumgartner RN, Koehler KM, Gallagher D, Romero L, Heymsfield SB, Ross RR, Linderman RD. 1998. "Epidemiology of sarcopenia among elderly in New Mexico". *American Journal of Epidemiology* 147(8): 755-763.
- Beudart C, McCloskey E, Bruyere O, Cesari M, Rollan Y, Rizzoli R *et al.* 2016. "Sarcopenia in daily practice: assessment and management". *Geriatrics* 16:170.
- Beydoun MA, Beydoun HA, Gamaldo AA, Teel A, Zonderman AB, Wang Y. 2014. "Epidemiologic studies of modifiable factors associated with cognition and dementia: systematic review and meta-analysis". *BMC Public Health* 14: 643.
- Blondell SJ, Hammersley-Mather R, Veerman JL. 2014. "Does physical activity prevent cognitive decline and dementia?: A systematic review and meta-analysis of longitudinal studies". *BMC Public Health* 14:510.
- Bravo-Jose P, Moreno E, Espert M, Romeu M, Martinez P, Navarro C. 2018. "Prevalence of sarcopenia and associated factors in institutionalized older adult patients". *Clinical Nutrition ESPEN* 27: 113-119.
- Briggs R, McDonough A, Ellis G, Bennett K, O'Neill D, Robinson D. 2017. "Comprehensive geriatric assessment for community-dwelling, high-risk, frail, older people". *Cochrane Database of Systematic Reviews*, Issue 6. Art. No.: CD012705. DOI: 10.1002/14651858.CD012705.
- Brown JC, Harhay MO, Harhay MN. 2015. "Sarcopenia and mortality among a population-based sample of community-dwelling older adults". *Journal of Cachexia, Sarcopenia and Muscle* 7(3): 290-298.
- Buford TW, Anton SD, Judge AR, Marzetti E, Wohlgemuth SE, Carter CS, Leeuwemburg C, Pahor M, Manini TM. 2010. "Models of accelerated sarcopenia: critical pieces for solving the puzzle of age-related muscle atrophy". *Ageing Research Reviews* 9(4): 369-383.
- Caecilia F, Roger P, Johanna C, Ylva H. 2011. "Malnutrition and cognitive impairment among people 60 years of age and above living in regular housing and in special housing in Sweden: a population-based cohort study". *International Journal of Nursing Studies* 28:863-871.
- Campbell WW, Trappe TA, Wolfe RR, Evans WJ. 2001. "The recommended dietary allowance for protein may not be adequate for older people to maintain skeletal muscle." *Journals of Gerontology. Series A, Biological Sciences and Medical Sciences* 56(6):M373-380.
- Carlson C, Merel SE, Yukawa M. 2015. "Geriatric Syndrome and geriatric assessment for the generalist". *Medical Clinics of North America* 99:263-279.

- Chang K, Hsu T, Wu W, Huang K, Han D. (2016). "Association between sarcopenia and cognitive impairment: a systematic review and meta-analysis". *The Journal of Post-Acute and Long-Term Care Medicine* 17(12): 1164e7-1164e15.
- Chien MY, Huang TY, Wu YT. 2008. "Prevalence of Sarcopenia Estimated Using a Bioelectrical Impedance Analysis Prediction Equation in Community-Dwelling Elderly People in Taiwan". *Journal of the American Geriatrics Society* DOI: 10.1111/j.1532-5415.2008.01854.x
- Coman L & Richardson J. 2006. "Relationship between self-report and performance measure of function: a systematic review". *Canadian Journal of Aging* 25(3): 253-270.
- Dehghan M & Merchant AT. 2008. "Is bioelectrical impedance accurate for use in large epidemiological studies?". *Nutrition Journal* 7:26.
- Divo MJ, Martinez CH, Mannino DM. 2014. "Ageing and the epidemiology of multimorbidity". *European Respiratory Society* 44(4): 1055-1068.
- Dodds R & Sayer AA. 2014. "Sarcopenia". *Arquivos Brasileiros de Endocrinologia & Metabologia* 58(5):464-469.
- Dorosty A, Arero G, Chamar M, Tavakoli S. 2016. "Prevalence of sarcopenia and its association with socioeconomic status among the elderly in Tehran". *Ethiopian Journal of Health Science* 26(4): 389-396.
- Dos Santos VR, Christofaro DGD, Gomes IC, Agostinete RR, Junior IFF, Gobbo LA. 2015. "Factors associated with sarcopenia in subjects aged 80 and over". *The Revista de Nutricao* 28(3): 319-326.
- Drey M. 2011. "Sarcopenia – pathophysiology and clinical relevance". *Wiener Medizinische Wochenschrift* 161/17-18: 402-408.
- Ellis G, Gardner M, Tsiachristas A, Langhorne P, Burke O, Harwood RH, Conroy SP, Kircher T, Somme D, Saltvedt I, Wald H, O'Neill D, Robinson D, Shepperd S. 2017. "Comprehensive geriatric assessment for older adults admitted to hospital". *Cochrane Database of Systematic Reviews*, Issue 9. Art. No.: CD006211. DOI: 10.1002/14651858.CD006211.pub3.
- Elsawy B & Higgins KE. 2011. "The Geriatric Assessment". *American Family Physician* 83(1):48-56.
- Espinel-Bermudez MC, Ramirez-Garcia E, Garcia-Pena C, Salva A, Ruiz-Arregui L, Cardenas-Bahena A, Sanchez-Gardia S. (2017). Prevalence of sarcopenia in community-dwelling older people of Mexico City using EWGSOP (European Working Group on Sarcopenia in Older People) diagnostic criteria". *Journal of Cachexia, Sarcopenia and Muscle* 2(2): 1-9.

- Fiske A, Wetherell JL, Gatz. 2009. "Depression in Older Adults". *Annual Review of Clinical Psychology* 5:363-389.
- Ford ES. 2002. "Does exercise reduce inflammation? Physical activity and C-reactive protein among U.S adults". *Epidemiology* 13(5):561-568
- Fraccaro P, Kontopantelis E, Sperrin M, Peek N, Mallen C, Urban P, Buchan IE, Mamas MA. 2016. "Predicting mortality from change-over-time in the Charlson Comorbidity Index". *Medicine (Baltimore)* 95(43): e4973.
- Fumio ETO. 2001. "Causes of falls in the elderly". *Japan Medical Association Journal* 44(7): 299-305.
- Gadelha AB, Neri SGR, de Oliveira RJ, Bottaro M, de David AC, Vainshelboim B, Lima RM. 2018. "Severity of sarcopenia is associated with postural balance and risk of falls in community-dwelling older women". *Experimental Aging Research* 44(3): 258-269.
- Greenberg SA. 2019. "The Geriatric Depression Scale (GDS)". *The Hartford Institute for Geriatric Nursing, New York University Rory Meyers College of Nursing* 4.
- Han P, Kang L, Guo Q, Wang J, Zhang W, Shen S, *et al.* 2016. "Prevalence and Factors Associated with Sarcopenia in Suburb-dwelling Older Chinese Using the Asian Working Group for Sarcopenia Definition". *Journals of Gerontology: Medical Sciences*, 71(4): 529-535.
- Hai S, Li HW, Cao L, Liu P, Zhou J, Yang Y, Dong B. 2017. "Association between sarcopenia with lifestyle and family function among community-dwelling Chinese aged 60 years and older". *BMC Geriatrics* 17:187.
- Hairi NN, Bulgiba A, Cumming RG, Naganathan V, Mudla I. 2010. "Prevalence and correlates of physical disability and functional limitation among community dwelling older people in rural Malaysia, a middle income country". *BMC Public Health* 10:492.
- Harada CN, Love MCN, Triebel KL. 2013. "Normal cognitive aging". *Clinics in Geriatric Medicine* 29(4): 737-752.
- He X, Li Z, Tang X, Zhang L, Wang L, He Y, Jin T, Yuan D. 2018. "Age- and sex-related differences in body composition in healthy subjects aged 18 to 82 years". *Medicine* 92(25): e11152.
- Houston DK, Nicklas BJ, Ding J, Harris TB, Tylavsky FA, Newman AB, Lee JS, Sahyoun NR, Visser M, Kritchevsky SB; Health ABC Study. 2008. "Dietary protein intake is associated with lean mass change in older, community-dwelling adults: The Health, Aging, and Body Composition (Health ABC) Study." *The American Journal of Clinical Nutrition* 87(1):150-155.

- Howie LO, Troutman-Jordan M, Newman AM. 2013. "Social support and successful aging in assisted living residents". *Educational Gerontology* 40(1): 61-70.
- Hsu YH, Liang CK, Chou MY, Liao MC, Lin YT, Chen LK, Lo YK. 2014. "Association of cognitive impairment, depressive symptoms and sarcopenia among healthy older men in the veterans retirement community in southern Taiwan: A cross-sectional study". *Geriatric & Gerontology International* 14(1): 102-108.
- Huang CY, Huang AC, Liu LK, Lee WJ, Chen LY, Peng LN, Chen LK. 2016. "Association of dynapenia, sarcopenia, and cognitive impairment among community-dwelling older Taiwanese". *Rejuvenation Research* 19(1): 71-78.
- Huntley AL, Johnson R, Purdy S, Valderas JM, Salisbury C. 2012. "Measures of multimorbidity burden for use in primary care and community settings: a systematic review and guide". *Annals of Family Medicine* 10(2): 134-141.
- Jacobsen EL, Brovold T, Bergland A, Bye A. 2016. "Prevalence of factors associated with malnutrition among acute geriatric patients in Norway: a cross-sectional study". *BMJ Open* 6: e011612.
- Jakovljevic M & Ostojic L. 2013. "Comorbidity and multimorbidity in medicine today: challenges and opportunities for bringing separated branches of medicine closer to each other". *Medicina Academica Mostariensia* 1(1): 18-28.
- Jang IY, Jung HW, Lee CK, Yu SS, LeeYS, Lee E. 2018. "Comparisons of predictive values of sarcopenia with different muscle mass indices in Korean rural older adults: a longitudinal analysis of aging study of PyeongChang rural area". *Clinical Intervention of Aging* 13:91-99.
- Janssen I, Shepard DS, Katzmarzyk PT, Roubenoff R. 2004. "The Healthcare Costs of Sarcopenia in the United States". *American Geriatrics Society* 52 (1): 80-85.
- Kementrian Kesehatan Republik Indonesia. (2013). "Gambaran Kesehatan Lanjut Usia di Indonesia". Jakarta: Kementrian Kesehatan Republik Indonesia.
- Kementrian Kesehatan Republik Indonesia. 2017. "Analisis Lansia di Indonesia". Jakarta: Kementrian Kesehatan Republik Indonesia.
- Keshari P & Shankar H. 2017. "Prevalence and spectrum of functional disability of urban elderly subjects: a community-based study from Central India". *Journal of Family & Community Medicine* 24(2): 86-90.
- Khrisnamoorty Y, Vijayageetha M, Kumar SG, Rajaa S, Rehman T. 2018. "Prevalence of malnutrition and its associated factors among elderly population in rural Puducherry using mini-nutritional assessment". *Journal of Family Medicine and Primary Care* 7(6): 1429-1433.

- Kilavuz A, Meseri R, Savas S, Simsek H, Sahin S, Bicakli DH, Sarac F, Uyar M, Akcicek F. 2018. "Association of sarcopenia with depressive symptoms and functional status among ambulatory community-dwelling elderly". *Archives of Gerontology and Geriatrics* 76:196-201.
- Kim TN & Choi KM. 2013. "Sarcopenia: Definition, Epidemiology, and Pathophysiology". *Journal of Bone Metabolism* 20(1): 1-10.
- Kim H, Hirano H, Edahiro A, Ohara Y, Watanabe Y, Kojima N, Kim M, Hosoi E, Yoshida Y, Yoshida H, Shinkai S. 2016. "Sarcopenia: prevalence and associated factors based on different suggested definitions in community-dwelling older adults". *Geriatrics & Gerontology International* 16(S1): 110-122.
- Kirchengast S & Huber J. 2009. "Gender and age differences in lean soft tissue mass and sarcopenia among healthy elderly". *Anthropologischer Anzeiger* 67(2): 139-151.
- Klimova B, Valis M, Kuca K. (2017). "Cognitive decline in normal aging and its prevention: a review on non-pharmacological lifestyle strategies". *Clinical Interventions in Aging* 12:903-910.
- Kowal P, Dowd JE. 2001. "Definition of an older person. Proposed working definition of an older person in Africa for the MDS Project". Geneva: World Health Organization.
- Kuo YH, Wang TF, Liu LK, Lee WJ, Peng LN, Chen LK. 2018. "Epidemiology of sarcopenia and factors associated with it among community-dwelling older adults in Taiwan". *The American Journal of the Medical Sciences* 357(2): 124-133.
- Lahiri S, Biswas A, Santra S, Lahiri SK. 2014. "Assessment of nutritional status among elderly population in a rural area of West Bengal, India". *International Journal of Medical Science and Public Health* 4(4):569-572.
- Landi F, Liperoti R, Russo A, Giovannini S, Tosato M, Capoluongo E, Bernabei R, Onder G. 2012. "Sarcopenia as a risk factor for falls in elderly individuals; Results from the iLSIRENTE study". *Clinical Nutrition* 31: 652-658.
- Lang T, Streeper T, Cawthon P, Baldwin K, Taaffe DR, Harris TB. 2010. "Sarcopenia: etiology, clinical consequences, intervention, and assessment". *Osteoporosis International* 21: 543-559.
- Laurethani F, Maggio M, Ticinesi A, Tana C, Prati B, Gionti L, Nouvenne A, Meschi T. 2018. "Muscle weakness, cognitive impairment and their interaction on altered balance in elderly outpatients: result from the TRIP observational study". *Clinical Interventions in Aging* 13: I437-I443.
- Lee Y, Back JH, Kim J, Kim SH, Na DL, Cheong HW, Hong CH, Kim YG. 2010. "Systematic review of health behavioural risks and cognitive health in older adults". *International Psychogeriatrics* 22(2): 174-187.

- Lee I, Cho J, Hong H, Jin Y, Kim D, Kang H. 2017. "Sarcopenia is associated with cognitive impairment and depression in elderly Korean women". *Iranian Journal of Public Health* 47(3):327-334.
- Lenzi J, Avaldi VM, Rucci P, Pieri G, Fantini MP. 2016. "Burden of multimorbidity in relation to age, gender and immigrant status: a cross-sectional study based on administrative data". *BMJ Open* 6(12): e012812.
- Leslie W & Hankey C. 2015. "Aging, nutritional status and health". *Healthcare* 3:648-658.
- Li CM, Chen CY, Li CY, Wang WD, Wu SC. 2010. "The effectiveness of a comprehensive geriatric assessment intervention program for frailty in community-dwelling older people: a randomized, controlled trial". *Archive of Gerontology and Geriatrics* 50: S39-S42.
- Li Ci, Li TC, Lin WY, Liu CS, Hsu CC, Hsiung CA, Chen CY, Huang KC, Wu CH, Wang CY, Lin CC. 2015. "Combined association of chronic disease and low skeletal muscle mass with physical performance in older adults in the Sarcopenia and Translational Aging Research in Taiwan (START) study". *BMC Geriatrics* 15(1):1-10.
- Lim HS, Park YH, Suh K, Yoo MH, Park HK, Kim HJ, Lee JH, Byun DW. 2018. "Association between sarcopenia, sarcopenic obesity, and chronic disease in Korean elderly". *Journal of Bone Metabolism* 25(3): 187-193.
- Little MO. 2017. "The rapid geriatric assessment: a quick screen for geriatric syndromes". *The Journal of the Missouri State Medical Association* 11(2): 101-104.
- Livana PH, Susanti Y, Darwati LE, Anggraeni R. 2018. "Gambaran tingkat depresi lansia". *Jurnal Keperawatan dan Pemikiran Ilmiah* 4(4):80-93.
- Lozoyo RM, Martinez-Alzamora N, Marin GC, Guirao-Goris SJA, Ferrer-Diego RM. 2017. "Predictive ability of the mini nutritional assessment short form (MNA-SF) in a free-living elderly population: a cross sectional study". *Peer-Reviewed & Open Access* 5:e3345; doi:10.7717/peerj.3345
- Malara A, Sgro G, Caruso C, Ceracolo F, Curinga G, Renda GF, Spadea F, Garo M, Rispoli V. 2014. "Relationship between cognitive impairment and nutritional assessment on functional status in Calabrian long-term-care". *Clinical Interventions of Aging* 9:105-110.
- Martinez BP, Batista AKMS, Gomes IB, Olivieri FM, Camelier FWR, Camelier AA. 2015. "Frequency of sarcopenia and associated factors among hospitalized elderly patients". *BMC Musculoskeletal Disorders* 16:108.
- Meng X & D'Arcy C. 2014. "Successful aging in Canada: prevalence and predictors from a population-based sample of older adults". *Gerontology* 60(1): 65-72.

- Molto A, Dougados M.(2014).“Comorbidity indices”.*Clinical and Experimental Rheumatology*, 32(85): 131-134.
- Moreland JD, Richardson JA, Goldsmith CH, Clase CM. 2004. “Muscle weakness and falls in older adults: a systematic review and meta-analysis”. *Journal of the American Geriatrics Society* 52(7): 1121-1129.
- Nigam Y, Knight J, Bhattacharya S, Bayer A. 2012. ”Physiological changes associated with aging and immobility”. *Journal of Aging Research*, DOI: 10.1155/2012/468469.
- Ogawa S, Yakabe M, Akishita M. 2016. “Age related sarcopenia and its pathophysiological bases”. *Inflammation and Regeneration*, 36(17):1-6.
- Park DC & Yeo SG. 2013. “Aging”. *Korean Journal of Audiology*, 17: 39-44.
- Patel RM & Singh US. 2018. “Prevalence study of cognitive impairment and its associated sociodemographic variables using mini-mental status examination among elderly population residing in field practice areas of a medical college”. *Indian Journal of Community Medicine* 43(2): 113-116.
- Pelegriani A, Mazo GZ, Pinto AA, Benedetti TRB, Silva DAS, Petroski EL. 2018. “Sarcopenia: prevalence and associated factors among elderly from a Brazilian capital”. *Fisioter Mov Curitiba* 31, e003102.
- Phu S, Boersma D, Duque G. 2015. “Exercise and sarcopenia”. *Journal of Clinical Densitometry Assessment & Management of Musculoskeletal Health* 18(4): 488-492.
- Pilania M, Bairwa M, Khurana H, Kumar N. 2017. “Prevalence and predictors of depression in community-dwelling elderly in rural Haryana, India”. *Indian Journal of Community Medicine* 42(1): 13-18.
- Poda GG, Hsu CH, Rau HH, Chao JJ. 2019. “Impact of socio-demographic factors, lifestyle and health status on nutritional status among the elderly in Taiwan”. *Nutritional Research and Practice* 13(3): 222-229.
- Pua YH, Ong PH, Clark RA, Matcher DB, Lim ECW. 2017. “Falls efficacy, postural balance, and risk for falls in older adults with falls-related emergency department visits: prospective cohort study”. *BMC Geriatrics* 17:291
- Puteh SEBW, Bakar IMA, Borhanuddin B, Latiff K, Amin TM, Sutan R. 2015. “A prevalence study of the Activities of Daily Living (ADL) dependency among the elderly in four districts in Selangor, Malaysia”. *Journal of Epidemiology and Preventive Medicine* 1(2):1-8.
- Ramani L, Furmedge DS, Reddy SPH. 2014. “Comprehensive geriatric assessment”. *British Journal of Hospital Medicine* 75(8):C122-C125.
- Roffman CE, Buchanan J, Allison GT. 2016. “Charlson Comorbidities Index”. *Journal of Physiotherapy* 62: 171.

- Rolland Y, Czerwinski S, Abellan van Kan G, Morley JE, Cesari M, Onder G, Woo J, Baumgartner R, Pillard F, Boirie Y, Chumlea WMC, Vellas B. 2008. "Sarcopenia: its assessment, etiology, pathogenesis, consequences and future perspective". *The Journal of Nutrition Health and Aging* 12(7): 433-450.
- Rosenberg IH. 2011. "Sarcopenia: Origin and Clinical Relevance". *Clinics in Geriatric Medicine* 27: 337-339.
- Rossi AP, Rubele S, D'Introno A, Zoico E, Brandimarte P, Amadio G, Nori N, Gnerre P, Mazzali G, Fantin F, Zamboni M. 2018. "An update in methods for sarcopenia diagnosis: from bench to bedside". *Italian Journal of Medicine* 12:97-107.
- Roubenoff R & Hughes VA. 2000. "Sarcopenia: current concepts". *Journal of Gerontology; MEDICAL SCIENCES* 55A(12): M716-M724.
- Rubbieri G, Mossello E, Di Bari M. 2014. "Techniques for the diagnosis of sarcopenia". *Clinical Cases in Mineral and Bone Metabolism* 11(3):181-184.
- Saka B, Ozkaya H, Karisik E, Aki S, Akpinar TS, Tufan F, Bahat G, Dogan H, Horasan Z, Cesur K, Erten N, Karan MA. 2016. "Malnutrition and sarcopenia are associated with increased mortality rate in nursing home residents: A prospective study". *Europea Geriatric Medicine* 7: 232-238.
- Santili V, Bernetti A, Mangone M, Paoloni M. 2014. "Clinical definition of sarcopenia". *Clinical Cases in Mineral and Bone Metabolism*, 11(3):177-180.
- Sakuma K & Yamaguchi A. 2012. "Sarcopenia and age-related endocrine function". *International Journal of Endocrinology* doi:10.1155/2012/127362.
- Samuel R, McLachlan CS, Mahadevan U, Isaac V. 2016. "Cognitive impairment and reduced quality of life among old-age groups in Southern Urban India: home-based community residents, free and paid old-age home residents". *QJM: An International Journal of Medicine* 109(10):653-659.
- Scott D, Stuart AL, Kay D, Ebeling PR, Nicholson G, Sanders KM. 2014. "Investigating the predictive ability of gait speed and quadriceps strength for incident falls in community-dwelling older women at high risk of fracture". *Archives of Gerontology and Geriatrics* 58(3): 308-313.
- Setiati S, Dwimartutie N. 2014. "Sarkopenia". *Interna Publishing: Buku Ajar Ilmu Penyakit Dalam* 6:3717-3724.
- Shafie G, Keshtkar A, Soltani A, Ahadi Z, Larijani B, Heshmat R 2017. "Prevalence of sarcopenia in the world: a systematic review and meta-analysis of general population studies". *Journal of Diabetes & Metabolic Disorder*, 16:21.
- Smith PJ & Blumenthal JA. 2016. "Dietary factors and cognitive decline". *The Journal of Prevention of Alzheimer's Disease* 3(1): 53-64.

- Su Y, Hirayama K, Han TF, Izutsu M, Yuki M. 2019. "Sarcopenia prevalence and risk factors among Japanese community dwelling older adults living in a snow-covered city according to EWGSOP2". *Journal of Clinical Medicine* 8, 291: 1-13.
- Szlej C, Suemoto CK, Brunoni AR, Viana MC, Moreno AB, Matos SMA, Lotufo PA, Bensenor IM. 2018. "Depression is associated with sarcopenia due to low muscle strength: results from the ELSA-Brasil Study". *Journal of the American Medical Directors Association* DOI:10.1016/j.jamda.2018.09.20.
- Taekama DG, Westendorp RG, Frolich M, Gussekloo J. 2007. "High innate production capacity of tumor necrosis factor-alpha and decline of handgrip strength in old age". *Mechanisms of Ageing and Development* 128:517-521.
- Taffee DR, Harris TB, Ferrucci L, Rowe J, Seeman TE. 2000. "Cross-sectional and prospective relationships of interleukin-6 and C-reactive protein with physical performance in elderly persons: MacArthur studies of successful aging." *Journals of Gerontology Series A, Biological Sciences and Medical Sciences* 55(12):M709-715.
- Tanimoto Y, Watanabe M, Sun W, Tanimoto K, Shishikura K, Sugiura Y, Kusabiraki T, Kono K. 2013. "Association of sarcopenia with functional decline in community-dwelling elderly subjects in Japan". *Geriatric Gerontology International*. DOI <https://doi.org/10.1111/ggi.12037>.
- Teo AR, Choi H, Valenstein M. 2013. "Social relationships and depression: ten-year follow-up from a nationally representative study". *PLoS One* 8(4): e62396.
- Thiyagarajan JA, Cesari M, Kumar S, Kralj C, Martin FC, Chadha S, Beard J, de Carvalho IA. 2017. "Diagnostic accuracy of screening tool for non-specialist health care setting: A summary of findings from ICOPE rapid reviews". *WHO Clinical Consortium on Healthy Aging* 1-22.
- Tsekoura M, Billis E, Gliatis J, Matzaroglou C, Koutsojannis C, Tsepis E, Panagiotopoulos E. 2017. "Assessment of muscle mass in the elderly in clinical practice". *Archive of Hellenic Medicine* 34(346):745-753.
- Tolea MI & Galvin JE. 2015. "Sarcopenia and impairment in cognitive and physical performance". *Clinical Interventions in Aging* 10: 663-671.
- Tyrovolas S, Koyanagi A, Olaya B, Ayuso-Mateos JL, Miret M, Chatterji S, Tobiasz-Adamczyk B, Koskinen S, Leonardi M, Hari JM. 2016. "Factors associated with skeletal muscle mass, sarcopenia, and sarcopenic obesity in older adults: a multi-continent study". *Journal of Cachexia, Sarcopenia and Muscle* 7(3): 312-321.

- United Nations Department of Economic and Social Affairs Population Division. 2013. "World Population Ageing". New York: United Nations Department of Economic and Social Affairs Population Division.
- Van Rijn M, Suijker JJ, Bol W, Hoff E, ter Riet G, de Rooij SE, van Charante EPM, Buurman BM. 2016. "Comprehensive geriatric assessment: recognition of identified geriatric conditions by community-dwelling older persons". *Age and Ageing* 45(6): 894-899.
- Vaillant GE & Mukamal K. 2001. "Successful aging". *American Journal of Psychiatry* 158(6): 839-847.
- Vandewoude MFJ, Alish CJ, Sauer AC, Hegazi RA. 2012. "Malnutrition-sarcopenia syndrome: Is this the future of nutrition screening and assessment for older adults?". *Journal of Aging Research* <http://dx.doi.org/10.1155/2012/651570>.
- Visser M, Deeg D, Lips P. 2003. "Low Vitamin D and High Parathyroid Hormone Levels as Determinants of Loss of Muscle Strength and Muscle Mass (Sarcopenia): The Longitudinal Aging Study Amsterdam". *The Journal of Clinical Endocrinology & Metabolism* 88(12): 5766-5772.
- Vitriana, Defi IR, Nugraha GI, Setiabudiwan B. 2016. "Prevalensi sarkopenia pada lansia di komunitas (*community dwelling*) berdasarkan dua nilai *cut-off* parameter diagnosis". *Majalah Kedokteran Bandung* 48(3):64-70.
- Volpato S, Bianchi L, Cherubini A, Landi F, Maggio M, Savino E, Bandinelli S, Ceda GP, Guralnik JM, Zuliani G, Ferrucci L. 2014. "Prevalence and clinical correlates of sarcopenia in community-dwelling older people: Application of the EWGSOP definition and diagnostic algorithm". *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences* 69(4): 438-446.
- Walston JD. 2012. "Sarcopenia in older adults". *Current Opinion in Rheumatology* 24(6): 623-627.
- Wang H, Hai S, Liu Y, Cao L, Liu Y, Liu P, Zhou J, Yang Y, Dong B. 2018. "Association between depressive symptoms and sarcopenia in older Chinese community-dwelling individuals". *Clinical Interventions in Aging* 13: 1605-1611.
- Widajanti N, Kandinata SG, Wulandari M. 2018. "Profil sarkopenia dan *frailty* pada populasi lanjut usia Surabaya di komunitas". *Unpublished manuscript*.
- Wieland D & Hirth V. 2003. "Comprehensive geriatric assessment". *Cancer Control* 10(6):464-462.
- Wilson D, Jackson T, Sapey E, Lord JM. 2017. "Frailty and sarcopenia: The potential role of an aged immune system" *Aging Research Reviews* 36: 1-10.

- World Health Organization. 2008. "WHO global report on falls prevention in older age". Geneva: World Health Organization. <https://apps.who.int/iris/handle/10665/43811>
- Yakabe M, Ogawa S, Akishita M. 2015. "Clinical Manifestations and Pathophysiology of Sarcopenia". *Biomedical Sciences* 1(2): 10-17.
- Yamada M, Nishiguchi S, Fukutani N, Tanigawa T, Yukutate T, Kayama H, Aoyama T, Arai H. 2013. "Prevalence of sarcopenia in community-dwelling Japanese Older Adults". *Journal of the American Medical Directors Association* 14(12): 911-915.
- Yang M, Ding X, Dong B. 2014. "The measurement of disability in the elderly: a systematic review of self-reported questionnaires". *Journal of the American Medical Directors Association* 15(2):150.e1-150.e9.
- Yazar T & Yazar OH. 2018. "Prevalence of sarcopenia according to decade". *Clinical Nutrition ESPEN* <https://doi.org/10.1016/j.clnesp.2018.11.005>
- Yu S, Umaphysivam K, Visvanathan R. 2014. "Sarcopenia in older people". *International Journal of Evidence-Based Healthcare* 12:227-243.