



ABSTRACT

The benefit of the vitamin D intake in terms of sarcopenia of senior citizens in Japan during the COVID-19 pandemic

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As Japan has been facing serious aged society ahead of the world, much interest has been focused on interventions for treating frailty and sarcopenia to extend healthy life expectancy in recent years. The COVID-19 pandemic has led to a crisis of the health care systems all over the world and has been having huge impact on not only global public health but the economy. In this situation, elderly people are vulnerable to the infection and the secondary effects of this social change caused by the COVID-19 pandemic. In general, human's immunity is supported by the nutritional status. It is known that immune strength of the malnourished individuals against bacterial and viral infection is lower. So, the elderly who are malnourished and have multi-comorbidity are the group of high-risk for infection and its deterioration. Due to the lack of effective vaccination and pharmacological intervention, pandemic control is dependent on public health measures, mainly restrictions of public gatherings and compulsory stay-at home policies. These condition has accelerated frailty and sarcopenia of the elderly people. In this lecture, I would like to talk about the strategy to combat with malnutrition, frailty and sarcopenia to overcome this serious crisis of public health from the perspective of nutrition and daily life ingenuity. I would like to be focused on not only protein and vitamin D intake but several nutrients which is considered to be important for health of the elderly in this difficult social condition.

Keywords: COVID-19, frailty, sarcopenia, vitamin D intake

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