



MANAGING MUSCLE LOSS

What You Need to Know



AARP and **ABBOTT** are committed to helping people live their best possible life through the power of knowledge and good health.

To obtain a better understanding of diet and health issues affecting adults 50+, Abbott partnered with AARP on an independent survey administered to AARP members. The survey provides a revealing glimpse into the state of health for adults age 50+, as well as this group's understanding of some important nutrition, exercise and muscle mass fundamentals. The good news is that 1 out of 2 adults age 50+ rates his or her current health as excellent or very good.



METHODOLOGY

This partnership produced a 31-question survey that was fielded on December 10, 2015 to members of the AARP Media Consumer Panel, a voluntary panel comprised of AARP members age 50+. The survey remained in the field for 3 weeks and resulted in 1,480 completed surveys.

SURVEY RESPONDENTS (Female 57% / Male 43%)

Age 50-59 16%	High school or less ... 13%	Employed 46%	HHI under \$50,000 33%
Age 60-69 43%	Some college 28%	Retired 42%	HHI \$50,000-\$99,999 37%
Age 70-79 33%	College graduate 59%	Other 12%	HHI \$100,000+ 30%
Age 80+ 8%			

Muscle Bound

The Road Map to Strength

Did you know that you can lose up to 8% of muscle mass every decade after age 40? 73% of those surveyed realize that they naturally lose muscle mass as they age. More than half (59%) even know that this loss starts to take place around 40 years of age. And they are almost all (83%) pretty sure that if muscle is lost, it can be gained back. Our survey confirms that many adults age 50+ know something about the importance of maintaining lean body mass and muscle, but still more information was needed.

Here are the top three takeaways from the AARP-Abbott Survey.

1 MUSCLE MATTERS
Just a little more than one-quarter of those surveyed believe that they have actually experienced loss of muscle mass. Even fewer (13%) know a lot about the importance of maintaining lean body mass as they age. Little surprise, then, that most aren't overly concerned about its

loss either now or in the future. That's not to say the issue isn't on the minds of aging adults, as there is in fact some level of concern about it at this stage of life (67%), and even slightly more as they age (79%).



ASK YOUR DOCTOR

73%
Cite doctors and medical professionals as their #1 nutrition info resource

26%
Say their doctor has talked to them about muscle loss

8%
Report their doctor has recommended protein intake increase

AS SEEN ON
AARP.ORG

HOW MUCH PROTEIN IS ENOUGH?

63 grams for a 180-pound adult, and 53 grams for someone who is 150 pounds.

April 1, 2016



20g protein

2 PROTEIN COUNTS
A solid majority (62%) feel pretty confident that they are getting enough protein. But how much protein is enough? Ask these same people and, interestingly, only 17% actually know how much protein is needed on a daily basis. A huge percentage (70%) of those surveyed would consider increasing their daily intake of foods that are high in protein to minimize the risk of losing muscle and lean body mass, while only 37% have actually done so.



3 NUTRITION KNOW-HOW
The #1 source of nutrition information for survey respondents is, by far, doctors and medical professionals. Even though 28% of those surveyed said they were already losing muscle, a solid majority (74%) said they didn't discuss or don't recall discussing the importance of keeping muscle with their doctor.

Well-Being

How Does it Feel to be 50+?

Despite being in good health, just 25% of respondents enjoy getting older, and for some this may be related to the challenges of staying healthy and maintaining energy. The #1 issue across all respondents (both in good or bad health) is the desire to have more energy to participate in activities they enjoy. Living a healthy life is more challenging for respondents as they age, as is diminished energy for everyday tasks.



ACTIVE LIFESTYLES

Exercise is seen as key to maintaining good health, with 74% exercising at least once a week and 56% exercising 3+ times per week.



The good news is that most survey respondents believe they are healthy.

“Excellent or very good health”.....51%
 “Fair or good health”47%
 “Poor health”2%



Cardio is by far the most common form of exercise (57%). Trailing behind, however, are the more resistant exercises that also help build muscles, such as weight lifting (24%) and yoga or stretching (14%).

MIND OVER BODY

Respondents rated the importance of each of the following to their overall health

	Extremely/Very Important
Positive Outlook	91%
Mental Stimulation	90%
Sufficient Sleep	88%
Purpose in Life	85%
Proper Diet/Nutrition	82%
Stress Reduction	74%
Active Lifestyle	73%
Regular Exercise	67%

PROPER DIET/ NUTRITION IS...

Extremely/Very Important to Overall Health

82%



Muscle Matters

Knowing More to Live a Healthier Life

AARP members are aware that muscle loss is part of the aging process, with more than 1 out of 4 (28%) reporting that they are experiencing the loss of muscle or lean body mass. But how do we start thinking about the health of our muscles now in a way that's similar to how we think about bone health at 50+?

DO YOU KNOW?

The Importance of Maintaining Lean Body Mass and Muscle

13%
know a lot

56%
know something

31%
know very little
or nothing

HAVING MORE KNOWLEDGE affects long-term concern. Among respondents who know at least something about the issue of muscle mass, 54% are extremely or very concerned about it as they age. Knowledge is also reflected in overall health — 58% of respondents with some or more knowledge about the importance of maintaining lean body mass and muscle report being in excellent or very good health, versus 35% who have little or no knowledge.



Many of us expect to slow down as we get older, but science shows there's a lot we can do to prevent or delay some of the more debilitating effects of aging. Exercising and eating right are critical to staying healthy, starting in our 40s when we begin to lose muscle mass, right through our 50s, 60s and beyond.

**GABRIELLE
REDFORD**

AARP HEALTH
EDITORIAL DIRECTOR

WHEN MUSCLES REALLY MATTER

Hospitalization and Recovery

So when does losing muscle and lack of strength become more important? A majority said when dealing with a health setback. Nearly 2/3 (63%) of those surveyed realize that people with chronic and/or serious health conditions are at a higher risk of being hospitalized because of lost lean body mass. More than 1/3 (35%) have been hospitalized after age 50 due to a chronic disease, and loss of strength (40%) and muscle (21%) were among their greatest recovery concerns experienced during and after hospitalization.



Protein Counts

Fueling the Body

While age- and illness-related muscle loss is inevitable, the good news is that proper nutrition can help rebuild strength, and protein is a critical part of the recipe. Most (72%) of those surveyed understand that proteins are part of every cell, tissue and organ in our bodies, and 59% understand that proteins are constantly being broken down and replaced.



PROTEIN PARADOX

62% of those surveyed believe they get enough protein. Yet, a majority of people do not know how much protein they need. In fact, 83% said they do not know that amount. Foods with good sources of protein include fish (cod, salmon or tuna), chicken, cottage cheese and black beans.



Most everyone surveyed (82%) believes that diet and nutrition are important to overall health. Water, vegetables, fruit, protein and fiber were mentioned in the top 5 as “extremely or very important to have in diet after age 50.”

PROTEIN OPTIONS JUST FOR ME

40% of all participants and 51% of those in fair or poor health believe there needs to be more health and wellness products that are created specifically for the needs of people over age 50. 30% get downright excited when they hear about these products.



70% Have increased their daily intake of foods high in protein to minimize the risk of losing muscle and lean body mass.

AS SEEN IN AARP THE MAGAZINE

Protein is more important than ever as you age. Experts now argue that older adults need more daily protein than younger people do to offset muscle loss and weakened bones... Protein helps maintain muscle mass and heart health. It can also help you recover faster from surgery.

April/May 2016 issue

EAT THIS, NOT THAT!

For a Longer, Healthier Life

PROTEIN IS MORE important than ever as you age. Experts now argue that older adults need more daily protein than younger people do to offset muscle loss and weakened bones. Think you're getting enough? Don't be so sure. A new AARP-Abbott survey found that 62 percent of participants thought they were eating enough protein, yet only 17 percent knew how much they needed (63 grams for a 160-pound adult; 53 grams for someone who is 150 pounds). Protein helps maintain muscle mass and heart health. It can also help you recover faster from surgery.

EAT THIS	NOT THAT!	WHY
Quinoa	White rice	Plant protein—such as beans, tofu and grains—builds the leg strength that can help prevent falls before they're a problem, researchers have found. A study published last year in <i>The Journal of Nutrition</i> followed more than 2,000 men and women for three years. Those who ate the most plant protein had more strength in their thigh muscles than those who ate the least. One way to get more plant protein at your next meal is to swap out white rice (4 grams of protein per cup) for high-protein quinoa (8 grams per cup).
Protein shake	Milkshake	If your diet is low in protein, you can have a protein shake to help you recover from illness or surgery. A 2015 study in <i>Clinical Nutrition</i> funded by Abbott showed that drinking a specialized protein shake helped improve recovery in hospitalized patients aged 65 and older who were hospitalized with a heart or lung disease. Nutrition critics say you need to be sure to keep your body functioning properly. Says Melissa Driscoll, M.D., of Texas A&M University: “Protein shakes are a good way to get more protein in your diet.”
Fish tacos	Beef tacos	Cutting back on red meat in favor of leaner chicken and fish foods “lower LDL cholesterol levels and can help you avoid heart problems and stroke. People who eat the most lean protein (fish and chicken) are 20 percent less likely to suffer a stroke, compared with those who eat low levels of those sources of protein, according to a recent analysis of seven studies involving more than 254,000 people. So the next time you have tacos, skip the beef and choose grilled fish.”

Starbucks Spinach & Feta Breakfast Wrap
290 calories, 12 g fat (2.5 g saturated), 850 mg sodium, 26 g protein

Starbucks Ham & Cheese Sausy Faldouze
250 calories, 11 g fat (6.5 g saturated), 480 mg sodium, 15 g protein

EAT THIS, NOT THAT!
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Professional Advice

Starting the Muscle Health Conversation

Doctors and other medical professionals are reportedly the #1 source of information on nutritional issues and are empowered to educate and influence their patients intake of protein. While 97% of adults aged 50+ are making sure to visit their doctors, the majority (66%) are making 1-4 visits annually, the muscle health conversation may not be happening.

AS SEEN IN
AARP BULLETIN

The AARP–Abbott survey found that just 17% of respondents know how much protein they need—46 grams a day for women and 56 grams for men. Active older adults may need more.

May 2016 issue

* Variation in weight may impact protein requirement.

Your Health
What to Eat, When to Eat It
5 tips for staying your meals for better health. By Joel Heinen

1. For more energy, have a protein-packed breakfast.
Metabolism speeds up in the morning, so eating protein first thing in the morning can help you get going. It also helps you feel full longer. The best sources of protein are eggs, Greek yogurt, and cottage cheese. Add some fruit for fiber and vitamins.

2. To refuel after a workout, try a carb-protein combo.
After a workout, your muscles need to be refueled. Carbs provide energy, and protein helps repair muscle fibers. A good combination is a banana and a glass of milk, or a turkey sandwich on whole-grain bread.

3. For weight loss, build up on lunch.
Lunch is the best time to eat a meal that's high in protein and fiber. This helps you feel full longer and keeps your metabolism going. Try a salad with chicken, beans, and vegetables.

4. Eat a variety of fruits.
Fruits are packed with vitamins, minerals, and antioxidants. They also provide fiber, which is important for digestive health. Try to eat a variety of colors.

5. For better sleep, fill up on fish.
Omega-3 fatty acids found in fish can help improve sleep quality. Try to eat fish at least twice a week.

Just **1 in 4** say their doctor has talked to them about the importance of maintaining lean body mass and muscle as they age.



Fueling the body with the right nutrition – particularly proteins and other muscle-building nutrients – is important for overall health, and enables you to experience all that life has to offer, whether that's playing with your grandchildren or your first 5K race.

TIFFANY DEWITT

REGISTERED DIETITIAN
AT ABBOTT

Less than **10%** say a doctor or medical professional has recommended that they increase their protein intake.

SOURCES FOR DIET AND NUTRITION-RELATED ISSUES

Respondents rated the sources from which they learned about diet and nutrition

Doctors/Medical Professionals	73%
Internet	59%
Magazines	51%
Newspapers	36%
Friends	35%
Family	33%
Television	31%
Health Insurance Provider	29%
Pharmacist	19%
Nutritionist	17%
Social Media	15%

**For a digital version of these survey results and
more information on muscle health, visit**

nutritionnews.abbott

**For research-based, content co-creation
and marketing opportunities, contact**

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AARP AARP is a nonprofit, nonpartisan organization, with a membership of nearly 38 million that helps people turn their goals and dreams into 'Real Possibilities' by changing the way America defines aging. With staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, AARP works to strengthen communities and promote the issues that matter most to families such as healthcare security, financial security and personal fulfillment. AARP also advocates for individuals in the marketplace by selecting products and services of high quality and value to carry the AARP name. As a trusted source for news and information, AARP produces the world's largest circulation magazine, AARP The Magazine, AARP Bulletin, and AARP.org. AARP does not endorse candidates for public office or make contributions to political campaigns or candidates.

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