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Nutrition based study launched in Singapore

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The study will involve 1,200 residents aged 65 and above. Half of them will be recruited by SingHealth's polyclinics in Marine Parade, Tampines and Bedok, while the rest will be patients discharged from CGH. Recruitment begins in September and will take place over nine months.

Some participants will undergo tests to measure the amount of minerals in their blood and perform exercises to measure strength. Researchers will also follow up with participants via phone calls and provide dietary counselling.

The researchers want to create a database on the elderly in Singapore for reference, to guide clinicians and scientists on their nutritional standards. This could provide more accurate diagnosis, screening and monitoring of outcomes for treatment or intervention.