

アブストラクト (英文)

## **Association of cognitive frailty with functional disability and medical expense in older adults: An 8-year prospective cohort study in Japan**

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### **Purpose**

This study aimed to investigate the associations of cognitive frailty with risk of incident functional disability, long-term nursing care expense, and medical expense in Japanese older adults.

### **Methods**

A total of 1,633 older adults who were living in the Sasaguri Town and aged  $\geq 65$  years, free of dementia and Mini Mental State Examination (MMSE) score  $> 18$  points, and free of functional disability at baseline were prospectively followed-up for 8 years. Cognitive frailty was defined as the presence of both physical frailty and cognitive impairment (MMSE score of  $< 26$  points).

### **Results**

During the 8-year follow-up, 401 participants were identified as being functionally disabled. Compared with being robust both physically and cognitively, the risk of functional disability was significantly increased for pre-frailty only, physical frailty only, cognitive impairment only, pre-frailty with cognitive impairment, cognitively frailty. The multivariable-adjusted hazard ratio (95% confidence interval) of functional disability for participants with cognitive frailty was 3.48 (2.14–5.65). Compared with being robust both physically and cognitively (age- and sex-adjusted), cumulative long-term care expense, and medical costs were significantly higher in participants with cognitive frailty.

### **Conclusion**

Cognitive frailty was associated with an increased risk of functional disability and higher long-term nursing care expense and medical expense in community-dwelling older adults.