CONTENTS

1. General introduction 6

Part 1: Diagnostics

2. Lack of knowledge contrasts the willingness to counteract sarcopenia among community-dwelling adults 18
3. Impact of using the updated EWGSOP2 definition in diagnosing sarcopenia: a clinical perspective 46
4. Gait speed assessed by a 4-m walk test is not representative of daily-life gait speed in community-dwelling adults 60
5. Comparison of standard clinical and instrumented physical performance tests in discriminating functional status of high-functioning people aged 61–70 years old 74

Part 2: Determinants

6. Change in muscle strength and muscle mass in older hospitalized patients: a systematic review and meta-analysis 94
7. Lower cognitive function in older patients with lower muscle strength and muscle mass 110
8. Erythrocyte sedimentation rate and albumin as markers of inflammation are associated with measures of sarcopenia: a cross-sectional study 122
9. C-reactive protein and albumin determine physical function in geriatric rehabilitation patients: the RESORT study 134
10. Predictors of metabolic syndrome in community-dwelling older adults 148

Part 3: Consequences

11. Muscle strength and muscle mass in older patients during hospitalization: the EMPOWER study 164
12. Muscle mass and muscle strength are associated with pre- and post-hospitalization falls in older male inpatients: a longitudinal cohort study 176
13. Muscle measures and nutritional status at hospital admission predict survival and independent living of older patients – the EMPOWER study 188
14. General discussion 198

Bibliography 208
Summary 232
Summary in Dutch – Nederlandse samenvatting 234
Publication list 236
Acknowledgements – Dankwoord 238