



ABSTRACT

Special Group Discussion: The impact of nutritional status in the new era of COVID-19: patients, nutrients and lifestyle

Dian Novita Chandra¹, Bernie E. Medise², Listya Tresnanti Mirtha³, Juwalita Surapsari¹

- ^{1.} Department of Nutrition, Faculty of Medicine, Universitas Indonesia – Cipto Mangunkusumo Hospital
- ^{2.} Department of Child Health, Faculty of Medicine, Universitas Indonesia
- ^{3.} Sports Medicine Study Program, Department of Community Medicine – Faculty of Medicine, Universitas Indonesia

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The COVID-19 pandemic has created a new era, it altered many aspects of lives all over the world. Many studies found the changes in nutrient and dietary intake, habits and patterns, also food and nutrition supplement consumption in many countries. Changes in lifestyle, physical activity and exercise patterns were observed in many studies around the world as outcome of lockdown, isolation, or community movement restriction regulations imposed by governments during the COVID-19 pandemic. Thus the impact in weight, body mass index and nutritional status among populations, including growth and development among children and adolescent in many countries. These changes could be resulting in significant health consequences. While in the hospital setting, COVID-19 infection is associated with an increased risk of malnutrition. With early nutritional management, most patients hospitalized for COVID-19 improved nutritional parameters after discharge, thus emphasize the importance of nutritional care in COVID-19 patients hospitalized, especially in those transferred from ICU. This special group discussion will discuss the impact of nutritional status in the new era of COVID-19: patients, nutrients and lifestyle with academician, clinician and research experts.

Keywords: nutritional status, COVID-19, lifestyle, patients, nutrients

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Corresponding author:

Dian Novita Chandra
Department of Nutrition, Faculty of Medicine, Universitas
Indonesia – Cipto Mangunkusumo Hospital
Email: diannovitach@yahoo.com

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