

The Silent Epidemic : Low Muscle Mass and Its Growing Threat among South Asians

B. SHARMA, Hebe M.H. CHIO, T.L. TANG, Danna C. VARGAS, H. MUNIR, C.Y. WONG, Tony SUN, Gary K.K. CHUNG, D.DONG, E.K. YEOH
The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong

1 Introduction

Low muscle mass percentage is a significant public health concern across different populations, with distinctive patterns observed in South Asians(SA). Due to their **unique body composition** profiles, they are at heightened vulnerability.

2 Objective

- Evaluate the **prevalence of low muscle mass percentage across South Asian ethnicities**
- Provide insights into **culturally appropriate recommendations for interventions**

3 Methodology

Design: Cross-sectional study

Subjects: 1659 SA participants (including Indian, Pakistani, Nepalese, Sri Lankan, and Bangladeshi)

Recruitment: Territory-wide health outreach assessments between June 2022 and March 2025 was done by JCSATH team facilitated by 4 NGOs

Analysis: Descriptive analysis

Outcome: Bioelectrical impedance analysis, and collection of demographic data (age, sex and ethnicity)

Diagnosis Criteria:

Low Muscle Mass: Omron HBF-514C were used to measure participant’s muscle percentage

Muscle Mass Percentage Chart					
Gender	Age	Low(-)	Normal(0)	High(+)	Very High
Female	18-40	<24.4	24.4 - 30.2	30.3 - 35.2	≥35.3
	41-60	<24.2	24.2 - 30.3	30.4 - 35.3	≥35.4
	61-80	<24.0	24.0 - 29.8	29.9 - 34.8	≥34.9
Male	18-40	<33.4	33.4 - 39.4	39.5 - 44.1	≥44.2
	41-60	<33.2	33.2 - 39.2	39.3 - 43.9	≥44.0
	61-80	<33.0	33.0 - 38.7	38.8 - 43.4	≥43.5

4 Results

Demographic characteristics of the sampled South Asian Ethnic Minorities

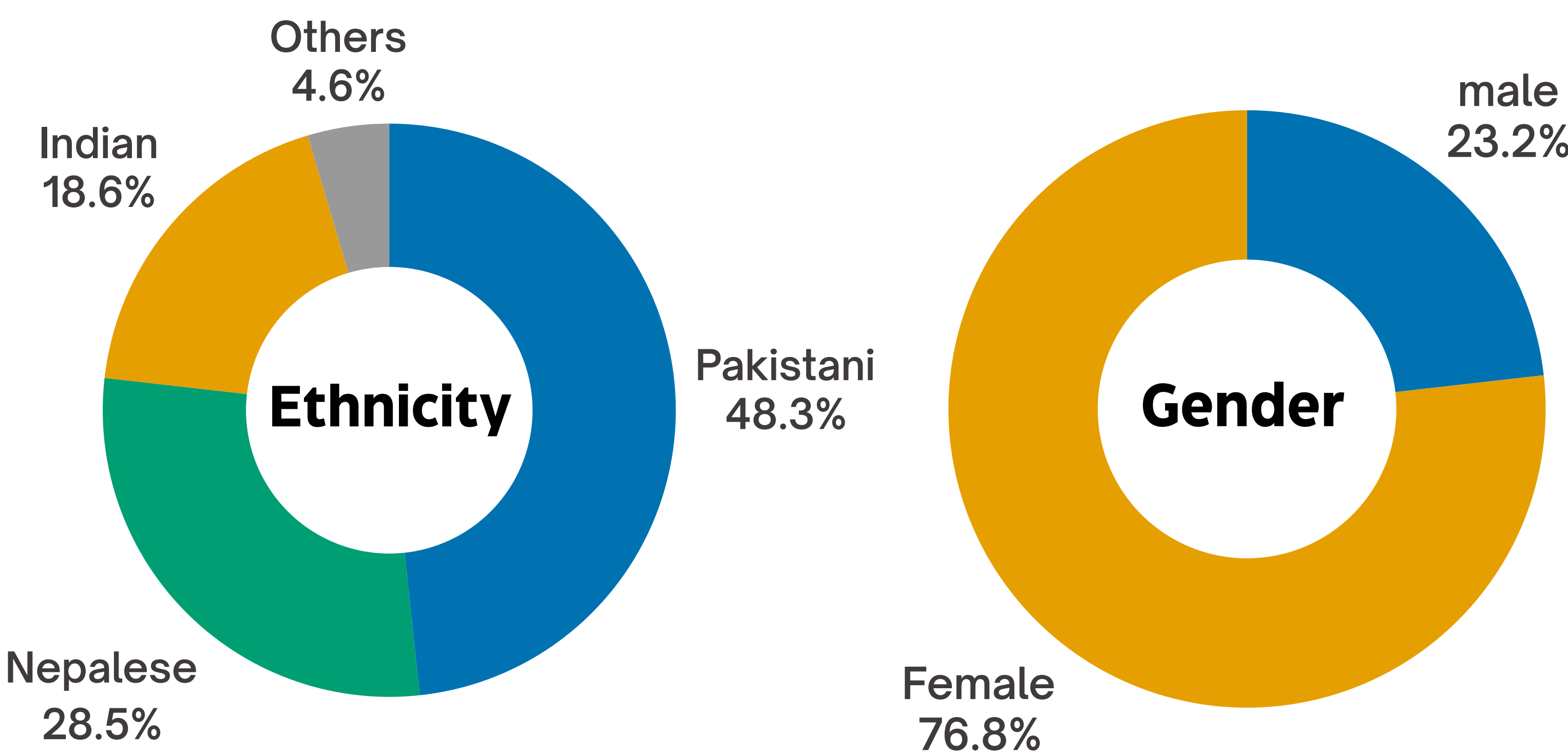


Figure 2A. Male Prevalence by Age Group

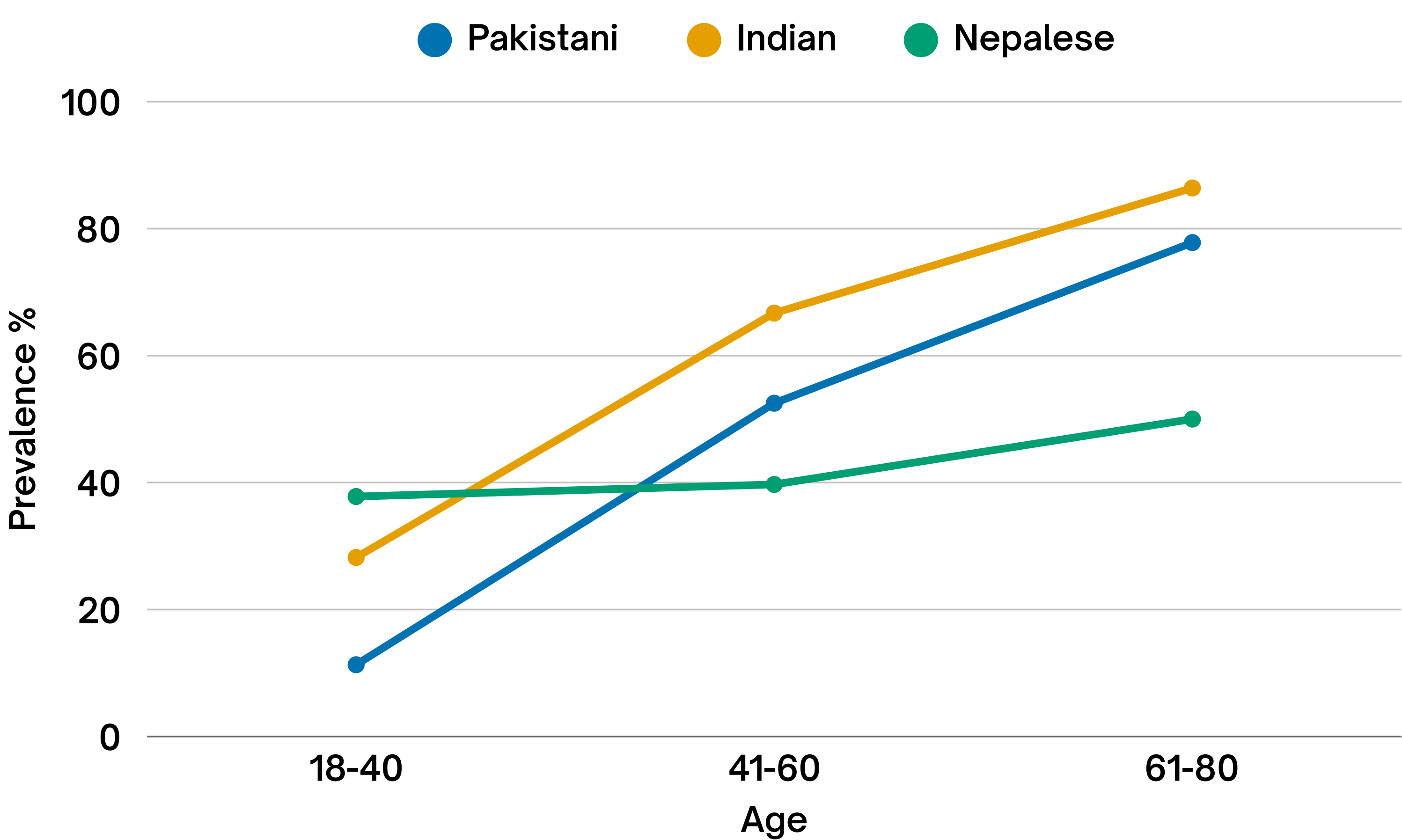


Figure 1. Overall Prevalence Of Low Muscle Mass in South Asians

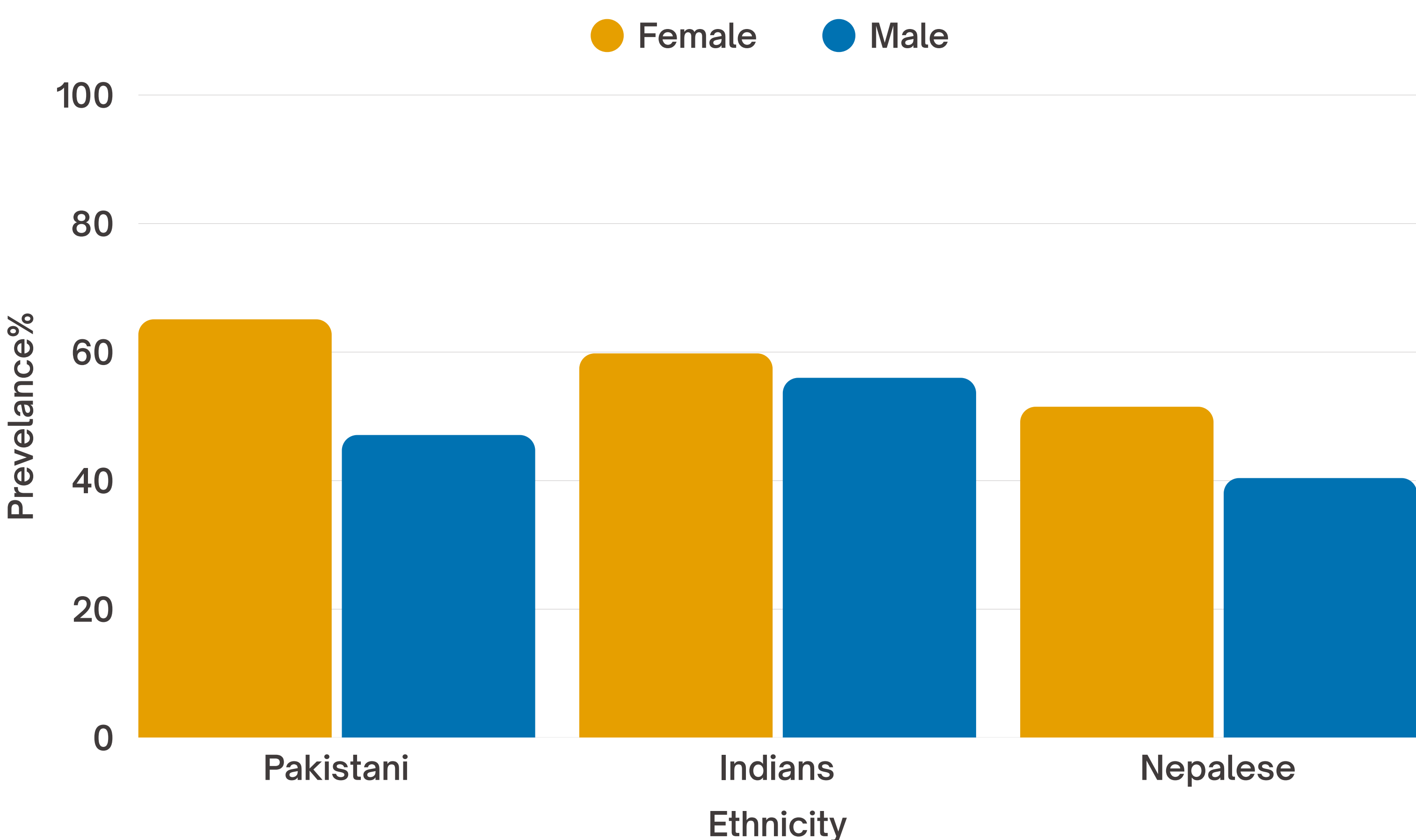
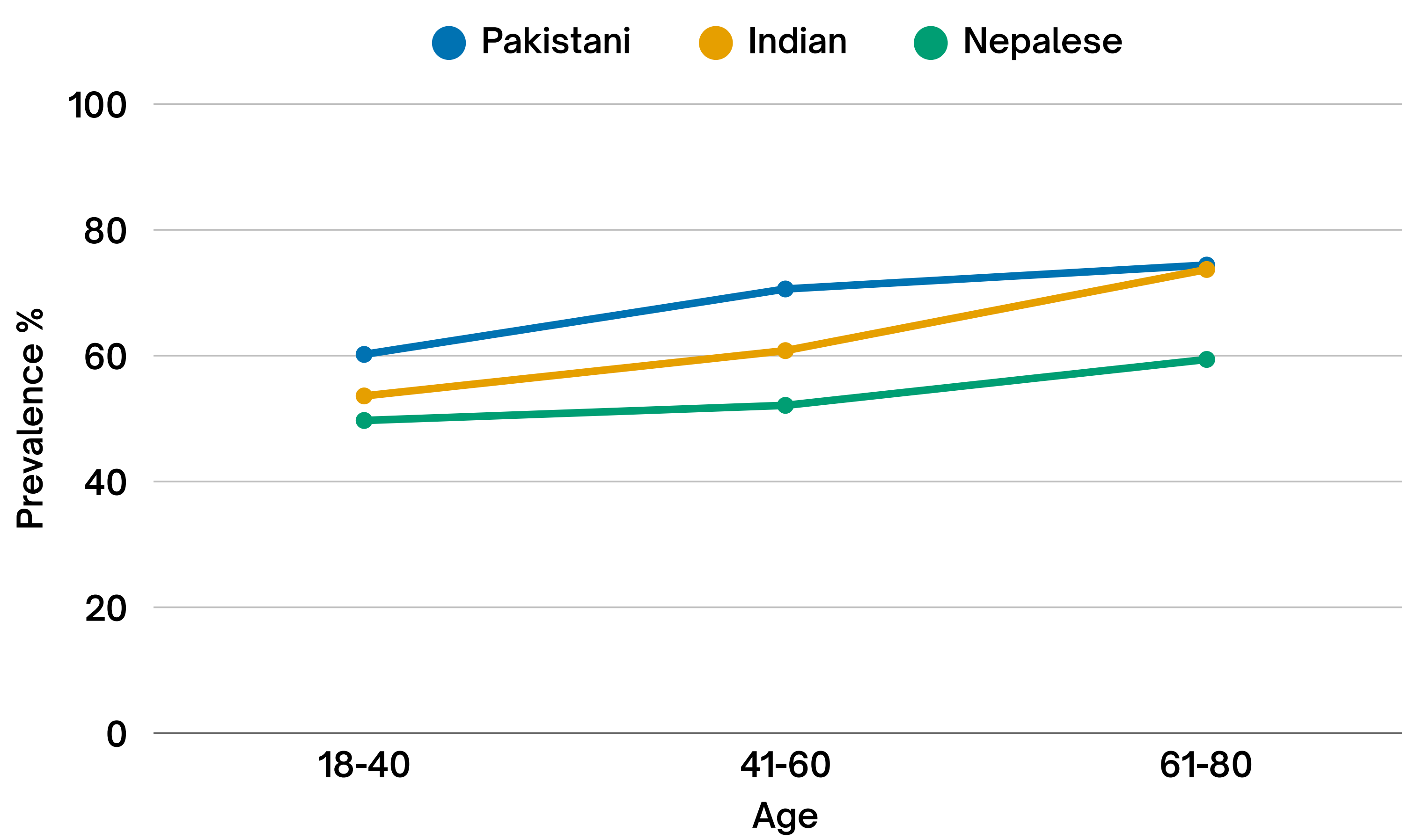


Figure 2B. Female Prevalence by Age Group



5 Conclusion

- Low muscle mass is a significant and under-recognized public health concern among South Asians (SA) in Hong Kong, which particularly affects Pakistani and Indian women and older adults compared to other groups.
- Prevalence increases with age, but is also high among young women.
- Culturally tailored interventions, including nutrition education, exercise, and targeted awareness campaigns, are urgently needed to address this emerging risk and reduce future health risks in these vulnerable populations

6 Follow-Up Support



Physical Training

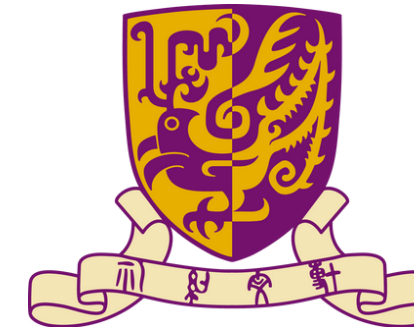


Nutrition Education



Muscle Health Education

Affiliations



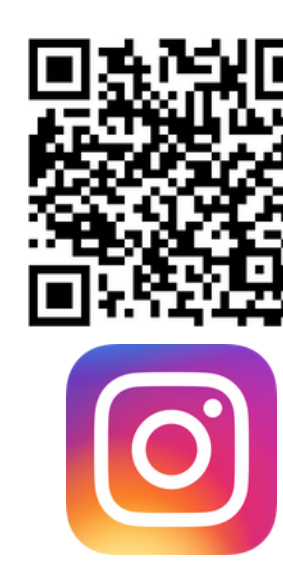
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Related literature

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