

DAFTAR PUSTAKA

- Alexandre, T. D. S., Duarte, Y. A. D. O., Santos, J. L. F., Wong, R. & Lebrão, M. L. (2013) Prevalence and associated factors of sarcopenia among elderly in Brazil: Findings From The SABE Study. *J Nutr Health Aging*, 18;(3):284-290.
- Amaral, J. F., Mancini, M. & Junior, J. M. N. (2012) Comparison of three hand dynamometers in relation to the accuracy and precision of the measurements. *Rev Bras Fisioter*, 16(3): 216-224.
- Apovian, C., Frey, C., Wood, G., Rogers, J., Still, C. & Jensen, G. (2002) Body mass index and physical function in older women. *Obes Res*, 10(8):740-747.
- Arifin, M., Saleh, I. & Subandrate (2014) Identifikasi polimorfisme insersi/delesi Gen Angiotensin Converting Enzym Intron 16 Pada pasien preeklampsia di RS. Dr. Muhammad Hoesin Palembang. *MKS*, 46(3):222- 228.
- Atkinson, H. H., Rapp, S. R., Williamson, J. D., Lovato, J., Absher, J. R., Gass, M., Henderson, V. W., Johnson, K. C., Kostis, J. B., Sink, K. M., Mouton, C. P., Ockene, J. K., Stefanick, M. L., Lane, D. S. & Espeland, M. A. (2010) The relationship between cognitive function and physical performance in older women: results from the women's health initiative memory study. *J Gerontol A Biol Sci Med Sci*, 65(3): 300-306.
- Auyeung, T. W., Lee, S. W. J., Kwok, T. & Woo, J. (2014) Age-associated decline of muscle mass, grip strength and gait speed: a 4-year longitudinal study of 3018 community-dwelling older Chinese. *Geriatr Gerontol Int*, 1: 76-84.
- Aziza, L., Sjabani, M., Haryana, S. M., Soesatyo, M. H. N. E. & Sadewa, A. H. (2010) Hubungan Polimorfisme Gen Angiotensin-Converting Enzyme insersi/delesi dengan hipertensi pada penduduk Mlati, Sleman, Yogyakarta, Indonesia. *MKI*, 60(4):156-162.
- Badan Pusat Statistik Provinsi DKI Jakarta. (2015) Jumlah Penduduk Menurut Kelompok Umur dan Jenis Kelamin di Provinsi DKI Jakarta, 2015. Available from: <https://jakarta.bps.go.id/statictable/2017/01/30/142/jumlah-penduduk-menurut-kelompok-umur-dan-jenis-kelamin-di-provinsi-dki-jakarta-2015.html>.
- Baek, S. J., Nam, G. E., Han, K. D., Choi, S. W., Jung, S. W. & Bok, A. R. (2014) Sarcopenia and sarcopenic obesity and their association with dyslipidemia in Korean elderly men: The 2008-2010 Korea National Health and Nutrition Examination Survey. *J. Endocrinol Inves*, 37(3): 247-260.
- Bahat G., Tufan A., Tufan F., Kilic C., Akpinar TS., Kose M., Erten N., Karan MA., Cruz-Jentoft AJ. (2016) Cut-off points to identify sarcopenia according to European Working Group on Sarcopenia in Older People (EWGSOP) definition. *Clin Nut.*, 35:1557-1563.

- Bahi, L., Koulmann, N., Sanchez, H., Momken, I., Veksler, V., Bigard, A. X. & R., V.-C. (2004) Does ACE inhibition enhance endurance performance and muscle energy metabolism in rats, *J Appl Physiol*, 96(1):59-64.
- Baumgartner RN, Kathleen MK & Gallagher D (1998) Epidemiology of sarcopenia among the elderly in New Mexico. *Am J Epidemiol*, 147(8):755-763.
- Beavers, K. M., Miller, M. E., Rejeski, W. J., Nicklas, B. J. & Kritchevsky, S. B. (2013) Fat mass loss predicts gain in physical function with intentional weight loss in older adults. *J Gerontol A Biol Sci Med Sci*, 68(1): 80-86.
- Berman, Y. & Kathryn, N. N. (2010) A Gene for Speed : The Emerging Role of α -Actinin-3 in Muscle Metabolism. *J. Physiol*, 25(4):250-259. .
- Bhasin, S. (2003) Testosterone supplementation for aging-associated sarcopenia. *J Gerontol*, 58(11):M1002-M1008.
- Bhattacharya, P. K., Deka, K. & Roy, A. (2015) A community-based study to assess test-retest reliability of senior fitness test in the geriatric population in a Northeastern Indian City. *Int J Med Sci Public Health*, 5(8):1606-1612
- Bijlsma, A. Y., Meskers, M. C., Molendijk, M., Westendorp, R. G., Sipila, S., Stenroth, L., Sillanpaa, E., McPhee, J. S., Jones, D. A., Narici, M., Gapeyeva, H., Paasuke, M., Seppet, E., Voit, T., Barnouin, Y., Hogrel, J. Y., Butler-Browne, G. & Maier, A. B. (2013) Diagnostic measures for sarcopenia and bone mineral density. *Osteoporos Int*, 24(10): 2681-2691.
- BKKBN (2014) Menuju Lansia Paripurna. [cited 2016 Jan 29]. Available from: <http://www.bkkbn.go.id/>.
- Bohannon, R. W., Bear-Lehman, J., Massy-Westropp, N., Desrosiers, J. & Mathiowetz, V. (2007) Average grip strength: a meta-analysis of data obtained with a jamar dynamometer from individuals 75 years or more of age. *Geriatr Phys Ther*, 30(1):28-30
- Bos, H., Laverman, G. D., Henning, R. H., Tiebosch, A. T., de Jong, P. E., de Zeeuw, D. & Navis, G. (2003) Involvement of renal ACE activity in proteinuria-associated renal damage in untreated and treated adriamycin nephrotic rats. *JRAAS*, 4(2): 106-112.
- Braun, T. P. & Marks, D. L. (2015) The regulation of muscle mass by endogenous glucocorticoids. *Front Physiol*, 6:12 (doi: 10.3389/fphys.2015.00012. eCollection 2015).
- Braun, T. P., Zhu, X., Szumowski, M., Scott, G. D., Grossberg, A. J., Levasseur, P. R., Graham, K., Khan, S., Damaraju, S., Colmers, W. F., Baracos, V. E. & Marks, D. L. (2011) Central nervous system inflammation induces muscle atrophy via activation of the hypothalamic-pituitary-adrenal axis. *J Exp Med*, 208(12): 2449-2463.
- Brink M, Price SR, Chrast J, Bailey, J. L., Anwar, A., Mitch, W. E. & Delafontaine, P. (2001) Angiotensin II induces skeletal muscle wasting through enhanced

- Aprotein degradation and down-regulates autocrine insulin-like growth factor I. *J. Endocrinol*, 142(4):1489-1496.
- Broos, S., Malisoux, L., Theisen, D., Thienen, R., Ramaekers, M., Jamart, C., Deldicque, L. & Thomi, M. A. (2016) Evidence for ACTN3 as a speed gene in isolated human muscle fibers. *PLoS One*, 11(3):e0150594
- Brunner, F., Schmid, A., Sheikhzadeh, A., Nordin, M., Yoon, J. & Frankel, V. (2007) Effects of aging on type II muscle fibers: A Systematic review of the literature. *J Aging Phys Act*, 15(3):336-348.
- Buford, T. W., Lott, D. J., Marzetti, E., Wohlgemuth, S. E., Vandenborne, K. & Pahor, M. (2012) Age-related differences in lower extremity tissue compartments and associations with physical function in older adults. *Exp Gerontol*, 47(1):38-44.
- Burini, R. C. & Maestá, N. (2012) The meaning of muscle mass for health, disease, and strength exercises. In: *Handbook of Anthropometry*. New York: Springer.
- Calero MD, Arnedo ML, Navarro E, Ruiz-Pedrosa M, Carnero C. (2002) Usefulness of a 15-item version of the Boston Naming Test in neuropsychological assessment of low-educational elders with dementia. *J Gerontol B Psychol Sci Soc Sci*, 57(2):187-191.
- Candrawati, S., Signa, N., Nanang, M., Eva, P., Muhammad Cahya, M. & Shafira, S. (2017) The relationship of ACTN3 gene polymorphisms with agility, explosive power, and speed. *JKB*, 29(04): 329-334.
- Cardoso, R. L., Nogueira, A. R., Salis, L. H. A., Ürményi, T. P., Silva, R., Moura-Neto, R. S., Pereira, B. B., Rondinelli, E. & Silva, N. A. d. S. e. (2008) The Association of ACE Gene D/I polymorphism with cardiovascular risk factors in a population from Rio de Janeiro. *Braz J Med Biol Res*, 41:512-518.
- Carmelli, D. & Reed, T. (2000) Stability and change in genetic and environmental influences on hand-grip strength in older male twins. *Journal of Appl. Phys. Publ*, 89(5): 1879-1883
- Carter, C.S., Cesari, M., Ambrosius, W.T., Hu, N., Diz, D., Oden, S., Sonntaq, W.E., Pahor, M. (2004) Angiotensin-converting enzyme inhibition, body composition, and physical performance in aged rats. *J. Gerontol A Biol. Sci. Med. Sci*. 59A:416-423.
- Carter, C.S., Onder, G., Kristchevsky, S.B. & Pahor, M. (2005) Angiotensin-converting enzyme inhibition intervention in elderly persons: Effects on body composition and physical performance. *J of Gerontol. A Bio*, 60(11): 1437-1446.
- Cassis, L., Helton, M., English, V. & Burke, G. (2002) Angiotensin II regulates oxygen consumption. *Am. J. Physiol. Regul. Integr. Comp. Physiol*, 28(2):445-453.

- Cavazzotto, T. G., Tratis, L., Ferreira, S. A., Fernandes R.A. & Queiroga, M. R. (2012) Muscular static strength test performance: comparison between normotensive and hypertensive workers. *Rev Assoc Med Bras*, 58(5): 574-579.
- Cawthon, P. M., Peters, K. W., Shardell, M. D., McLean, R. R., Dam, T. T., Kenny, A. M., Fragala, M. S., Harris, T. B., Kiel, D. P., Guralnik, J. M., Ferrucci, L., Kritchevsky, S. B., Vassileva, M. T., Studenski, S. A. & Alley, D. E. (2014) Cutpoints for low appendicular lean mass that identify older adults with clinically significant weakness. *J Gerontol A Biol Sci Med Sci*, 69(5): 567-575.
- Chang, T. I. & Tamura, M. K. (2015) Methods to assess quality of life and functional status and their applications in clinical care in elderly patients with CKD. *Geriatr Nephrol Curric* [Internet]. 2009 [cited May 20]; Available from: <https://66.117.57.109/education/distancelearning/curricula/geriatrics/Chapter35.pdf>.
- Chang, K. V., Hsu, T. H., Wu, W. T., Huang, K. C. & Han, D. S. (2017) Is sarcopenia associated with depression? A systematic review and meta-analysis of observational studies. *Age Ageing*, 46(5): 738-746.
- Charbonneau, D. E., Hanson, E. D., Ludlow, A. T., Delmonico, M. J., Hurley, B. F. & Roth, S. M. (2008) ACE genotype and the muscle Hypertrophic and strength responses to strength training. *Med Sci Sports Exerc*, 40(4): 677-683.
- Chen, H.T., Lin, C.H. & Yu, L.H. (2009) Normative physical fitness scores for community-dwelling older adults. *Journal of Nursing Research*, 17(1):30-41.
- Chen, M., Sun, J., Bai, H., Wang, Y., Xu, D., Zhu, X., Chen, J. & Bao, Z. (2015) Muscle mass reference standard for sarcopenia using bioelectrical impedance analysis. *Asian J Gerontol Geriatr*, 10(1):16-21.
- Chen, L., Nelson, D. R., Zhao, Y., Cui, Z. & Johnston, J. A. (2013) Relationship between muscle mass and muscle strength and the impact of comorbidities. A population-based, cross sectional study of older adults in the United States. *BMC Geriatr*, 13:74 doi: 10.1186/1471-2318-13-74
- Choi, Y.H., Kim, J.H., Kim, D. K., Kim, J.W., Kim, D.K., Lee, M. S., Kim C.H. & Park, S. C. (2003) Distributions of ACE and APOE polymorphisms and their relations with Dementia status in Korean Centenarians. *J Gerontol A Biol Sci Med Sci*, 58A(3): 227-231.
- Ciciliot, S., Rossi, A. C., Dyar, K. A., Blaauw, B. & Schiaffino, S. (2013) Muscle type and fiber type specificity in muscle wasting. *Int J Biochem Cell Biol*, 45(10): 2191-2199.
- Cohen D.D., Gómez-Arbeláez, D., Camacho, P. A., Pinzon, S., Hormiga C, Trejos-Suarez, J., Duperly, J. & Lopez-Jaramillo, P. (2014) Low muscle strength

is associated with metabolic risk factors in Colombian children: the ACFIES study. *PLoS One*, 9(4):e93150.

- Colin, N. M., Nan, Y. & Mark, E. S. (2007) Association analysis of the *ACTN3* R577X polymorphism and complex quantitative body composition and performance phenotypes in adolescent Greeks. *Eur J Hum Genet*, 15(1):88-93.
- Conley, K. E., Amara, C. E., Jubrias, S. A. & Marcinek, D. J. (2007) Mitochondrial function, fibre types and ageing: new insights from human muscle in vivo. *Exp Physiol*, 92(2): 333-339.
- Cooper, R., Kuh, D., Cooper, C., Gale, C. R., Lawlor, D. A., Matthews, F., Hardy, R., Falcon & Teams, H. A. S. (2011) Objective measures of physical capability and subsequent health: a systematic review. *Age Ageing*, 40(1): 14-23.
- Cooper, R., Kuh, D., Hardy, R., Mortality Review, G., Falcon & Teams, H. A. S. (2010) Objectively measured physical capability levels and mortality: systematic review and meta-analysis. *BMJ*, 9(341):c4467.
- Costa, A. M., Silva, A. J., Garrido N.D., Louro, H., Marinho, D. A., Marques, M. C. & Breitenfeld, L. (2009) Angiotensin Converting Enzyme genotype affects skeletal muscle strength in elite athletes. *J Sports Sci Med*, 8:410-418.
- Csibi, A., Communi, D., Muller, N. & Bottari, S. P. (2010) Angiotensin II Inhibits Insulin-Stimulated GLUT4 Translocation and Akt Activation through Tyrosine Nitration-dependent mechanisms. *PLoS ONE*, 5(4): e10070.
- Czarkowska-Paczek, B. & Milezarczyk, S. (2006) Age-related muscle mass loss *Przegl Lek*, 63(8): 658-661.
- deAguiar, E. S. S., Soares, M. J. G. O., Caliri, M. H. L., Costa, M. M. L. & Oliveira S.H.d.S. (2012) Assessment of functional capacity of the elderly associated with the risk for pressure ulcer. *Acta Paul Enferm*, 25(1): 94-100.
- Danser, A. H., Schalekamp, M. A., Bax, W. A., Van den Brink, A., Saxena, P. R., Riegger, G. A. J. & Schunkert, H. (1995) Angiotensin-Converting Enzyme in the human heart. Effect of the deletion/insertion polymorphism. *Circulation*, 92:1387-1388.
- de Cavanagh, E. M., Fraga, C. G., Ferder, L. & Inserra, F. (1997) Enalapril and captopril enhance antioxidant defenses in mouse tissues. *Am J Physiol Regul Integr Comp Physiol*, 272(2): 514-518.
- de Cavanagh, E. M., Inserra, F., Ferder, L. & Fraga, C. G. (2000) Enalapril and captopril enhance glutathione-dependent antioxidant defenses in mouse tissues. *Am J Physiol Regul Integr Comp Physiol*, 27(8):572-577.
- Dela, F. & Kjaer, M. (2006) Resistance training, insulin sensitivity and muscle function in the elderly. *Essays Biochem*, 42:75-88

- Delmonico MJ, Kostek MC, Doldo NA, Hand BD, Walsh S, Conway JM, Carignan CR, Roth SM & Hurley BF (2007) Alpha-actinin-3 (ACTN3) R577X polymorphism influences knee extensor peak power response to strength training in older men and women. *J Am Geriatr Soc*, 62:206-212.
- Delmonico MJ, Zmuda JM, Taylor BC. (2008) Association of the ACTN3 genotype and physical functioning with age in older adults. *J Gerontol A Biol Sci Med Sci*, 63(11): 1227-1234.
- Deurenberg, P., Deurenberg-Yap, M. & Guricci, S. (2002) Asians are Different from Caucasians and from Each Other in Their Body Mass Index/Body Fat Percent Relationship. *Obes Rev*, 3(3):141-146.
- Den Ouden., M. E. M., Schuurmans, M. J., Arts, I. E. M. A. & Van Der Schouw, Y. T. (2011) Physical performance characteristics related to disability in older persons: a systematic review. *Maturitas*, 69(3): 208-219.
- Dias FLDC, Teixeira AL, Guimarães HC, Barbosa MT, Resende EPF, Beato RG, Carmona KC, Caramelli P. (2017) Accuracy of the 15-item Geriatric Depression Scale (GDS-15) in a community-dwelling oldest-old sample: the Pietà Study. *Trends Psychiatry Psychother*, 39(4):276-279.
- Di-Bari, M., van de Poll-Franse, L. V., Onder, G., Kirtchevsky, S. B., Newman, A., Harris, T. B., Williamson, J. D., Marchionni, N. & Pahor, M. (2004) Antihypertensive medications and differences in muscle mass in older persons: the Health ABC study. *J Am Geriatr Soc*, 52(6):961-966.
- Doria, E., Buonocore, D., Focarelli, A. & Marzatico, F. (2012) Relationship between human aging muscle and oxidative system pathway. *Oxid Med Cell Longev*, 830257 (doi: 10.1155/2012/83025).
- Dorner, T. E., Luger, E., Tschinderle, J., Stein, K. V., Haider, S. & Kapan, A. (2014) Association between nutritional status (MNA-SF) and frailty (SHARE-FI) in acute hospitalised elderly patients. *J Nutr Health Aging*, (18): 264-269
- Ediawati, E. (2012) Gambaran tingkat kemandirian dalam *Activity of Daily Living* (ADL) and resiko jatuh pada lansia di Panti Sosial Tresna Wredha Budi Mulia 01 and 03 Jakarta Timur. Skripsi. Universitas Indonesia.
- Engeli, S., Bohnke, J., Gorzelniak, K., Janke, J., Schling, P., Bader, M., Luft, F. C. & Sharma, A. M. (2005) Weight loss and the renin-angiotensin-aldosterone system. *Hypertension*, 45(3): 356-362.
- Ershler, W. B. A. (2007) Gripping reality: oxidative stress, inflammation, and the pathway to frailty. *Appl Physiol*, 103(1):3-5.
- Evans, W. J. (2010) Skeletal muscle loss: cachexia, sarcopenia, and inactivity. *Am J Clin Nutr*, 91(4):1123S - 1127S.
- Eynon, N., Banting, L. K., Ruiz, J. R., Cieszczyk, P., Dyatlov, D. A., Maciejewska-Karłowska, A., Sawczuk, M., Pushkarev, V. P., Kulikov, L. M., Pushkarev, E. D., Femia, P., Stepto, N. K., Bishop, D. J. & Lucia, A. (2014) ACTN3

- R577X polymorphism and team-sport performance: a study involving three European cohorts. *J Sci Med Sport*, 17(1): 102-106.
- Fillit, H. M., Rockwood, K. & Woodhouse, K. (2010) Brocklehurst's Textbook of Geriatric Medicine and Gerontology. Ed 7. Philadelphia: Saunders Elsevier.
- Fletcher, R. (2011) Challenging opportunity fro aging population. Jakarta Post.[Internet]. [cited 2015 Feb 12]. Available from: <http://www.thejakartapost.com/news/2011/07/02/challenging-opportunity-aging-population.html>.
- Fragala, M. S., Clark, M. H., Walsh, S. J., Kleppinger, A., Judge, J. O., Kuchel, G. A. & Kenny, A. M. (2012) Gender differences in anthropometric predictors of physical performance in older adults. *Gend Med*, 9(6): 445-456.
- Fulle, S., Di Donna, S., Puglielli, C., Pietrangelo, T., Beccafico, S., Bellomo, R., Protasi, F. & Fano, G. (2005) Age-dependent imbalance of the antioxidative system in human satellite cells. *Exp Gerontol*, 40(3):189-197.
- Gale, C. R., Martyn, C. N., Cooper, C. & Sayer, A. A. (2007) Grip strength, body composition, and mortality. *Int J Epidemiol*, 36(1):228-235.
- Garatachea, N. & Lucía A. (2013) Genes and the ageing muscle: a review on genetic association penelitanes. *AGE*, 35:207-233.
- Garber, K. (2012) At Loose Ends: Telomere Theories of Aging and Cancer Begin To Converge. *J Natl Cancer I*, 104(11):803-806.
- Ginevičienė, V., Pranculis, A., Jakaitienė, A., Milašius, K. & Kučinskas, V. (2011) Genetic variation of the Human ACE and ACTN3 Genes and their association with functional muscle properties in Lithuanian elite athletes. *Medicina (Kaunas)*, 47(5): 284-290.
- Goodpaster, B. H., et al. (2006) The loss of skeletal muscle strength, mass, and quality in older adults: the health, aging and body composition study. *J Gerontol A Biol Sci Med Sci*, 61(10):1059-1064.
- Gunel, T., Gumusoglu, E., Hosseini, M. K., Yilmazyildirim, E., Dolekap, I. & Aydinli, K. (2014) Effect of angiotensin I-converting enzyme and alpha-actinin-3 gene polymorphisms on sport performance. *Mol Med Rep*, 9(4): 1422-1426.
- Han D.S., Chang KV., Li, C., Lin, Y. H., Kao, T. W., Tsai, K. S., Wang, T. Y. & Yang, W. S. (2016) Skeletal muscle mass adjusted by height correlated better with muscular functions than that adjusted by body weight in defining sarcopenia. *Sci Rep*, 6:19457 (doi: 10.1038/srep19457).
- Han, P., Kang, L., Guo, Q., Wang, J., Zhang, W., Shen, S., Wang, X., Dong, R., Ma, Y., Shi, Y., Shi, Z., Li, H., Li, C., Ma, Y., Wang, L., Niu, K. (2016) Prevalence and factors associated with sarcopenia in suburb-dwelling older Chinese using the Asian Working group for Sarcopenia definition. *J Gerontol A Biol Sci Med Sci*, 71(4):529-535.

- Hardy, R., Cooper, R., Sayer, A. A., Ben-Shlomo, Y., Cooper, C., Deary, I. J., Demakakos, P., Gallacher, J., Martin, R. M., McNeill, G., Starr, J. M., Steptoe, A., Syddall, H. & Kuh, D. (2013) Body mass index, muscle strength and physical performance in older adults from eight cohort Penelitiaanes: The HALCyon Programme. *PLos One*, 8(2): e56483.
- Hébert, L. J., Maltais, D. B., Lepage, C., Saulnier, J., Crête, M. & Perron, M. (2011) Isometric muscle strength in youth assessed by hand-held dynamometry: a feasibility, reliability, and validity study. *Pediatr Phys Ther*, 23(3):289-299.
- Hesseberg, K., Bentzen, H. & Bergland, A. (2015) Reliability of the senior fitness test in community-dwelling older people with cognitive impairment. *Physiother Res Int*, 20(1): 37-44.
- Hicks, G. E., Shardell, M., Alley, D. E., Miller, R. R., Bandinelli, S. & Guralnik, J. (2012) Absolute strength and loss of strength as predictors of mobility decline in older adults: The InCHIANTI Study. *J Gerontol A Biol Sci Med Sci*, 67A(1):66-73.
- Houston, D. K., Ding, J., Nicklas, B. J., Harris, T. B., Lee, J. S., Nevitt, M. C., Rubin, S. M., Tylavsky, F. A. & Kritchevsky, S. B. (2007) The association between weight history and physical performance in the Health, Aging and Body Composition study. *Int J Obes (Lond)*, 31(11):1680-1687.
- Howard, C., Ferrucci, L. & Sun, K. (2007) Oxidative protein damage is associated with poor grip strength among older women living in the community. *J Appl Physiol*, 10(3):17-20.
- Huang, W., Gallois, Y., Bouby, N., Bruneval, P., Heudes, D., Belair, M.F., Kregel, J.H., Meneton, P., Marre, M., Smithies, O., Alhenc-Gelas, F. (2001). Genetically increased angiotensin I-converting enzyme level and renal complications in the diabetic mouse. *Proc. Natl. Acad. Sci USA*. 98(23):13330-13334.
- Ibebunjo, C., Chick JM, Kendall T, Eash JK, Li C, Zhang Y, Vickers C, Wu Z, Clarke BA, Shi J, Cruz J, Fournier B, Brachat S, Gutzwiller S, Ma Q, Markovits J, Broome M, Steinkrauss M, Skuba E, Galarneau JR, Gygi SP, Glass DJ. (2013) Genomic and proteomic profiling reveals reduced Mitochondrial function and disruption of the neuromuscular junction driving rat Sarcopenia. *Mol Cell Biol*, 33(2):194-212.
- Ishii, S., Tanaka, T., Akishita, M., Ouchi, Y., Tuji, T. & Iijima, K. (2014) Metabolic syndrome, sarcopenia and role of sex and age: Cross-Sectional Analysis of Kashiwa Cohort Study. *PLoS One*, 9(11):e112718 (doi: 10.1371/ journal.pone.0112718).
- Jones, C. J. & Rikli, R. E. (2002) Measuring functional fitness of older adults to design an effective exercise program, you must know your clients' physical state. But choosing the right assessment tools can prove a challenge. *The Journal on Active Aging*, 25:24-30.

- Joseph, A. M., Adhihetty, P. J., Buford, T. W., Wohlgemuth, S. E., Lees, H. A., Nguyen, L. M., Aranda, J. M., Sandesara, B. D., Pahor, M., Manini, T. M., Marzetti, E. & Leeuwenburgh, C. (2012) The impact of aging on mitochondrial function and biogenesis pathways in skeletal muscle of sedentary high- and low-functioning elderly individuals. *Aging Cell*, 11(5): 801-809.
- Kane, Robert L., Ouslander, Joseph G., Abrass & Itamar B. (2013) Falls. In : Essentials of Clinical Geriatrics- Falls. 7 ed. New York: *McGraw-Hill*.
- Kang, H. J., Kim, C. H. & Park, D. S. (2012) The Impacts of ACE activity according to ACE I/D Polymorphisms on muscular functions of people aged 65. *Ann Rehabil Med*, 36(4):33-46.
- Katz, M. H. & Hauck, W. W. (1993) Proportional Hazard (Cox) Regression. *General Internal Med J*, 8(12):702-711.
- Keevil VL & Khaw KT (2014) Overadjustment in regression analyses: considerations when evaluating relationships between body mass index, muscle strength, and body size. *J Gerontol A Biol Sci Med Sci*, 69(5):616-617.
- Kemenkes (2013) Gambaran kesehatan lanjut usia di Indonesia. Buletin jendela data and informasi kesehatan. Semester I. ISSN 2088-270X. Komisi Nasional Lanjut Usia RI.
- Kemenkes (2016) Kementerian Kesehatan RI: Gambaran kesehatan lanjut usia di indonesia. Buletin Jendela data and informasi kesehatan. semester I. ISSN 2088-270X.
- Keogh, J. W., Palmer, B. R., Taylor, D. & Kilding, A. E. (2015) ACE and UCP2 gene polymorphisms and their association with baseline and exercise-related changes in the functional performance of older adults. *Peer J*, 28(3):e980 (doi: 10.7717/peerj.980. eCollection)
- Kim, M., Lim, S. K., Shin, S. & Lee, J. H. (2016) The effects of objectively measured physical activity and fitness on fear of falling among Korean older women. *J Exerc Rehabil*, 12(5):489-493.
- Kim, N., Kim, H., Eun, C., Seo, J., Cho, H., Kim, S., Choi, K., Baik, S., Choi, D., Park, M., Han, C. & Kim, N. (2011) Depression Is Associated with Sarcopenia, Not Central Obesity, in Elderly Korean Men. *J Am Geriatr Soc*, 59(11):2062-2068.
- Kim, S. L., Lee, M. J. & Lee, M. S. (2014) Cognitive dysfunction associated with falls in progressive supranuclear palsy. *Gait Posture*, 40(4):605-609.
- Kim, T. N. & Choi, K. (2013) Sarcopenia: Definition, Epidemiology, a Pathophysiology. *J Bone Metab*, 20(1):1-10.
- Koster, A., Ding, J., Stenholm, S., Caserotti, P., Houston, D. K., Nicklas, B. J., You, T., Lee, J. S., Visser, M., Newman, A. B., Schwartz, A. V., Cauley, J. A., Tyllavsky, F. A., Goodpaster, B. H., Kritchevsky, S. B., Harris, T. B. &

- Health, ABC. (2011) Does the amount of fat mass predict age-related loss of lean mass, muscle strength, and muscle quality in older adults? *J Gerontol A Biol Sci Med Sci*, 66(8): 888-95.
- Kostić, R., Uzunović, S., Pantelić, S. & Đurašković, R. (2011) a Comparative analysis of the indicators of the functional fitness of the elderly. *JPES*, 9(2):161-171.
- Kumar, R. & Indrayan, A. (2011) Receiver Operating Characteristic Curve (ROC) for medical researchers. *Indian Pediatr*, 48(4):277-287.
- Kuriyan, R. & Kurpad, A. V. (2004). Prediction of Total Body Muscle Mass from Simple Anthropometric Measurements in Young Indian Males. *Indian J Med Res*, 119(3):121-128.
- Langhammer, B. & Stanghelle, J. K. (2011) Functional fitness in elderly Norwegians measured with the Senior Fitness Test. *Adv in Physiother*, 13:137-144.
- Lawniczak, A. & Kmiec, Z. (2012) Age-related changes of skeletal muscles: physiology, pathology and regeneration. *Postepy Hig Med Dosw*, 66: 392-400.
- Lee, E. J. D. (1994) Population Genetics Of The Angiotensin-Converting Enzyme in Chinese. *Br J Clin Pharmac*, 37:212-214.
- Lee, Y.-J. & Tsai, J. C. R. (2002) *ACE* gene insertion/deletion polymorphism associated With 1998 World Health Organization definition of metabolic syndrome in Chinese Type 2 Diabetic Patients. *Diabetes Care*, 25:1002-1008.
- Leimar, O. (2007) Environmental and genetic cues in the evolution of phenotypic polymorphism. *Evol Ecol Res*, 23(1):125-135.
- Lengrand, D., Adriansen, W., Vaes, B., Mathei, C., Wallemacq, P. & Degryse, J. (2013) The relationship between grip strength and muscle mass, inflammatory biomarkers and physical performance in community-dwelling very old person. *Arch Gerontol Geriatr*, 57(3):345-351.
- Lemeshow, S., Hosmer, J. W. D., Klar, J. & Lwanga, K. S. (1997) *Besar sampel dalam penelitian kesehatan*. Yogyakarta:Gadjah Mada University Press.
- Lestari W. & Ngestiningsih D. (2013) Hubungan antara status kognitif dengan status fungsional lanjut usia Panti Wredha di Semarang. Skripsi. Program Pendidikan Sarjana Kedokteran Fakultas Kedokteran Universitas Diponegoro, Semarang.
- Li, C. I., Li, T. C., Lin, W. Y., Liu, C. S., Hsu, C. C., Hsiung, C. A., Chen, C. Y., Huang, K. C., Wu, C. H., Wang, C. Y. & Lin, C. C. (2015) Combined association of chronic disease and low skeletal muscle mass with physical performance in older adults in the Sarcopenia and Translational Aging Research in Taiwan (START) study. *BMC Geriatr*, 18(15):11.

- Linda S, Pescatello, Devaney, J. M. & Hubal, M. J. (2013) Highlight from the functional single nucleotide polymorphisms associated with human muscle size and strength or famuss study. *BioMed Res Int*. Article ID 643575, 11 pages <http://dx.doi.org/10.1155/2013/643575>.
- Louis, E. & Dempster, E. (1987) An Exact Test for Hardy-Weinberg and multiple Alleles. *Biometrics*, 43:805-811.
- Lucia A, Oliván J & Gomez-Gallego F (2007) Citius and longius (faster and longer) with no alpha-actinin-3 in skeletal muscles. *Br J Sports Med*, 41(9): 616-617.
- Ma, F., Yang, Y., Li, X., Zhou, F., Gao, C., Li, M. & Gao, L. (2013) The association of sport performance with *ACE* and *ACTN3* genetic polymorphisms: a systematic review and meta-analysis. *PLoS One*, 8(1): e54685.
- Maj, M., Pirozzi, R., Magliano, L. & Bartoli, L. (2003) Agitated depression in bipolar disorder: prevalence, phenomenology, and outcome. *Am J Psychiatry* 160(2):2134-2140.
- Marcus, R. L., Brixner, D. I., Ghate, S. & Lastayo, P. (2012) Fat modulates the relationship between Sarcopenia and physical function in nonobese older adults. *Curr Gerontol Geriatr Res*, Article ID 216185, 6 pages <http://dx.doi.org/10.1155/2012/216185>. Epub 2012.
- Martinez, B., Gomes, I., de Oliveira, C., Ramos, I., Rocha, M., Forgiarini Junior, L., Camelier, F. & Camelier, A. (2015) Accuracy of the timed up and go test for predicting sarcopenia in elderly hospitalized patients. *Clinics*, 70(5):369-372.
- Mason, R. C., Horvat, M. & Nocera, J. (2016) The effects of exercise on the physical fitness of high and moderate-low functioning older adult women. *J Aging Res*, Article ID 8309284, <http://dx.doi.org/10.1155/2016/8309284>
- Massidda, M., Corrias, L. & Scorcu, M. (2013) *ACTN-3* and *ACE* genotypes in elite male Italian athletes. *A. Rev. Anthropol*. 2012. 75(1):51-9. Garatachea N. & Lucía A. Genes and the ageing muscle: a review on genetic association. *AGE*, 35:207-233.
- Massy-Westropp, N. M., Gill, T. K., Taylor, A. W., Bohannon, R. W. & Hill, C. L. (2011) Hand Grip Strength: age and gender stratified normative data in a population-based study. *BMC Res Notes*, 4:127. doi: 10.1186/1756-0500-4-127.
- Mayr, S., Erdfelder, E., Buchner, A. & Faul, F. (2007) A Short Tutorial of GPower. *Tutorials in Quantitative Methods for Psychology*, 3(2): 51-59.
- McCauley, T. (2009) Are *ACE* I/D and *ACTN3* R577X Polymorphisms associated with muscle function of young and older men, and frequent faller? Doctoral dissertation. Loughborough University.
- McCaffery, J. M., Papandonatos, G. D., Bond, D. S., Lyons, M. J. & Wing, R. R. (2009) Gene X environment interaction of vigorous exercise and body mass index among male Vietnam-era twins. *Am J Clin Nutr*, 89(4):1011-1018.

- McLean, R. R., Shardell, M. D., Alley, D. E., Cawthon, P. M., Fragala, M. S., Harris, T. B., Kenny, A. M., Peters, K. W., Ferrucci, L., Guralnik, J. M., Kritchevsky, S. B., Kiel, D. P., Vassileva, M. T., Xue, Q. L., Perera, S., Studenski, S. A. & Dam, T. T. (2014) Criteria for clinically relevant weakness and low lean mass and their longitudinal association with incident mobility impairment and mortality: the foundation for the National Institutes of Health (FNIH) sarcopenia project. *J Gerontol A Biol Sci Med Sci*, 69(5):576-583.
- Milanović, Z., Pantelić, S. & Jorgić, B. (2012) Changes in Physical Fitness of Men Older Than 60 Years - A Pilot Study. *Sport Logia*, 8(1):43-49.
- Mitch, W. E. & Goldberg, A. L. (2015) Mechanisms of muscle wasting the role of The Ubiquitin-Proteasome Pathway. *N Engl J Med*, 335(25): 1897-1905.
- Miyatake, N., Miyachi M., Tabata, M., Sakano, N., Hirao T. & Numata, T. (2012) Relationship between muscle strength and anthropometric, body composition parameters in Japanese adolescents. *Health* 4:1-5. doi: 10.4236/health.2012.41001.
- Montero-Fernández, N. & Serra-Rexach, J. A. (2013) Role of Exercise on Sarcopenia in the elderly. *Eur J Phys Rehabil Med*, 49(1):131-143.
- Montgomery, H., Clarkson, P., Barnard, M., Bel, J., Brynes, A., Dollery, C., Hainal, J., Hemingway, H., Mercer, D., Jarman, P., Marshall, R., Prasad, K., Rayson, M., Saeed, N., Talmud, P., Thomas, L., Jubb, M., World, M. & Humphries, S. (1999) Angio-tensin-converting-enzyme gene insertion/deletion polymorphism and response to physical training. *Lancet*, 353(9133): 541-545.
- Moran, C. N., Yang, N., Bailey, M. E., Tsiokanos, A., Jamurtas, A., MacArthur, D. G., North, K., Pitsiladis, Y. P. & Wilson, R. H. (2007) Association analysis of the ACTN3 R577X polymorphism and complex quantitative body composition and performance phenotypes in adolescent Greeks. *Eur J Hum Genet*, 15(1): 88-93.
- Murray, R., Rodwell, V., Bender, D., Botham, K. M., Weil, P. A., Kennelly, P. J. & Harper's (2009) Illustrated Biochemistry, 28th Edition. McGraw Hill Professional.
- Muzembo, B. A., Nagano, Y., Eitoku, M., Ngatu, N. R., Matsui, T., Bhatti, S. A., Hirota, R., Ishida, K. & Suganuma, N. (2014) A cross-sectional assessment of oxidative DNA damage and muscle strength among elderly people living in the community. *Environ Health Prev Med*, 19(1): 21-29.
- Nakai K, Itoh C, Miura Y, Hotta K, Musha T, Itoh T, Miyakawa T, Iwasaki R & K., H. (1994) Deletion polymorphism of the angiotensin I-converting enzyme gene is associated with serum ACE concentration and increased risk for CAD in the Japanese. *Circulation*, 90:199-202.

- Nakano, M. M., Otonari, T. S., Takara, K. S., Carmo, C. M. & Tanaka, C. (2014) Physical performance, balance, mobility, and muscle strength decline at different rates in elderly people. *J. Phys. Ther. Sci.*, 26:583–586.
- Natasa, M., Jae-Young, L., Iva, M. & Walter, R. F. (2015) Aging of skeletal muscle fibers. *Ann Rehabil Med*, 39(2):155-162.
- Niemi A & Majamaa K (2005) Mitochondrial DNA and ACTN3 genotypes in Finnish elite endurance and sprint athletes. *Eur J Hum Genet*, 13:965-969.
- Nikzamid, A., Esteghamati, A., Fegghi, M., Nakhjavani, M., Rashidi, A. & Reza, J. Z. (2009) The insertion/deletion polymorphism of the angiotensin-converting enzyme gene is associated with progression, but not development, of albuminuria in Iranian patients with type 2 diabetes. *J Renin Angiotensin Aldosterone Syst*, 10(2):109-114.
- Nilwik, R., Snijders, T., Leenders, M., Groen, B. B., van Kranenburg, J., Verdijk, L. B. & van Loon, L. J. (2013) The decline in skeletal muscle mass with aging is mainly attributed to a reduction in type II muscle fiber size. *Exp Gerontol*, 48(5):492-498.
- Ogihara, T., Asano, T., Ando, K., Chiba, Y., Sakoda, H., Anai, M., Shojima, N., Ono, H., Onishi, Y., Fujishiro, M., Katagiri, H., Fukushima, Y., Kikuchi, M., Noguchi, N., Aburatani, H., Komuro, I. & Fujita, T. (2002) Angiotensin II-induced insulin resistance is associated with enhanced insulin signaling. *Hypertension*, 40(6):872-879.
- Ong HL., Abidin E., Chua BY., Zhang Y., Seow E., Vaingankar JA., Chong SA., Subramaniam M. (2017) Hand-grip strength among older adults in Singapore: a comparison with international norms and associative factors. *BMC Geriatrics*, 17:176.
- Ordovas, J. M. (2008) Genotype-Phenotype Associations: Modulation by diet and obesity. *Obesity (Silver Spring)*, 16(3): 1-11.
- Ortiz-Galeano, I., Sánchez-López, M., Notario-Pacheco, B., Ibarra, J. M., Chacón, R. F. & Martínez-Vizcaíno, V. (2012) Relationship between weight status, physical fitness levels and blood pressure components in young women. *Rev Esp Salud Pública*, 86:523-531.
- Orysiak, J., Busko, K., Michalski, R., Mazur-Rozycka, J., Gajewski, J., Malczewska-Lenczowska, J., Sitkowski, D. & Pokrywka, A. (2014) Relationship between ACTN3 R577X polymorphism and maximal power output in elite Polish athletes. *Medicina (Kaunas)*, 50(5): 303-308.
- Palestin B. (2006) Pengaruh umur, depresi dan demensia terhadap disabilitas fungsional lansia di PSTW Abiyoso dan PSTW Budi Dharma Provinsi DI Yogyakarta. Thesis. Fakultas Ilmu Keperawatan Universitas Indonesia.
- Passaro, A., Dalla Nora, E., Marcello, C., Di Vece, F., Morieri, M. L., Sanz, J. M., Bosi, C., Fellin, R. & Zuliani, G. (2011) PPARgamma Pro12Ala and ACE ID polymorphisms are associated with BMI and fat distribution, but not

metabolic syndrome. *Cardiovasc Diabetol*, 10:112. Published online 2011 Dec 14. doi: 10.1186/1475-2840-10-112

- Paterson, D. H. & Warburton, D. E. (2010) Physical activity and functional limitations in older adults: a systematic review related to Canada's physical activity guidelines. *Int J Behav Nutr Phys Act*, 11;7:38 (doi: 10.1186/1479-5868-7-38).
- Pereira, A., Silva, A. J., Costa, A. M., Almeida, E. B. & Marques, M. C. (2012) ACTN3 R577X polymorphism and muscle phenotypes. *Motricidade*, 8(1): 67-72.
- Pereira, A. F., Silva, A. J., Costa AM, Monteiro, A. M., Baston, E. M. & Marques, M. C. (2013) Muscle tissue changes with aging. *Acta Med Port*, 26(1):51-55.
- Pescatello, L. S., Devaney, J. M., Hubal, M. J., Thompson, P. D. & Hoffman, E. P. (2013) Highlights from the functional single nucleotide polymorphisms associated with human muscle size and strength or FAMuSS study. *Biomed Res Int*, Article ID 643575, 11 pages <http://dx.doi.org/10.1155/2013/643575>
- Pietrangolo, T., Puglielli, C., Mancinelli, R., Beccafico, S., Fano, G. & Fulle, S. (2009) Molecular basis of the myogenic profile of aged human skeletal muscle satellite cells during differentiation. *Exp Gerontol*, 44(8): 523-531.
- Power, G. A., Dalton, B. H. & Rice, C. L. (2013) Human neuromuscular structure and function in old age: A brief review. *J Sport Health Sci*, 2(4): 215-226.
- Puthoff, M. L. (2008) Outcome measures in cardiopulmonary physical therapy: short physical performance battery. *Cardiopulm Phys Ther J*, 19(1): 17-22.
- Quinonez-Olivas, C., Salinas-Martínez, R., Ortiz-Jiménez, X., Gámez-Trevi, D., Guajardo-Álvarez, G. & González-García, B. (2016) Muscle mass measured using bioelectrical impedance analysis, calf circumference and grip strength in older adults. *Medicina Universitaria* 18(72): 158-162.
- Rankinen, T., Bray, M. S., Hagberg, J. M., Pérusse, L., Roth, S. M., Wolfarth B & Bouchard, C. (2006) The human gene map for performance and health-related fitness phenotypes: the 2005 update. *Med Sci Sports Exerc*, 38:1863-1888.
- Rasyid, H., Bakri, S. & Yusuf, I. (2012) Angiotensin-Converting Enzyme Gene Polymorphisms, blood pressure and pulse pressure in subjects with essential hypertension in a South Sulawesi Indonesian population. *Acta Med Indones* 44(4):280-283.
- Reid, K. F., Naumova, E. N., Carabello, R. J., Phillips, E. M. & Fielding, R. A. (2008) Lower extremity muscle mass predicts functional performance in mobility-limited elders. *J Nutr Health Aging*, 12:493-498.
- Rikli, R. E. & Jones, C. J. (2013) Development and validation of criterion-referenced clinically relevant fitness standards for maintaining physical independence in later years. *Gerontologist*, 53(2): 255-267.

- Rodrigues-Barbosa, A., Miranda, L. M. d., Vieira-Guimarães, A., Xavier-Corseuil H. & Weber-Corseuil, M. (2011) Age and gender differences regarding physical performance in the elderly from Barbados and Cuba. *Rev. salud pública*, 13(1):54-66.
- Roshanaei-Moghaddam B, K. W., Russo J. (2009) The longitudinal effects of depression on physical activity. *Gen Hosp Psychiatry*, 31(4):306-315.
- Rudolf, R., Khan, M. M., Labeit, S. & Deschenes, M. R. (2014) Degeneration of neuromuscular junction in age and dystrophy. *Front Aging Neurosci*, 22(6):99.
- Ryall, J. G., Schertzer, J. D. & Lynch, G. S. (2008) Cellular and molecular mechanisms underlying age-related skeletal muscle wasting and weakness. *Biogerontology*, 9(4):213-228.
- Sakuma, K. & Yamaguchi, A. (2012) Sarcopenia and age-related endocrine function. *Int J Endocrinol*, 127362. Published online 2012 May 28. doi: 10.1155/2012/127362
- Salanti, G., Amountza, G., Ntzani, E. E. & Ioannidis, J. P. (2005) Hardy-Weinberg equilibrium in genetic association studies: an empirical evaluation of reporting, deviations, and power. *Eur J Hum Genet*, 13(7): 840-848.
- Sanders, P. M., Russell, S. T. & Tisdale, M. J. (2005) Angiotensin II directly induces muscle protein catabolism through the ubiquitin-proteasome proteolytic pathway and may play a role in cancer cachexia. *Br. J. Cancer* 22:425-434.
- Sanz, A. & Stefanatos, R. K. A. (2008) The Mitochondrial Free Radical Theory Of Aging: A Critical View. *Curr Aging Sci*, 1(1):10-21.
- Santana, F., Farah, B., Soares, A., Correia, M., Prazeres, T., Fi-lho, A. & RM., R.-D. (2015) Anthropometric Parameters as Predictors of Muscle Mass in Elderly Women. *Motricidade*, 11(2):107-114.
- Sasongko, T.H., Sadewa, A.H., Kusuma, P.A., Damanik, M.P., , Lee, M.J., Ayaki, H., Nozu, K., Goto, K., Matsuo, M., Nishio, H. (2005). ACE gene polymorphism in children with nephrotic syndrome in the Indonesia population. *Kobe J Med Sci*, 51:41-47.
- Sastroasmoro, S. & Ismael, S. (2002) *Dasar Dasar Metodologi Penelitian Klinis*, Jakarta:Sagung Seto.
- Sayed-Tabatabaei, F. A., Oostra, B. A. & Isaacs, A. (2006) ACE Polymorphisms. *Circ Res*, 98(9):1123-1133.
- Schaap, L. A., Koster, A. & Visser, M. (2013) Adiposity, muscle mass, and muscle strength in relation to functional decline in older persons. *Epidemiol Rev*, 35:51-65.
- Scott, R. A., Irving, R., Irwin, I., Morrison, E., Charlton, V. & Austin. K. (2011) ACTN3 and ACE genotypes in elite Jamaican and US sprinters. *Med Sci Sports Exerc*. 42(1):107-112.

- Secher, M., Soto, ME., Villars, H., van Kan GA., & Vellas B. (2007) The Mini Nutritional Assessment (MNA) after 20 years of research and clinical practice. *Reviews in Clinical Gerontology* 2007 17; 293–310.
- Seripa, D., Paroni, G., Matera, M. G., Gravina, C., Scarcelli, C., Corritore, M., D'Ambrosio, L. P., Urbano, M., D'Onofrio, G., Copetti, M., Kehoe, P. G., Panza. F. & Pilotto. A. (2011) Angiotensin-converting enzyme (ACE) genotypes and disability in hospitalized older patients. *AGE*, 33:409-419.
- Sherwood, L. (2012) Human Physiology: From Cells to Systems. *Cengage Learning*.
- Sions, J. M., Tyrell, C. M., Knarr, B. A., Jancosko, A. & Binder-Macleod, S. A. (2012) Age- and stroke-related skeletal muscle changes: a review for the geriatric clinician. *J Geriatr Phys Ther*, 35(3):155-161.
- Snijders, T., Verdijk, L. B. & van Loon, L. J. (2009) The impact of sarcopenia and exercise training on skeletal muscle satellite cells. *Ageing Res Rev*, 8(4): 328-338.
- Sirajudeen, M. S., Shah, U. N., Pillai, P. S., Mohasin, N. & Shantaram, M. (2012) Correlation between Grip Strength and Physical Factors in Men. *IJHRS*, 1(2):58-63.
- Song, M. Y., Ruts, E., Janumala, I., Heymsfield, S. & Gallagher, D. (2004) Sarcopenia and increased adipose tissue infiltration of muscle in elderly African American women. *Am J Clin Nutr*, 79(5): 874-880.
- Tabbarah, M., Crimmins, E. M. & Seeman, T. E. (2002) The relationship between cognitive and physical performance: MacArthur Penelitanes of Successful Aging. *J Gerontol A Biol Sci Med Sci*, 57A(4): 228–235.
- Tang, S., Leung, J., Chan, L., Eddy AA. & KN., L. (2008) Angiotensin converting enzyme inhibitor but not angiotensin receptor blockade or statin ameliorates murine adriamycin nephropathy. *Kidney Intl*, 73(3):288-299.
- Thompson, B. A. (2013) Hand Grip Strength (HGS) As an Indicator of Nutritional Status in Patients in a Rural Hospital.
- Tseng, L. A., Delmonico, M. J., Visser, M., Boudreau, R. M., Goodpaster, B. H., Schwartz, A. V., Simonsick, E. M., Satterfield, S., Harris, T. & Newman, A. B. (2014) Body composition explains sex differential in physical performance among older adults. *J Gerontol A Biol Sci Med Sci*, 69(1): 93-100.
- Vandewoude M. & Gossum, A. (2013) Nutritional screening strategy in nonagenarians : The value of the MNA-SF (Mini Nutritional Assessment

Short Form) In nutri action. *J Nutr Health Aging*, 7(4): 310-314 (doi: 10.1007/s12603-013-0033-8).

- Vaughan, D., Huber-Abel, F. A., Graber, F., Hoppeler, H. & Fluck, M. (2013) The angiotensin converting enzyme insertion/deletion polymorphism alters the response of muscle energy supply lines to exercise. *Eur J Appl Physiol*, 113(7): 1719-1729.
- Vaughan, L., Corbin, A. L. & Goveas, J. S. (2015) Depression and frailty in later life: a systematic review. *Clin Interv Aging*, 10:1947-58. doi: 10.2147/CIA.S69632. eCollection 2015.
- Vieira, D. C., Tibana, R. A., Tajra, V., Nascimento, D. C., deFarias, D. L., Silva, A. O., Teixeira, T. G., Fonseca, R. M., deOliveira, R. J., Mendes, F. A., Martins, W. R., Funghetto, S. S., Karnikowski, M. G., Navalta, J. W. & Prestes, J. (2013) Decreased functional capacity and muscle strength in elderly women with metabolic syndrome. *Clin Interv Aging*, 8:1377-1386.
- Vigano, A., Trutschnigg, B., Kilgour, R. D., Hamel, N., Hornby, L., Lucar, E., Foulkes, W., Tremblay, M. L. & Morais, J. A. (2009) Relationship between angiotensin-converting enzyme gene polymorphism and body composition, functional performance, and blood biomarkers in advanced cancer patients. *Clin Cancer Res*, 15(7): 2442-2447.
- Vincent, B., Bock, K. D., Ramaekers, M., Eede, E. V. d., Leemputte, M. V., Hespel, P. & Thomis, M. A. (2007) ACTN3 (R577X) Genotype is associated with fiber type distribution. *Physiological Genomics*, 32(1):58-63.
- Visser M, Goodpaster BH & Kritchevsky SB (2005) Muscle mass, muscle strength, and muscle fat infiltration as predictors of incident mobility limitations in well-functioning older persons. *J Gerontol A Biol Sci Med Sci*, 60(3):324-333.
- Volkers, K. M. & Scherder, E. J. (2014) Physical performance is associated with working memory in older people with mild to severe cognitive impairment *Biomed Res Int*, Article ID 762986, <http://dx.doi.org/10.1155/2014/762986>
- Volpato, S., Bianchi, L., Lauretani, F., Lauretani, F., Bandinelli, S., Guralnik, J. M., Zuliani, G. & Ferrucci, L. (2012) Role of muscle mass and muscle quality in the association between diabetes and gait speed. *Diabetes Care*, 35(8):1672-1679.
- Vreeburg, S., Hoogendijk, W., van Pelt, J., DeRijk, R., Verhagen, J., van Dyck, R., Smit, J., Zitman, F. & Penninx, B. (2009) Major depressive disorder and Hypothalamic-Pituitary-Adrenal Axis activity, results from a large cohort study. *Arch Gen Psychiatry*, 66(6):617-626.

- Waters, D. L., Baumgartner, R. N. & Garry, P. J. (2010) Advantages of dietary, exercise-related, and therapeutic interventions to prevent and treat sarcopenia in adult patients: an update. *Clin Inter Aging*, 5:259-270
- WHO (2015) Physical Status: The Use And Interpretation Of Anthropometry.[Internet].WHO.[cited2015Mar21].Availablefrom:http://www.who.int/childgrowth/publications/physical_status/en/.
- Williams AG., Rayson MP., Jubb M., World M., Woods DR., Hayward M., Martin J., Humphries SE. & HE., M. (2000) The ACE gene and muscle performance. *Nature*, 10;403(6770):614.
- Won, H., Singh, D. K., Din, N. C., Badrasawi, M., Manaf, Z. A., Tan, S. T., Tai, C. C. & Shahr, S. (2014) Relationship between physical performance and cognitive performance measures among community-dwelling older adults. *Clin Epidemiol*, 6:343-350.
- Yamin, C. (2010) Exercise-Induced Muscle Damage: The influence of genetic polymorphisms on inter-individual variability. Doctoral dissertation. Faculty of Sport. University of Porto.
- Yanagita, M., Wilcox, B., Masaki, K. H., Chen, R., He, Q. & Rodriguez, B. R. (2006) Disability and depression: investigating a complex relation using physical performance measures. *Am J Geriatr Psychiatry*, 14(12):1060-1068.
- Yang, W., Kelly, T. & He, J. (2007) Genetic epidemiology of obesity. *Epidemiol Rev*, 29:49-61.
- Yin, H., Price, F. & Rudnicki, M. A. (2013) Satellite cells and the muscle stem cell niche. *Physiol Rev*, 93(1):23-67.
- Yuliastuti, C. & Anggoro, S. 2017. The Overview of the Elderly Lifestyle Profile in Surabaya. *KEMAS*, 12(2): 96-108.
- Yoshida, T. (2013) Molecular mechanisms and signaling pathways of angiotensin II-induced muscle wasting: Potential therapeutic targets for cardiac cachexia. *Int J Biochem Cell Biol*, 45(10):2322-2332.
- Zempo, H., Tanabe, K., Murakami, H., Iemitsu, M., Maeda, S. & Kuno, S. (2010) ACTN3 polymorphism affects thigh muscle area. *Int J Sports Med*, 31(2): 138-142.
- Zhang, B., Tanaka, H., Shono, N., Miura, S., Kiyonaga, A., Shindo, M. & K., S. (2003) The I allele of the angiotensin-converting enzyme gene is associated with an increased percentage of slow-twitch type I fibers in human skeletal muscle. *Clin Genet*, 63(2):139-144.

- Zhang XS., Liu YH., Zhang Y., Xu Q., Yu XM., Yang XY., Liu Z., Li HZ., Li F., Xue CY. (2017) Handgrip Strength as a Predictor of Nutritional Status in Chinese Elderly Inpatients at Hospital Admission. *Biomed Environ Sci*, 30(11):802-810.
- Zhou, M. S., Schulman, I. H. & Zeng, Q. (2012) Link between the renin-angiotensin system and insulin resistance: implications for cardiovascular disease. *Vasc Med*, 17(5):330-341.
- Zintzaras., E. (2010) Impact of Hardy-Weinberg equilibrium deviation on allele based risk effect of genetic association studies and meta analysis. *Eur J Epidemiol*, Springer Verlag, 25(8):553-560.
- Zoico, E., Di Francesco, V., Guralnik, J. M., Mazzali, G., Bortolani, A., Guariento, S., Sergi, G., Bosello, O. & Zamboni, M. (2004) Physical disability and muscular strength in relation to obesity and different body composition indexes in a sample of healthy elderly women. *Int J Obes Relat Metab Disord*, 28(2):234-241.