The purpose of this study is to analyze body satisfaction in non-institutionalized old people and its association with sex, body mass index (BMI) and gait speed. Methods: Hundred six people have participated, 38 men (age=74.60 ±6.67 years old) and 68 women (age=72.76 ±4.68 years old). The Body Shape Questionnaire (BSQ) has been used together with body composition and a gait speed test. Results: Prevalence of body dissatisfaction in old people is about 5.6 %. Women have higher body fat percentage and less muscle mass. Significant differences were not found (p>0.05) in the BSQ relating with sex. Obese old people with less gait speed showed higher score in BSQ. The Total BSQ is positively correlated with BMI (r=0.487, p<0.01), fat percentage (r=0.371, p<0.01) and negatively correlated with gait speed (r=-0.215 p<0.05) and perceived health status (r=-0.269, p<0.05). Conclusion: Older people’s body satisfaction is positively associated with the perception of health and gait speed and negatively with BMI.

Keywords
elderly, body image dissatisfaction, physical fitness, obesity.