

Nutritional status of elderly people residing in Udaipur city

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■ **ABSTRACT** : With improving life expectancy, there will be worldwide increase in the burden of chronic diseases and disabilities. Majority of health problems among the aged are diet related and nutritionally dependent, and hence appropriate and adequate nutrition is essential for health and well being of the elderly. The present study was undertaken to assess the nutritional status of 200 elderly males and females (60 -80 years) residing in Udaipur city. The parameters investigated include anthropometric measurements and dietary survey through 24-hour recall method. Mini Nutritional Assessment tool (MNA) was used to screen the elderly subjects and classify them as well nourished, at risk of malnutrition and malnourished. The mean daily food intake of elderly subjects showed that the intake of all the foodstuffs was lower than the balanced diet. However, in case of males the intake of milk and milk products was more than adequate. Mean height and weight of male subjects were 165 cm and 65.63 kg, whereas in females the mean height and weight were 157.5 cm and 64.65 kg. MNA classification indicated that 51 per cent of elderly males were well nourished as compared to only 29 per cent elderly females though females consumed on an average more calories and protein as percent of RDA as compared to males.

■ **KEY WORDS** : Elderly, Gender, Health, Diet, Nutrition

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