

Assessment of elderly nutritional status

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Assessment of elderly nutritional status was conducted in Bikaner city. Three hundred elderly aged 60-70 years belonging to different economic groups were selected purposely from following centers - Geriatric Research and Care Centre P.B.M, Helpage India (N.G.O.), Senior Citizen Society, Associated Group of Hospitals and a common site *i.e.*: “Vradh Jan Bhraman Path” near Town hall, Bikaner. Information was gathered from elderly through interviewing them using standardized performa. Eighty nine per cent irrespective of male and female elderly were vegetarian, Information regarding food allergy shows that (95%) respondents did not feel any kind of allergy from certain food stuffs. 22 per cent of the elderly consume specific foods mostly in winter type of specific foods consumed were *Ajwain, Danamethi, Sonth, Singhada, Gond, Till, Haldi, Khajoor, Anjeer, Kalimirch* and *Gur* were consumed in form of *Ladoos*. Cereals consumed by subjects found to be 54.15 and 85.40 per cent of the balance diet, the pulse intake was 76.48 and 88.40 per cent of the suggested value given by NIN, (2010). Mean intake of green leafy vegetables suggested both male and females consumed similar amounts, the consumption of roots and tuber was found to be very less and the mean daily consumption of other vegetable in elderly was 59.16 and 75.84 per cent of RDA for both the genders. Intake of fruits among elderly was only 37.30 and 38.76 per cent of the balance diet. Consumption of milk was higher than the recommended balance diets. The mean intake of fats and oils was 25.31 and 26.19 while sugar and jiggery were 18.50 and 18.57 which was comparable with recommended balance diet. The average daily intake of energy was found to be 67.02 and 81.12 per cent for male and female of the recommended dietary allowances (NIN, 2010). Protein intake among subjects was satisfactory, fat intake of elderly male and female was 49.06g and 47.53g, respectively, the intake of dietary fibre in both the group was very less. Calcium intake of the elderly male and female was about 74.58 and 74.60 per cent of the prescribed RDA, while per cent adequacy of iron intake depicts very less uptake for male (36.63%) and female (41.43%) elderly. The mean intake of vitamin C and β carotene was found almost similar for male and female [(36.73 mg and 36.58 mg) (2389.53ug and 2592.22ug)], respectively. Nutrients like energy, carbohydrate, fibre, calcium and iron had significant difference in consumption. The mean anthropometric measurements of elderly suggested weight of males and females was 71.77kg and 67.98kg, respectively which is more than the weight of a reference Indian man and women, height of male and females were found 163.80 cm and 156.43 cm, respectively and these values were less than the height of reference Indian man and women. The mean waist hip ratio of males and females was found to be 0.85 and 0.80 and the mean body mass index of male and females was noted to be 27.01 kg/m² and 27.91 kg/m² respectively. Majority of subjects were found in pre obese category.

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