

Evaluation of nutritional status of elderly people residing in old age home and in their residence of Kolhapur city

■ ULAKA V. DESAI AND R.M. KAMBLE

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See end of the paper for authors' affiliations

Correspondence to :

R.M. KAMBLE

Department of Home
Science, Rajaram College,
KOLHAPUR, (M.S.) INDIA
Email: rajkumarkamble69@
gmail.com

■ **ABSTRACT** : Ageing is a complex phenomenon that is accompanied by physiological, psychological and social changes contributing to declining health status. Today's busy work structure and the nuclear family cluster gave way to the growth of many old age homes which are all flooded. Old age home has given a moral support to many needy elderly people, but the big question arises about their psychological, nutritional and health status. The present investigation was designed to evaluate the nutritional status of elderly people residing in old age home and residing in selected residential zone of Kolhapur city. Difference in their nutritional status was compared. A total of 100 elderly people were included in the study. A pre-designed and pre-tested questionnaire was used to collect the information of study population. Socio-economic status, dietary intake pattern, anthropometric measurements and clinical examinations were the parameters used to evaluate the nutritional status of the selected subjects. The present study had shown that there was a significant difference in food intake pattern, nutrient intake pattern, anthropometric measurements and clinical assessment of residential zone elderly and elderly residing in old age home. A nutrient intake of residential zone elderly was much better than elderly residing in old age home when compared with RDA.

■ **KEY WORDS** : Elderly, Dietary intake pattern, Anthropometric measurements, Clinical assessment

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