

Dietary pattern and lifestyle of elderly people following ashram and urban lifestyle

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Nutrition has a significant influence on health and development throughout the life. The aim of this study was to assess the dietary pattern and lifestyle of elderly people following ashram and urban lifestyle. The sample was taken at random, from both the groups that is ashram and urban lifestyle group. Nutrient intake was recorded using 7 days dietary records. Meal consumption was higher in ashram elderly group in comparison to urban elderly group. Consumption of supplementary food was higher among urban elderly group in comparison to ashram elderly group. Preference of normal food was higher in urban elderly group in comparison to ashram elderly group.

Key Words : Dietary pattern, Lifestyle, Nutrient intake, Elderly, Ashram

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INTRODUCTION

The nutritional status of senior citizens is influenced by the process of ageing. The process of ageing is highly individual for each person. It is a reflection of a lifetime of each person's unique experiences. Nutrition influences the development and course of many diseases that often accompany old age (Aliabadi *et al.*, 2009). Health expectancy is an indicator that represents the average lifetimes in different health states. The most common are disability free life expected lifetime without chronic morbidity or impairment expected lifetime without functional limitations and expected lifetime in self rated good health. Nutrition is an important factor in the progressive changes in body composition. The physiologic functions and health status of persons who are 50 to 60 years old are very different from those of person who are 80 to 90 years. Defining the changing nutrient requirement with age particularly

important as diet now present itself as a key part of the solution.

METHODOLOGY

A total of hundred respondents aged between (50-55 and above) were selected from two lifestyle group from Kanpur city. 50 of the respondents were from ashram group and rest 50 were from urban group. The sample was taken at random from both the groups that is urban and ashram group. The information was obtained from the respondents by questionnaire-cum-interview method.

OBSERVATIONS AND ASSESSMENT

Table 1 shows that the distributions of the population according to their dietary habits of the observed population of ashram elderly group were 100 per cent vegetarian. Whereas in urban elderly group 66 per cent were pure vegetarian and 34 per cent were non-vegetarian.

Table 2 shows type of food preferred by the ashram elderly population. 52 per cent preferred bland food. Normal food was preferred by 44 per cent. Preference of boiled food was observed only in 4 per cent. Whereas in urban elderly population 92 per cent preferred normal food while 8 per cent preferred boiled food.

Table 3 shows number of meals per day taken by the population. 92 per cent population of ashram elderly group

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consumed 2 meals per day and 8 per cent population of ashram elderly group consumed 3 meals per day. Whereas in urban elderly group 78 per cent of population consumed 3 meals per day, 12 per cent of population consumed 2 meals per day and minimum of population consumed 1 meal per day that is 10 per cent.

Table 4 shows common supplementary food consumed by the elderly population. 6 per cent of the ashram elderly group consumed chavanprash. Whereas in urban elderly 40 per cent consumed horlicks and 60 per cent consume chavanprash.

Table 5 shows that in ashram elderly group yoga was common activity among them that is 40 per cent respondents

were doing exercising and 20 per cent were doing walking. Whereas in urban elderly group walking was a common activity among them that is 60 per cent were doing walking, 30 per cent were doing exercising and 10 per cent were doing yoga.

Conclusion:

It may be concluded that the meal consumption was higher in ashram elderly group in comparison to urban elderly group. Consumption of supplementary food was higher among urban elderly group in comparison to ashram elderly group. The preference of normal food oily, spicy, fatty food was higher in urban elderly group. People over 65 commonly suffer from

Table 1. Food habits of the elderly population

Food habits	Ashram elderly		Urban elderly	
	Frequency	Percentage	Frequency	Percentage
Vegetarian	50	100	33	66
Non-vegetarian	-	-	17	34
Total	50	100	50	100

Table 2. Type of food preparation preferred by the elderly population

Type of food preparation	Ashram elderly		Urban elderly	
	Frequency	Percentage	Frequency	Percentage
Bland	26	52	-	-
Normal	22	44	46	92
Boiled	2	4	4	8
Total	50	100	50	100

Table 3. Number of meals per day of the elderly population

Number of meals	Ashram elderly		Urban elderly	
	Frequency	Percentage	Frequency	Percentage
01	-	-	5	10
02	46	92	6	12
03	4	8	39	78
Total	50	100	50	100

Table 4. Common supplementary foods consumed by the elderly population

Supplementary food	Ashram elderly		Urban elderly	
	Frequency	Percentage	Frequency	Percentage
Horlicks	-	-	20	40
Chavanprash	3	6	30	60
None	47	94	-	-
Total	50	100	50	100

Table 5. Physical activity of the elderly population

Physical activity	Ashram elderly		Urban elderly	
	Frequency	Percentage	Frequency	Percentage
Walking	10	20	30	60
Exercising	20	40	15	30
Yoga	20	40	5	10
Total	50	100	50	100

diseases, these included heart disease, hypertension, diabetes, arthritis, nutrition become and important recuperation from illness.

LITERATURE CITED

Aliabadi, M., Kimiagar, M., Ghayour-Mobarhan, M., Shakeri, M.T., Nematy, M., Ilaty, A.A., Moosavi, A.R. and Lanham-New, S. (2009). Prevalence of malnutrition in free living elderly people in Iran : a cross-sectional study. *Asia Pac. J. Clin. Nutr.*, 17(2): 285-289.

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