AN OVERVIEW ON NUTRITIONAL STATUS OF OLD AGE PERSON

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ABSTRACT

Old age is a privilege, social success and challenge. Old age is a process which starts from the prenatal period and continues until the end of life. The process by which a cell losses its ability to divide, grow and function is known as aging. Aging is generally characterized by the declining ability to respond to stress, increasing homeostatic imbalance and increased risk of aging-associated diseases. Several changes occur in this period due to degeneration of cells. The present study was aimed to assess the nutritional status of 50 elderly people who were residents of Basna from distt Mahasamund (C.G.). All the subjects were randomly selected for the study. Demographic profile, anthropometric measurement, health status and dietary information were collected with the help of pre tested questionnaire. The result reveals that 22%had their primary level education, 40% had school education, and only 8% had college level of education whereas 30% were found illiterate. As per BMI categories 14% elderly people were under weight, 16% were overweight whereas 70 % were found normal. 62%elderly people were found addicted of Gutkha, Tambaku, Bidi and Alcohol. Similarly while analyzing dietary habits it was observed that the consumption of nutrients was less than RDA. All the elderly people were found physically active .The study confirms the nutritional status of old age was satisfactory but the study recommends continuous follow-up and awareness program to enhance the overall health of this segment.

Key words: elderly person, nutritional status,

INTRODUCTION

"Old age is a period of privilege, social success and challenge. World Health organization (WHO) defines people of age 60 and above as" old age" .According to the progress of the old age and changes in body functions people between the age group 65-74 are classified as young olds" 75-84 age group as " olds" and the group of age 85 and above is classified as oldest old". Aging is a process of growing older, It involves increase susceptibility to diseases bringing a lot of physiological and psychological changes in life Flatt, T. (2012). In

recent years the elderly population has been increased .as per census % population consist of this age grou. Aging is a normal process that affects the body and all of its functions, when referring to biological aging we use the term senescence as opposed to dementia, which refers to a pathological aging condition the study of aging in different fields is called gerontology, with geriatrics representing the medical Specialty focused on treating the elderly.

METHODOLOGY

The present study was cross sectional study ,which was aimed to assess the nutritional status of 50 elderly people who were residents of Basna from distt Mahasamund (C.G.). All the subjects were randomly selected for the study. Demographic profile, anthropometric measurement, health status and dietary information were collected with the help of pre tested questionnaire. All the data were statistically analysed using standard techniques.

All old age persons were divided in to three groups such as 60-70 ,71-80,81-90 years of age groups. It was observed that in the age group of 60-70 Years 52.2% were Male & 47.8 were Female .Similarly for the age groupof 71-80 Years 40% were Male & 60% are Female, for Age Group 81-90 Years 57.1% were Male & 42.9% were Female. (figure-1)

DIETARY ASSESSMENT

TYPE OF FOOD

Graph 7 shows the distribution of persons Old Age based upon the type of food Vegetarian or Non-Vegetarian for the person involved in research. As per the research male percentage is 25% than that of female having 75% taking vegetarian food while male percentage is 66.6% and female is 33.4% for persons taking non-vegetarian food.

MEAL FREQUENCY

Graph 8 shows the distribution of person Old Age based upon Meal Frequency: 2 Times, 3 Times or more for the person Involved in research. As per the research Percentage of male is

57.1% & female is 42.9% having 2 Times Meal in a day. Percentage of male is 45% & female is 55% having 3 Times meal in a day and Percentage of male is 53.85 & female is 46.2% having more than 3 Times meal in a day.

PULSES CONSUMPTION ON DAILY BASIS

Graph 9 shows daily pulses intake among the respondents which is about 61.5% male and 38.4 female having pulses daily and 44.4% male and 55.5% female not having pulses daily.

ADDICTION

Graph 12 shows the percentage of addicted Old Age Person. This Graph shows that females were also found addicted of alcohol and tobacco although the percentage of addiction was found less than man. More people were founded addicted to alcohol, approximately 75% male & 25% female were addicted to alcohol. During study it was found that addicted people were suffering from various diseases like Insomnia Asthma.

CONCLUTION

The present study was conducted on selected old age persons (60-90 years) from the Basna Distt of (Mahasamund) (C.G.).Findings of the present study confirm that old people from joint family had good health in comparison to nuclear family. Similarly higher BMI of Male in comparison to female shows that female was more active then male as we found difference in their BMI values. Male old people had BMI more than26 as they found overweight where as female old people were under weight. The educational level of all old age people confirms that illiteracy among population is a major cause of poor health status of old people, several study results support the findings .the study recommend continuous follow-up and educational awareness programme along with exercise schedule for this segment of the society to enhance the nutritional status. The elderly population all over the world including India is rapidly increasing, but the facilities

available for them are not sufficient so we suggest that new guidelines and programmes should be planned for elderly person. They should be given a handsome amount as a pension to purchase healthy and nutritious food to get balanced diet .

TABLE NO. I: DISTRIBUTION OF SUBJECTS ACCORDING TO GENERAL INFORMATION

SNO.	GENERAL INFORMATION	GENDER		GENDER		SD	MEAN+-
		MALE	PERCENTAGE	FEMALE	PERCENTAGE	MALE	FEMALE
1	AGE GROUP						
	60 – 70 YRS	12	52.2	11	47.8	65.6	64.4
	71 – 80 YRS	4	40	6	60	74	72.7
	81 – 90 YRS	4	57.1	3	42.9	85.2	84
2	WEIGHT						
	40 – 50 KG	5	45.5	6	54.5	46	43.5
	51 – 60 KG	4	30.7	9	69.3	58	55
	61 – 70 KG	8	66.6	4	33.4	65.6	66
	71 – 80 KG	3	75	1	25	75.3	1

Figure 1: DISTRIBUTION OF SUBJECTS AS PER AGE GROUP
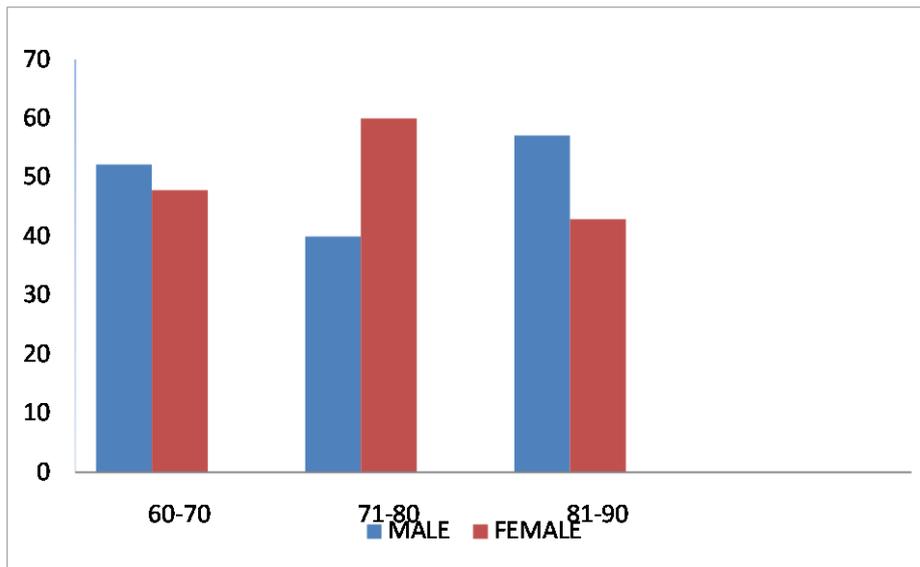
BMI
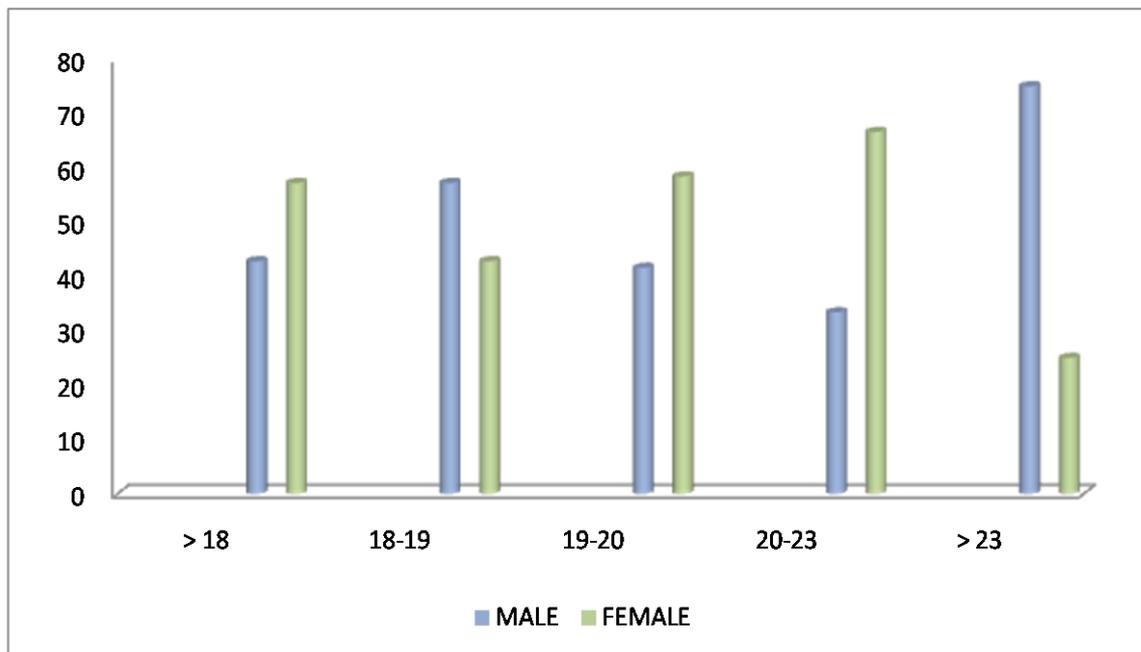
TABLE NO. III: DISTRIBUTION OF SUBJECTS ACCORDING TO DIETARY ASSESSMENT

| SNO.	GENERAL INFORMATION	GENDER		GENDER	
		MALE	PERCENTAGE	FEMALE	PERCENTAGE
1	TYPE OF FOOD				
	VEGETARIAN	4	25	12	75
	NON-VEGETARIAN	16	66.6	8	33.4
2	MEAL FREQUENCY				
	2 TIMES	4	57.1	3	42.9
	3 TIMES	9	45	11	55
	MORE	7	53.8	6	46.2
3	PULSES CONSUMPTION ON DAILY BASIS				
	YES	8	61.5	5	38.4
	NO	12	44.4	15	55.5
4	GREEN LEAFY VEGITABLES CONSUPTION ON DAILY				
	YES	18	52.9	16	47
	NO	2	33.3	4	66.6
5	DAILY CEREALS CONSUPTION				
	CHAPATI	6	42.8	8	57.2
	CHILLA	14	53.9	12	46.1
	PURI	0	0	0	0
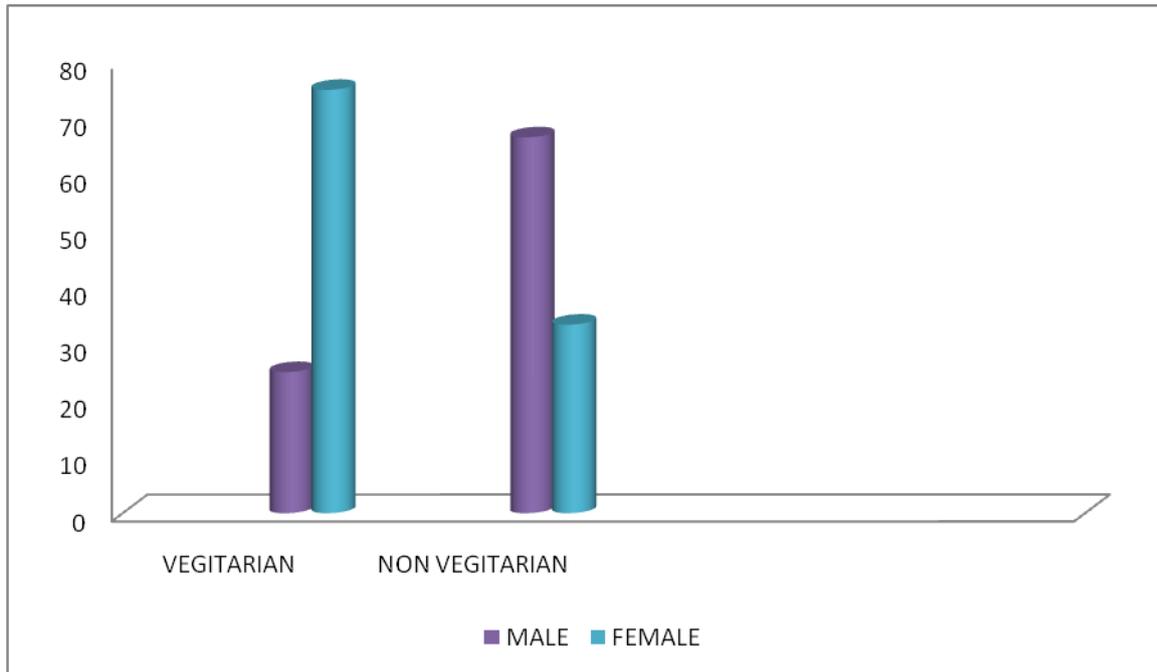
Figure 7: Distribution of subjects according to dietary Assessment for Vegetarian & Non- Vegetarian food intake.
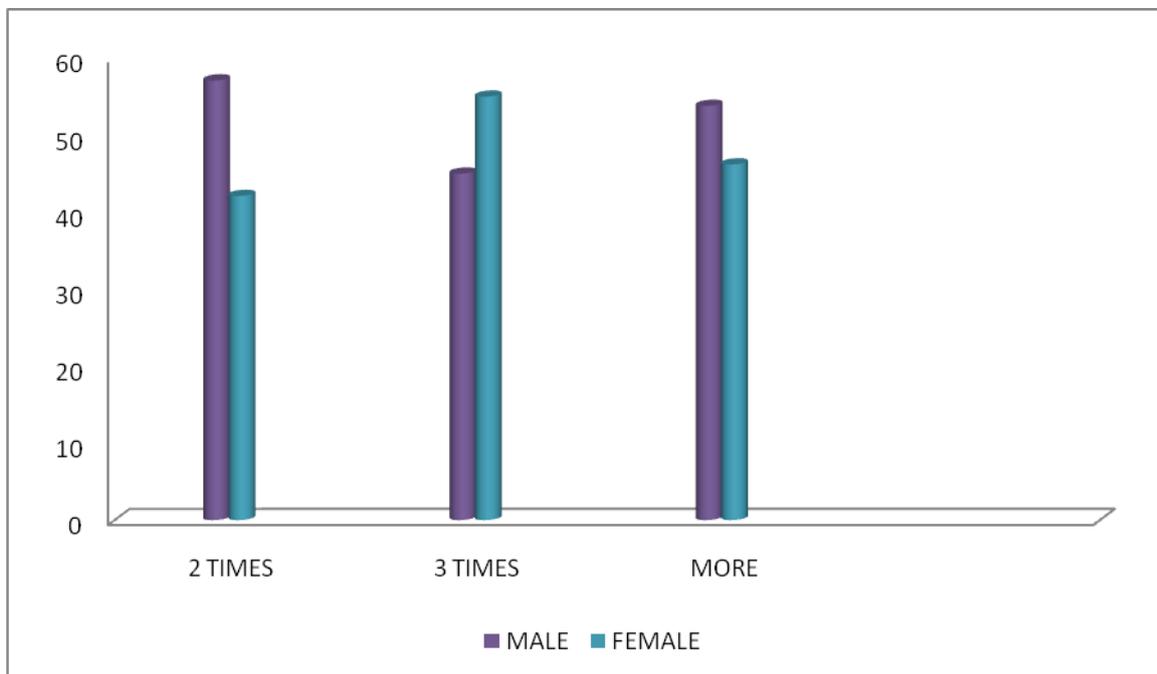
**Figure 8: Distribution of subject according to Dietary Assessment for Meal Frequency.**
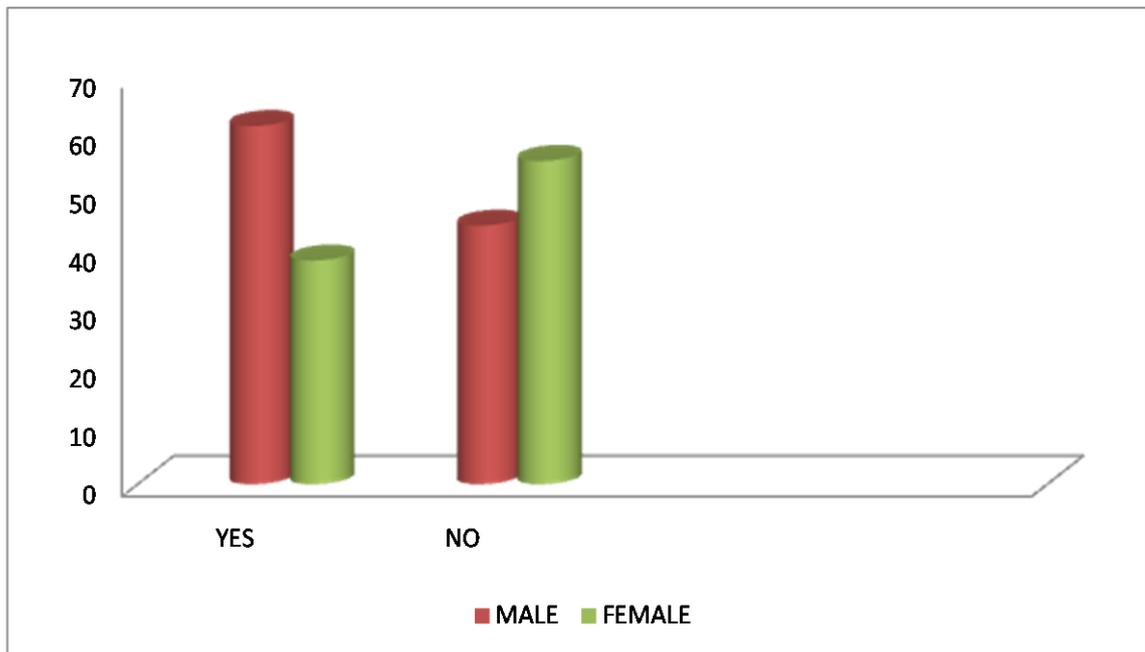
Figure 9: Distribution of subject according to Dietary Assessment for Pulses Consumption on daily Basis.

TABLE NO. IV: DISTRIBUTION OF SUBJECTS ACCORDING TO ADICTION

| SNO.	GENERAL INFORMATION	GENDER		GENDER	
		MALE	PERCENTAGE	FEMALE	PERCENTAGE
1	ADICTION				
	ALCOHOL	6	75	2	25
	TOBACCO	5	62.5	3	37.5
	SIGRATE	0	0	0	0
	GUTKHA	0	0	0	0
	PAN	3	60	2	40
	NONE	6	31.5	13	68.5
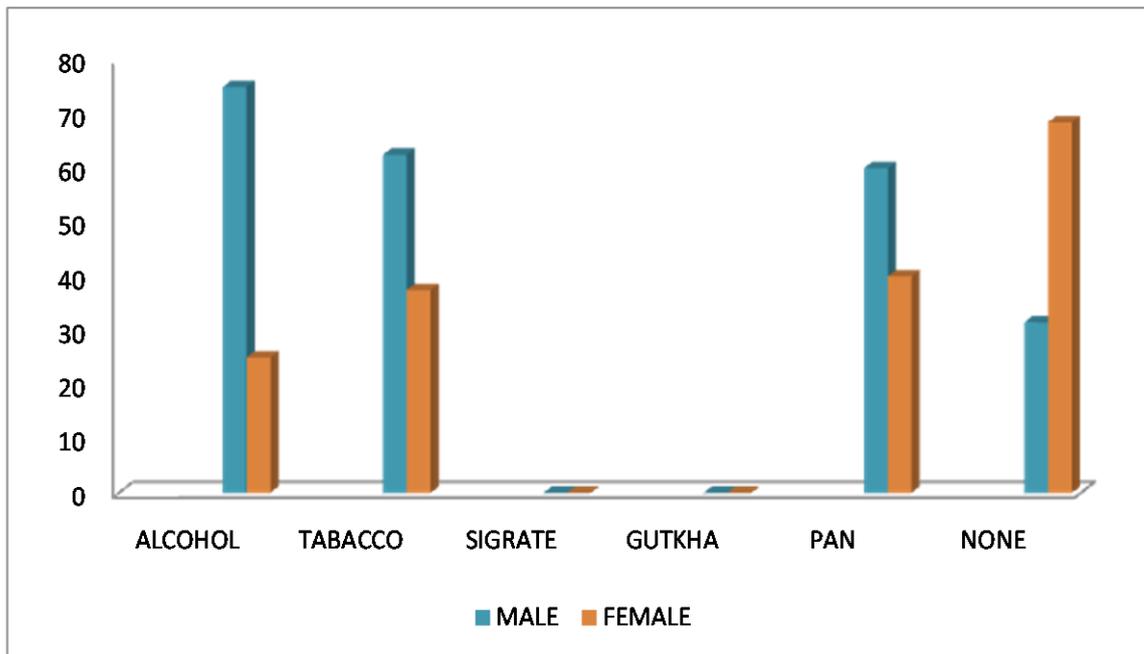
Figure 12: Distribution of subject according to Addiction.

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