

**Title : Nutritional and Health status of Elderly****Author(s) :** Dr. Rekha Battalwar, Firdosh R Khatri**Institution :** Department of Food and Nutrition, SVT College of Home Science (Autonomous), Mumbai,  
Department of Food Science and Nutrition PG studies,  
Dr. BMN College of Home Science.**Keywords :** *Elderly, Nutritional Status, Body Mass Index, Physical Activity, Nutrient Intake.***Introduction:**

Old age is defined as the age of retirement that is, 60 years and above (1). It is associated with changes in lifestyle and health, affecting the types of foods consumed and the nutritional status. A high prevalence of under-nutrition is found in elderly and a significant high prevalence of over nutrition is also now seen in this population (2). Physical activity helps to regulate weight and reduces the risk of degenerative diseases (1). The nutrient intake of the malnourished elderly is less than the RDA of a well nourished elderly (3). Deterioration of the nutritional status was associated with reduced food consumption, recent weight loss, disease associated stress, degree of self sufficiency and functional capacity (4).

**Aim:**

To assess the nutritional and health status of elderly around 60 years of age and the factors affecting it.

**Methodology:**

A community based cross-sectional study was conducted in the city of Mumbai. House to house visits were made and all the elderly around the age of 60 years were studied. 100 elderly were interviewed with the help of predesigned questionnaire. Anthropometric measurements, food frequency questionnaire and a three day dietary recall pattern were considered to understand the relationship between nutritional intake and health status of elderly.

**Results:**

The prevalence of under nutrition (BMI <24 kg/m<sup>2</sup>) was found to be 42.55% in males and 26.41% in females. While that of over nutrition (BMI >27 kg/m<sup>2</sup>) was found to be 21.27% in males and 45.28% in females. 75 % elderly were not involved in any physical activity. 54% of the elderly consumed junk foods at least once in a month. 64% of females and 55% of males did not meet protein requirements. 72% of elderly did not meet the Calcium requirements. None of the individual met the fiber requirements, while 34% of males and 39% of females did not meet iron requirements as per the Indian RDA (5).

**Conclusion:**

In the present study, 68% of elderly were malnourished which included under and over nutrition. Under nutrition of elderly population of urban areas is always a major concern. Over nutrition, although previously thought to be a problem of privileged group, has now become prevalent even in this under-privileged group.

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