
Title : Nutrition status of the elderly living in the Old Age Homes: A study in Pune City

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Keywords : *Elderly, Old-age homes, Nutritional Status*

Introduction:

India is experiencing demographic, epidemiological and nutrition transition. Nutrition status is one of the important factors of the health status of an individual which determines the health and overall well being. In the context of the elderly, it is been observed that with ageing there are trends in nature of caregiving which in turn determine the overall well being. In an institutional set up, there is a uniform diet for all the individuals. However there is heterogeneity in the social, economic and psychological factors which can affect the dietary intake of the elderly residing in these old age homes. It is thus crucial to assess the nutrition status across different old age homes to get a nuanced picture of nutrition status of the elderly residing in institutions

Objective:

The main objective of the study was to assess the nutrition status of the residents in the old age home in Pune city.

Methodology:

A list of all the Old Age Homes from Pune was generated and four of them were selected on the basis of permission granted by the organisation. Thereafter a formal consent of the elderly was taken and the members were enrolled. A purposive sampling design with inclusion and exclusion criteria was used to select the respondents. In the study the nutrition status of 131 elderly was assessed. The 24 hour dietary recall was used to access the intake of various macronutrients; anthropometrical measurements like height and weight are used to assess nutritional status.

Results:

It was seen that out of the total sample which was 131 members about 46% suffered from malnutrition in the form of under and overnutrition. About 11.5% were underweight, 26.2% were overweight and the rest of the 46% belonged to Grade I and Grade II obesity. In this study it was also seen that social, economic, health and psychological factors affect nutrition status both at the intra and inter home levels.

Conclusion:

The finding proves that it is necessary to consider their economic, social, health and psychological profile for more insights and assessments. It also aims that more research and findings are required for having an evidence for such research.