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Nutritional status of elderly in a selected area of Dhaka City

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Statement of the Problem: There is inadequate evidence-based information to assist health policy makers in preparing for appropriate health, nutrition and social-support guidelines for the elderly in Bangladesh. The present study is an attempt to assess the nutritional status of elderly people in selected area of Mohammadpur in Dhaka city.

Methodology & Theoretical Orientation: It was a cross sectional descriptive community based study. The subjects were selected purposively. The study was conducted among 150 elderly at Japan Garden City, Mohammadpur in Dhaka. Anthropometric data height and weight of the study subjects were collected by using standard techniques. Nutritional status was measured according to WHO guideline. χ^2 test and logistic regression was performed as $P < 0.05$ level of significance. Statistical analyses were performed by appropriate uni-variate and multivariate techniques using SPSS windows 11.5.

Results: Age in years, MUAC (cm) and BMI (Mean \pm SD) were 64.25 \pm 4.708, 27.49 \pm 2.579 and 28.81 \pm 3.518, respectively. Most of the subjects belong to 60-65 years age groups. According to WHO classification of BMI for western people more than half of them were overweight while one third were obese and no one was underweight. Maximum respondents ate regular meal 3 times a day. Digestive status of the study population was mostly good and minimum had lost their good digestion status. More than half of the respondent had different types of diseases like diabetes, respiratory problem, CVD, hypertension, asthma, arthritis, stroke, eye problem etc. Most of the respondents took rice either once a day or twice a day. About half of the subjects took beef 1-2 times per week. Significant association was found between level of education and nutritional status. Logistic regression revealed that presence of disease (during study period) was found significant association with nutritional status [OR (95% CI): 2.21 (0.335-1.325) $p=0.004$] and presence of chronic disease was also found significant association with nutritional status [OR (95% CI): 3.33 (0.172-1.224) $p=0.004$] among elderly of the study subjects.

Conclusion & Significance: In conclusion, urban elderly, especially affluent society facing the risk of malnutrition likes over nutrition. More than half of the respondent suffered different type of diseases. Most of them are suffering from diabetes mellitus. Now days it is very urgent to count up that group about their health and nutritional status.

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