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### The risk of malnutrition in the elderly in Ghana: A case study

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**Background:** The elderly population in developing countries is often nutrition insecure. An understanding of the overall risk of malnutrition of the elderly in the Ghanaian society is a key in planning an appropriate intervention for them.

**Method:** The study was a cross-sectional study involving participants aged 60 years and above recruited from a suburb of Accra. Information on their background, dietary habits and level of physical activity were collected using a pretested semi-structured questionnaire, weight, height and MUAC were also measured.

**Result:** A total of 121 participants were recruited into the study. About 59% were females, the mean age was 66.6±6.5 years and 69.6% of participants had some form of formal education. Fish, beans, palm oil, cassava, rice and tomato were the most consumed commodities and walking was the most predominant activity they performed. About 70% of the participants skipped meals. The males were about 4 times more likely to be overweight than the females. Sex (OR=3.51; 1.20-10.28,  $p \leq 0.05$ ) and MUAC ( $\geq 30$  cm) (Normal: OR=38.35; 7.61-19.33,  $p \leq 0.05$ ; Obese: OR=0.021 (0.004-0.109) were significant predictors of BMI as an indicator of malnutrition.

**Conclusion:** Findings from the study showed that the elderly population was malnourished. Nutrition intervention targeting the elderly is therefore needful.

#### Biography

Richard Stephen Ansong is a freelance nutrition and exercise consultant who consults on the science of nutrition and exercise in a number of gyms and nutrition centres in Accra, Ghana. He holds a BSc in Nutrition and Food Science and an MPhil in Nutrition all from the University of Ghana. He is currently a PhD student at the University of Ghana, Legon. He is founder and CEO of Nutricise Global, which is a Nutrition and Exercise Consultancy. Mr Ansong has a passion for research and has experience working with individuals from various and diverse background. He believes that good nutrition is the preserve of every individual regardless of race and colour. He believes that through strong advocacy and effective collaboration, people can have knowledge and information that will help them improve their health and well being.

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