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Assessment of nutritional status and physical activity level of sports veterans in ogun state nigeria

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The nutritional needs of ageing population require special attention especially sports veterans . This study assessed the nutritional status and physical activity level of sports veterans in Ogun State. Seventy eight (78) respondents aged 55years and above were selected out of which 65 were male and 13 were female. Data were collected using a pre-tested structured questionnaire and International Physical Activity Questionnaire(IPAQ) to obtain information on socio-demographic characteristics and physical activity level of sports veterans respectively. Nutrient intake was calculated using the 24-hour dietary recall . Anthropometric measurements (weight, height, Waist Circumference (WC) and Hip Circumference (HC) were carried out using standard procedures. Body Mass Index (BMI) was calculated from the height and weight measurements while Waist to Hip Ratio (WHR) was calculated from the WC and HC measurements.. Data were analysed using descriptive statistics and Pearson's Product Moment Correlation (PPMC) method. Results showed that 51.3% of the respondents were retirees and 30.8% earned between N50, 000 to N99, 999 per month. Results on physical activity showed that 87.2% engaged in sports with golf (16.7%) and football (15.4%) being the mostly played games. Majority (66.7%) spent 30- 60 minutes playing a game daily while 39.8% of the respondents met the recommended guidelines of at least 150 minutes/week of moderate-vigorous intensity physical activity. The mean daily activity level of the respondents in Metabolic Equivalent (MET) was 1475.5 ± 700.79 with mean energy intake of 2074.9 ± 1087.88 kcal which exceeded the energy expenditure. The nutrient intake showed that the respondents met more than 100% Recommended Daily Allowance (RDA) for protein, fat, vitamin A, vitamin B12, zinc and iron while calcium and sodium intakes were below RDA. The BMI of the respondents revealed that 33.3% were normal, 38.5% were overweight and 25.6% were obese. The mean WC and WHR for male were 98.3 ± 10.23 cm and 0.94 ± 0.1 respectively. In women, the mean WC (106.0 ± 13.29 cm) and WHR (0.96 ± 0.1) were higher than the WHO recommendation (≥ 88 cm, ≥ 0.8) indicating a higher risk of cardiovascular diseases. The study concluded that there is high prevalence of obesity and low physical activity among sports veterans in Ogun State Nigeria.

Biography

Akinsola has completed her M.Sc and commenced PhD at the age of 31 years from Federal University of Agriculture Abeokuta.

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