Khushboo Vyas et al., Madridge J Food Technol. 2019
http://dx.doi.org/10.18689/2577-4182.a3.003

3rd International
Food Science, Probiotics, Nutrition & Microbiome Conference
November 28-29, 2019 | Kuala Lumpur, Malaysia

A Comparative Study of Adequacy of Food Groups & Nutrients Consumption in Elderly Population Residing in Community and Old Age Homes in Desert Parts of Western India

Khushboo Vyas* and Madhu B. Singh
Indian Council of Medical Research, Desert Medicine Research Centre, India

Geriatric population is most negligible group whose nutrition and care continues to be neglected area, that too more in old age homes. Present study carried out with aim to compare adequacy of food group and nutrients consumption in elderly population residing in Community (GC) and Old Age Homes (OAH) in Jodhpur, desert district of Rajasthan. Study design: Cross-sectional. 408 elderly from community and old age homes interviewed for their dietary intake following 24 hours dietary recall method (NIN, ICMR). Overall, percent adequacy of consumption of cereals, leafy vegetables, other vegetable, oil and fat, sugar and jaggery was significantly, lower among elderly living in OAH in comparison to community (P<0.01). Overall elderly from OAH suffered significantly higher from Energy & Protein deficiency than elderly living in community (89.7% Vs 69.8%, 79.3% Vs 49.6% respectively). Calcium & iron deficiency was significantly higher in OAH (47.6 & 91.7%) than in elderly living in GC (31.9 & 53.0%) (P<0.01). Magnesium and Zinc deficiency found high among elderly population living in OAH (65.5 & 86.9%) than elderly living in GC (18.1 & 80.2%) respectively (p <0.01). In both the categories, the mean intake of energy, protein, calcium and iron, Vitamin A, B12, C, Folate, Magnesium and Zinc found low w.r.t. RDA, ICMR (2011) except fat intake which is not good for their health. Percentage adequacy of all the nutrient intakes in diet of OAH was significantly lower in comparison to elderly living in Community. This study recommends therapeutic supplementation of Iron, Zinc, Calcium, etc as per the requirement of the elderly and Nutrition intervention in the form of nutrition counseling for dietary modification should be adopted in National Programs of Govt. of India so that geriatric population may lead their better quality of life.

Biography

Ms. Khushboo Vyas, pursuing Ph.D. in Food and Nutrition at Desert Medicine Research Centre, Jodhpur on elderly population. Awarded Senior Research Fellowship from Indian Council of Medical Research. Research Experience: 3 years and 4 month. Done Diploma and Certificate course in Food and Nutrition. Published 02 research papers in International/National Journals. Attended 04 National Conference and made Presentations and Awarded 1st prize in "A study of chronic energy malnutrition among geriatric population residing in old age homes" and 2nd prize in "Mini Nutritional Assessment and its Association with Socio-Demo graphic parameters among the elderly population".

Notes: