

Assessment of nutritional and health status of elderly

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The present study was undertaken to find out the nutritional and health status of elderly. Three Hundred elderly men and women belonging to different income group were selected from parbhani city. Nutritional status was assessed by anthropometric measurements. Mean values of body weight, height, BMI and waist-hip circumferences were found to be more among men and women belonging to higher income group than that of low and middle income group. It was observed that more than 74 per cent elderly women and 68 per cent elderly men were under the normal category of BMI. whereas the per cent of overweight was same in elderly men and women. Health problems related to bones and joints, backache, leg pain, heart burn, constipation, impaired vision, and loss of teeth were found to be prevailing among more number of selected elderly. On the whole significant role of income on prevalence of health problems was noticed among selected elderly.

Key Words : Elderly, Nutritional status, Health problems, Income

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