

EVALUATION OF NUTRITIONAL STATUS AND EATING HABITS AMONG ELDERLY PEOPLE

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Introduction: Currently, the number of elderly people is increasing in the society. In Poland, elderly people make up approximately 10% of the population. To maintain health and efficient functioning among the elderly, proper nutrition is important. Evaluation of the nutritional status makes it possible to estimate the state of health and allows assessment of the organism in terms of structure, biochemistry and function.

Aim: The aim of the work was to assess the nutritional status and eating habits of the elderly.

Methods: The research was carried out in November 2016, among 300 people over 60 years old from Tarnów and the surrounding areas. The nutritional status of the elderly and eating habits were evaluated on the basis of anthropometric studies, Mini Nutritional Assessment (MNA) questionnaire and an original questionnaire.

Results: Overall assessment of the nutritional status (MNA) showed a healthy nutritional status in the group of 56% of people. In the case of 37% of respondents, a threat of malnutrition was found, whereas 7% of people were malnourished. BMI > 30 were more frequent in people aged 66–70 (86.7%) and 71–74 (78.6%). In the age group 60–65, BMI was more often within ≥ 25.00 (28.6%). The observed differences were not statistically significant ($p > 0.05$). The age of the respondents did not significantly differentiate the circumference of the calf and the circumference of the arm. Slight differences ($p > 0.05$) suggested, however, the correct nutritional status more often in people aged 60–65 years (67.9%). Among the oldest age group, malnourished persons were more likely (14.3%).

Conclusion: It was concluded that the risk of malnutrition increases with age and that eating habits among the elderly are not good enough.

Biography

Aneta Grochowska received her PhD Degree in Health Sciences from the Jagiellonian University's Collegium Medicum in Krakow. She has a Specialization in Cardiological Nursing and Internal Diseases Nursing. She works as a Lecturer at the Nursing Department of PWSZ in Tarnów.

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