Quality in Primary Care

Correlation of malnutrition and health-related quality of life in Iranian elderly people

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Introduction: The present study designed to evaluate the association between nutritional status and health-related quality of life (HRQoL) among Iranian elderly residents.

Methods: In this research, 1350 people aged over 60 years old were randomly selected and completed the Mini Nutritional Assessment (MNA) and the Iranian version of Short Form Health Survey (SF-36). According to the MNA questionnaire participants categorized into three different groups including; normal, at risk of malnutrition and malnutrition. The SF-36 Health Survey is a standard instrument for valuation of the health-related quality of life (HRQoL).

Results: Of the subjects, 642 (47.6%) were men and 708 (52.4%) were women. The overall mean age was 69.1 years; 688(51%) participants were living in urban areas; 952 (70.5%) persons were couple and 363 (26.9%) were single. The SF-36 sub-scores tended to be lower among the elders with malnutrition or at risk of malnutrition. The Physical Functioning (PF), Bodily Pain (BP), Role Physical (RP), Role Emotional (RE), and Mental Health (MH) dimensions of the SF-36 were also statistically poorer in older adults with malnourishment. Study was carried out to evaluate the relationship between risk of malnutrition and health-related quality of life (HRQoL) in elderly ones. PCS in three different adjusted models was 1.35, 1.27 and 1.14 and MCS was 1.11 in all three different adjusted models.

Conclusion: Malnutrition risk is completely joined to a poorer quality of life in elder ones. Statistical analyses exposed the foremost impact of functional status and digestive habits on HRQoL.

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