

3rd World Congress on

MEDICAL SOCIOLOGY & PUBLIC HEALTH

International Conference on

&

PUBLIC HEALTH AND EPIDEMIC DISEASES

September 21-22, 2018 | Dallas, USA

Food practice and anthropometry of senior citizen dwelling in old home

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Aging is a normal phenomenon in life. Geriatric population is increasing in every corner of the world due to an increase in life expectancy and it is applicable for Bangladesh also. Research on older people particularly food habit as well as anthropometry is scarce in Bangladesh though it is a demand of time now. This study was conducted to assess food practice and anthropometry of senior citizen dwelling in an old home in Bangladesh. This was a cross-sectional analytic study. The study was conducted among 200 senior citizens attending old home. Anthropometry was determined by WHO cut off the value of BMI for the Asian population. Food practice was calculated by food frequency questionnaire. Descriptive as well as inferential statistics were used to show the result. The average age of respondents was 68.29 ± 6.18 years. Underweight, normal and overweight were 37%, 56% and 7% respectively. Most respondents took rice 2-3 times/day. Meat and egg usually took weekly. Vegetables and soybean were taken randomly. Arthritis, diabetes and hypertension, anxiety as well as depression were common. Education has a significant role in the area of anthropometry. Underweight was seen more among lower educated respondents and it was strongly statistically significant ($p < 0.05$). Nutritional status of aged people in this study was not satisfactory.

Biography

Mohammad Abu Naser was born in Dhaka, Bangladesh and passed Master of Public Health under State University Bangladesh. Presently he is doing his PhD under Faculty of Medical Studies in Bangladesh University of Professionals (BUP). He has number of publications in International Open Access peer reviewed index journals.

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