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Nutritional status and functional capacity in diabetic and non-diabetic elderly females: A comparative study**Tanu Gupta and Pratibha Singh**

Manav Rachna International Institute of Research and Studies, India

Introduction: The association of diabetes and malnutrition may lead to unwanted dependence on others compromising the functional capacity of elderly.

Aim: The purpose is to assess the relationship between nutritional status and functional capacity in diabetic and non-diabetic elderly females.

Method: The cross-sectional study was conducted on 190 elderly females aged 60-80 years. Demographic attribute, chronic illness and metabolic disorder were assessed using self-reported questionnaire. Functional capacity was assessed using Lawton Instrumental Activities of Daily Living Scale and Katz Index of Independence in activities of daily living. Nutritional status was assessed using Mini Nutritional Assessment Scale. Data was analyzed using chi-square test and logistic regression analysis.

Result: Of the 190 participant, 97 were diabetic (51%) and 93 were non diabetic (49%). In MNA 75.2% non-diabetic were normal compared to only 42.3% of diabetic individuals. All the assessed IADL variables significantly deteriorated in diabetic individuals. Independence in IADL reduced in malnourished while considerably improving in well-nourished individuals. This study among elderly female suggests that simultaneous influence of malnourishment and metabolic diseases may retrograde the functional capacity whereas maintenance of optimum nutritional status and preventing underweight can improve their overall quality of life.

Conclusion: Patient with type-2 DM showed inferior nutritional status and high dependency. Optimum interventions to maintain healthy weight and good nutritional status are recommended for healthy aging.

tanugupta1907@gmail.com

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