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**Dietary habit and nutritional status of geriatric people residing in old home****Pradip Kumar Saha and Monirul Haque**  
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**Background:** Ageing is an ongoing physiological process. Geriatric population is increasing all over the world due to increase of life expectancy and it is true for Bangladesh also. Research on older people particularly dietary habit as well as nutrition aspect is scarce in Bangladesh though it is demand of time now.

**Aim:** This study was conducted to assess dietary habit and nutritional status of geriatric people residing in old home in Bangladesh.

**Method:** This was a cross-sectional analytic study. The study was conducted among 200 geriatric people attending old home. Nutritional status was determined by WHO cut off value of BMI for Asian population. Dietary habit was calculated by food frequency questionnaire. Descriptive as well as inferential statistics were used to show result.

**Result:** Mean±SD age of respondents was 68.29±6.18 years. Underweight, normal and overweight were 37%, 56% and 7%, respectively. Most respondents took rice 2-3times/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 played a significant role in nutritional status. Underweight was seen more among lower educated respondents and it was strongly statistically significant ( $p<0.05$ ).

**Conclusion:** Nutritional status of aged people in this study was not satisfactory. Intervention programs related to dietary practice and nutritional status may be arranged.

**Biography**

Pradip Kumar Saha is working in University of Dhaka, Bangladesh. He is extending his valuable service in University of Dhaka and has been a recipient of many award and grants. His research experience includes various programs, contributions and participation in different countries for diverse fields of study. His research interests reflect in wide range of publications in various national and international journals.

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