

# International Conference on Geriatrics & Gerontology

July 08-10, 2014 DoubleTree by Hilton Hotel Chicago-North Shore Conference Center, USA

## Health and nutritional status of aged people

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**Background:** There is inadequate evidence based information to assist health policy makers in preparing for appropriate health, nutrition and social support guideline for the elderly in Bangladesh.

**Objective:** The present study is an attempt to assess the health and nutritional status of elderly people in selected hospital in Dhaka.

**Methods:** It was a cross sectional descriptive study. The subjects were selected purposively. The study was conducted among 50 elderly attending Bangabandhu Sheikh Mujib Medical University. Anthropometric data such as height and weight of the study subjects were collected by using standard techniques. Nutritional status was measured according to WHO guideline.

**Result:** Most of the subjects belong to 60-64 yrs age group. Overall nutritional status as well as health status was not good and satisfactory. Most of them were suffering from malnutrition; arthritis as well as diabetes was very common. Partial reduction of appetite was seen among respondents. Dietary pattern was not good.

**Conclusion:** Health and nutritional status of aged people in this study was not satisfactory. Recommendation: Intervention programs related to health and nutritional status may be arranged.

## Biography

Mohammad Abu Naser is a student of Master of Social Science in the Department of Gerontology and Geriatric Welfare in Institute of Social Welfare and Research under University of Dhaka. He has a Master of Public Health (Epidemiology) from State University of Bangladesh (SUB). His main research interest is geriatric health and nutrition. He has publications in several journals.

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