

## Impact of Malnutrition on Ageing

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### SHORT COMMENTARY

Nutrition can be defined as eating a healthy and balanced diet as per the requirement of body [1]. Nutrition plays an important role in every step of life in an individual. In case of elders it plays a key role in the ageing process. In the ageing process many of the changes such as physiological, social, psychological, pathological and physiological conditions of older adults [2]. The ageing faces many challenges for the maintenance of good nutritional health in older adults [3]. The current article tried to focus on the common issues of nutrition for the elderly.

The concept malnutrition is associated with both under and over nutrition increases health risks in the older population [3]. It may be caused by lack of one or many nutrients [4]. It has been estimated that 30-60% of older adults are suffering from nutritional deficiencies [5]. The malnutrition leads to face a variety of chronic medical conditions in an older adult such as impaired muscle function, reduction in bone mass, decline in functional status, dysfunctioning of immune system, reduced cognitive function, higher hospital readmission rates, anemia, and increased mortality rate in an older adult [6]. The factors such as loss of physical strength, difficulty chewing, mental illness, loss of appetite, reduce sense of smell and taste; financial problems also contribute with chronic medical conditions [6]. Meeting the diet and nutrition requirements of an older person is crucial for the maintenance of health, functional independence and quality of life [3].

As elderly people require less energy related to younger adult because of reduced metabolic rate which further results in the reduction activities [1]. The micronutrients and micronutrients play a fundamental role in maintenance of health. According to

Wells J et al., [7] about 35% of older adults over the age of 65 trace minerals and vitamins deficiency while 2%-16% of elders are facing the nutritional deficiency of proteins and calories in community-dwelling elderly. Nutritional interventions have an impact on vascular disease prevention. With the increasing age the diet with low fat and cholesterol is beneficial for the vascular diseases [7].

Consuming of nutrition rich food along with the bioactive components like phytochemical may help in the protection of most of the age-related diseases. Nowadays the researchers are trying to educate the importance and impact of nutrition for the elderly. The prevention of malnutrition in an older adult is becoming a tough challenge for the health care system.

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