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Topic: Community health and nutrition programs

Title: Anthropometric indices and risk factor for malnutrition among elderly (60-70years) in Ibiasogbe community, Oru west local government area, Imo state, Nigeia

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ABSTRACT

Objective: The study assessed the anthropometric indices and risk factors of malnutrition among elderly in Ibiasoegbe community, Oru west local government area of Imo State, Nigeria.

Materials and methods: A cross sectional study, Total of 370 elders were randomly selected from list of elders, aged 60years and above, who resides in Ibiasoegbe community. A validated, pre-tested questionnaire was used to obtain information on bio-data, educational level, feeding habit and disease conditions. Their anthropometric measurements of weight, height, waist and hip circumference were also determined. Body mass index (BMI) and waist hip circumference ratio (WHR) were classified using recognized standards. Data was analyzed using frequencies, percentages, means, standard-deviation and chi-square test.

Results: The result of the study showed that most (81.4%) of the female respondent were within the age group of 60 – 70 years compared to 69.2% of their male counterpart. More than one quarter of the respondents were overweight (29.3% and 23.1% in males and females). Most elderly within the age range of 71 – 80 years were at risk of abdominal fat accumulation than other age range ($\chi^2=16.490$; $p=0.002$). A total of 15.4% females and 11.2% males respondents were diabetic, 18.6% and 30.8% of the males and females respondents were hypertensive. There was a positive significant association between waist hip ratio, BMI and age ($p<0.05$).

Conclusion: females were more overweight and hypertensive than males, hence there is need to address poor dietary habit and isolatory lifestyle of the elderly through nutrition education.