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Nutritional Assessment of Elderly people covered by the Technical Standard System of Food and Nutrition Surveillance in Cruzeiro-DF, 2015.

Introduction: The Technical Standard System of Food and Nutrition Surveillance – SISVAN main goal is to monitor the typical meal pattern and nutritional status of individuals attended by Unified Health System (SUS) in Brazil. Nutritional disorders, as undernutrition and obesity, are associated to increases in morbidity and mortality. These concerns affect healthcare providers, policy makers, and the public. The objective of this study was to identify the nutritional status, according to body mass index, and provide information regarding anthropometric measurements of seniors followed by SISVAN in the city of Brasília (DF), Brazil. Methods: The nutritional status of the elderly population was collected by Bioimpedance Analysis, following the international protocol. The data was transferred to SISVAN consolidation spreadsheets. The analysis was further stratified by number of individuals, sex and Nutritional Status. The Body Mass Index was used in order to evaluate the Nutritional Status. Results: Out of the total of 114 elderly persons in the health unity in Cruzeiro, 9.6% was found underweight, this result is similar to the one found in Brasília (11.9%). 50.8% of the individuals are normal weight, a better result comparing to Brasília (36.5%). However, 39.4% of the elderly people of the unity is overweight. Brasília, in general, the older people population with overweight is 51.5%. Conclusion: The data reinforce the need for prevention and control actions for diseases and health promotion in seniors.