

Nutritional Consumption of Elderly People Following Ashram and Urban Lifestyle

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Abstract

Adequate nutrition helps elderly people to maintain their activities of daily living and thus preserve functional autonomy. The aim of this study was to assess the nutritional consumption of elderly people following ashram and urban lifestyle. The samples were taken at random from both the groups that are ashram elderly and urban elderly group. Nutrient intake was recorded using 7 days dietary records. Intake of all nutrients except energy was adequate in ashram elderly group. Where as intake of fat was higher than recommendation among the urban elderly group. The stress level of urban elderly group was higher in comparison to ashram elderly group. Ashram elderly group respondents were taking adequate and balanced diet in comparison to urban elderly group respondents. Urban elderly group respondents were taking high intake of quantitative food, oily, spicy food in comparison to ashram elderly group.

Keyword: Consumption, Autonomy

such illness. Nutrition well being is an important components of health, functional independence and quality of life in older person's.

Introduction

The relationship between nutrition and ageing is a complex one. On a biological level they are reciprocal-affects nutritional needs and the level of nutrition affects the process of ageing. The role of nutrition as a factor in human is important in growth, maintenance, disease prevention and recuperation from illness. A lifetime of eating and lifestyle habits goes into the making of each elderly person. Nutrition problems of elderly are multifaceted due to increased susceptibility to chronic disease. Nutrition is a key factor influencing

Material and Method

A total of hundred respondents aged between (50-55 and above) were selected from two lifestyle group from kanpur city. 50 of the respondents were of ashram and rest 50 were of urban elderly group. The samples were taken at random from both the groups that is ashram and urban elderly group. The information was obtained from the respondents by questionnaire-cum-interview method.

Result and Discussion

Table-1 : Mean consumption of Energy (kcal/day) by respondents on the basis of age group (male)

Age Group (Years)	ASHRAM ELDERLY				URBAN ELDERLY			
	Frequency	Energy Kcal/day	R.D.A.	Deficit %	Frequency	Energy Kcal/day	R.D.A.	Deficit %
50 – 60	17	1926	1976	-2.5	22	2182	1976	10.4
60- - 70	11	1980	1976	0.2	5	2212	1976	11.9
70 - 80	13	2014	1976	1.9	2	2103	1976	6.4
Total	41	1973.3	1976	-0.13	29	2165.6	1976	9.59

Table-1 shows the energy consumption of respondents as compared to recommended dietary allowances (R.D.A).The table reveals that in ashram elderly respondents male the mean consumption of energy

was found 1973.3 kcal/day and -0.13 percent deficiency of energy was found. Whereas in urban elderly group the mean energy intake was found 2165.6 kcal/day and 9.59 percent increment of protein

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was found.

Table-2 :Mean consumption of Energy (kcal/day) by respondents on the basis of age group (Female)

ASHRAM ELDERLY					URBAN ELDERLY			
Age Group (Years)	Frequency	Energy Kcal/day	R.D.A.	Deficit %	Frequency	Energy Kcal/day	R.D.A.	Deficit %
50 – 60	7	1780	1704	4.4	16	1945	1704	14.1
60- - 70	1	1650	1704	-3.1	–	2216	1704	30.0
70 - 80	1	1772	1704	3.9	5	2102	1704	23.3
Total	9	1734	1704	1.73	21	2087.6	1704	22.5

Table-2 shows the energy consumption of respondents as compared to recommended dietary allowances (R.D.A). The table reveals that in ashram elderly respondents the mean consumption of energy was

found 1734 kcal/day and 1.73 percent increment of energy was found. Whereas in urban elderly group the mean energy intake was found 2087.6 kcal/day and 22.5 percent increment of energy was found.

Table-3 : Mean consumption of Protein (gm/day) by respondents on the basis of age group (Male)

ASHRAM ELDERLY					URBAN ELDERLY			
Age Group (Years)	Frequency	Protein gm/day	R.D.A.	Deficient Increment %	Frequency	Energy Kcal/day	R.D.A.	Deficient Increment %
50 – 60	17	68	60	13.3	22	42	60	-30
60- - 70	11	63	60	5	5	51	60	-15
70 - 80	13	61	60	1.6	2	48	60	-20
Total	41	64	60	6.6	29	47	60	-21.6

Table-3 shows the protein consumption of respondents as compared to recommended dietary allowances (R.D.A).The table reveals that in ashram elderly respondents the mean consumption of protein was

found 64 gm/day and 6.6 percent increment of protein was found. Whereas in urban elderly group the mean consumption of protein intake was found 47 gm/day and -21.6 percent deficiency of protein was found.

Table-4 : Mean consumption of protein (gm/day) by respondents on the basis of age group (Female)

ASHRAM ELDERLY					URBAN ELDERLY			
Age Group (Years)	Frequency	Protein gm/day	R.D.A.	Deficient Increment %	Frequency	Protein gm/day	R.D.A.	Deficient Increment %
50 – 60	7	51	50	2	16	43	50	-14
60- - 70	1	59	50	18	–	36	50	-28
70 - 80	1	54	50	8	5	44	50	-12
Total	9	54.6	50	9.2	21	41	50	-18

Table-4 shows the protein consumption of respondents as compared to recommended dietary allowances (R.D.A). The table reveals that in ashram elderly respondents the mean consumption of protein was

found 54.6 gm/day and 9.2 percent increment of protein was found. Whereas in urban elderly group the mean intake of protein was found 41 gm/day and – 18 percent deficiency of protein was found.

Table-5 : Mean consumption of fat (gm/day) by respondents on the basis of age group (Male)

ASHRAM ELDERLY					URBAN ELDERLY			
Age Group (Years)	Frequency	Fat gm/day	R.D.A.	Deficient Increment %	Frequency	Fat gm/day	R.DA	Deficient Increment %
50 – 60	17	18	20	-10	22	25	20	25
60- - 70	11	15	20	-25	5	22	20	10
70 - 80	13	16	20	-20	2	21	20	5
Total	41	16.3	20	-18.5	29	22.6	20	13

Table-5 shows the fat consumption of respondents as compared to recommended dietary allowances (R.D.A).The table reveals that in ashram elderly respondents the mean consumption of fat was found 16.3 gm/day and 18.5 percent deficiency of fat was found. Whereas in urban elderly group the mean intake of fat was found 22.6 gm/day and 13 percent increment of fat was found.

Table-6 : Mean consumption of fat (gm/day) by respondents on the basis of age group (Female)

ASHRAM ELDERLY					URBAN ELDERLY			
Age Group (Years)	Frequency	Fat gm/day	R.D.A.	Deficient Increment %	Frequency	Fat Gm/day	R.DA	Deficient Increment %
50 – 60	7	18	20	-10	16	28	20	40
60- - 70	1	16	20	-20	-	21	20	5
70 - 80	1	18	20	-10	5	19	20	-5
Total	9	17.3	20	-13.5	21	22.6	20	13

Table-6 shows the fat consumption of respondents as compared to recommended dietary allowances (R.D.A).The table reveals that in ashram elderly respondents the mean intake of fat was found 17.3 gm/day and 13.5 percent deficiency of fat was found.

Whereas in urban elderly group the mean intake of fat was found 22.6 gm/day and 13 percent increment of fat was found. The table shows that the fat intake was higher in urban elderly group as compared to ashram elderly group females.

Conclusion

It may be concluded that the ashram elderly group respondents were taking adequate and balanced diet in comparison to urban elderly group respondents. Ashram elderly respondents were taking good quality high biological value proteins like milk, curd, paneer and fresh fruits rich in fiber content like banana, guava, apple, orange. They were also taking green leafy vegetables in diet. Urban elderly group respondents were taking high intake of quantitative food, oily, spicy food in comparison to ashram elderly group. So that their fat, energy intake was high in comparison to ashram elderly group respondents.

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