A Study to Assess the Prevalence and Contributing Factors Regarding Malnutrition Among Older Adults with a View to Develop Structured Information Booklet on Prevention of Malnutrition in Selected Rural Areas of Korba, C.G.

Manisha Janardan[1]*, Abhilekha Biswal[2], Sreelata Pillai[3], Jaya Chakraborty[4]

[1]*M.Sc. Nursing Final Year, Department of Community Health Nursing, P.G. College of Nursing, Bhilai, India*
[2]*Principal, Department of Child Health Nursing, P.G. College of Nursing, Bhilai, India*
[3]*HoD, Department of Community Health Nursing, P.G. College of Nursing, Bhilai, India*
[4]*Department of Community Health Nursing, P.G. College of Nursing, Bhilai, India*

Abstract: *Background of the Study:* **Malnutrition in older adults has been recognized as a challenging health concern associated with not only increased mortality and morbidity but also with physical decline. The population of elderly people ≥ 60 years is increasing worldwide and is projected to reach 1.5 billion by 2050. In India, the elderly people constitute 8.1% of the total population. Different studies in India have shown that more than 50 % of elderly population of India are suffering from malnutrition and more than 90 % have less than recommended intake. Studies revealed that many elderly are suffering from one or other diseases. Nutritional status of the elderly population has become an important issue but often gets neglected. Under-nutrition and over nutrition are important public health priorities in this vulnerable group.** *Objectives:* **1) To assess the socio- demographic variables of older adults at rural areas of Korba (C.G.), 2) To assess the prevalence of malnutrition among older adults in rural areas of Korba (C.G.), 3) To assess the contributing factors of the malnutrition among older adults in rural areas of korba (C.G.), 4) To find out the association between contributing factors with selected socio-demographic variable in rural areas of Korba (C.G.).** *Setting and Design:* **An evaluative research approach and non- experimental descriptive survey research design was used for the study.** *Material and Methods:* **A non-probability purposive sampling was used to select 60 older adults who were residing in rural area of Korba district, (C.G), for main study. The data collected was analyzed using descriptive and inferential statistics.**

Keywords: **prevalence, malnutrition, contributing factors, older adults.**

1. Introduction

Malnutrition affects all age groups, but for older adults a variety of issues exist that can affect one's older adulthood. some signs of malnutrition are associated only with conditions of older adulthood that cases once an older adult's age grows up. approximately 17.9% older adults are suffering from malnutrition and about 58.8% were at risk of malnutrition.

There is also some malnutrition such as vitamin or minerals deficiency occurrence during older adulthood.

Aditya vedantam, (2009) conducted a study from kaniyambadi block in the state of Tamil Nadu .227 older adults age group 68 years are screened with using MNA scale and anthropometric scale. The MNA classified 14% as malnourished and 49% at risk of malnourishment. using BMI as only the indicator, 59% were in the normal range and 32% were found to be underweight.

2. Material and Methods

An evaluative research approach and non- experimental descriptive survey research design was used for the study. Samples were selected with the following predetermined set criteria's. Inclusion criteria older adults who were available during the time of data collection. older adults who were not willing to participate in the study. Older adults who were not available during the time of data collection were excluded. Individual who gave informed consent were included. After reviewing the research and non- research material, and seeking the opinion of experts, a preliminary list of 36 questions were prepared. The tool consists of five parts. The validation of tool was done by five experts. The reliability of the tool was established by Karl Pearson coefficient of correlation. A non-probability purposive sampling was used to select 60 older adults who were residing in rural area of Korba district, (C.G), for main study. The data collected was analyzed using descriptive and inferential statistics.

3. Results and Discussion

A. Distribution of subjects according to the socio-demographic variables

The findings regarding age depicts that 33 (55%), 27 (45%)

subjects were of the age group 60-65 years and 70-75 years respectively. The findings regarding gender indicates that majority of the subjects i.e., 36(60%) were female and 24 (40%) were male. The findings regarding marital status indicates that majority of older adults i.e., 44 (73.33%) were 15 (25%) widowed and only 1 (1.67%) were separated. The findings regarding religion indicates that majority of older adults i.e., 55(91.67%) were Hindus, 3(5%) were Islam and only 2(3.33%) were Christians. As per level of education 38(63.33%) 17(28.33%), and 5(8.33%) subjects had illiterate, primary education and higher education respectively. With respect of type of family depicts that majority of older adults i.e., 36 (60%) were living in joint family whereas 24 (40%) were living in single family. The findings regarding diet pattern indicates that depicts that majority of the older adults i.e., 43 (71.67%) were non-vegetarian whereas only 17(28.33%) were vegetarian. With respect of family income depicts that majority of the older adults i.e., 25 (41.67%) Rs. 5000-7000, 19 (31.67%) Rs.7000-9000 and 10 (16.67%) Rs.10000-15000 whereas only 6 (16.67%) were having family monthly income of Rs. 9000-10000. Distribution of subjects according to occupational status depicts that majority of the subjects i.e., 25(41.67%) were having unemployed, 21 (35%) had retired and only 14 (23.33%) had business. In relation to source of knowledge regarding malnutrition indicates that majority of the older adults i.e., 37(61.67%) had doesn't know regarding malnutrition, 10 (16.67%) had knowledge from friend & medical person, 9(15%) from internet, television and only 4(6.67%) older adults had knowledge from mass media regarding malnutrition.

B. Area wise analysis of prevalence of malnutrition among older adults

Prevalence is measured in terms of screening, and assessment using mean, mean % and SD. Among these two dimensions, screening stands in high intensity with a mean % 48.22% (8.68 2.65), and assessment in least intensity with a mean % 40.62% (10.04) respectively.

Overall analysis of prevalence of malnutrition among older adults

The findings of the study reveals that 32 (53.33%) were at risk of malnutrition, 19 (31.67%) were malnourished and only 9 (15%) were normal.

C. Area wise analysis of contributing factors of malnutrition among older adults

The area wise analysis of contributing factors scores among older adults using mean, mean % and SD. Contributing factors is measured in terms of daily living factors, physiological factors and medical factors. Among all the three dimensions, daily living factors stands in highest intensity with a mean %68.25 (2.73 physiological factors stands with a mean % 59.38 (4.75, medical factors stand with least mean % 29.5 (1.77 respectively.

Overall analysis of contributing factors regarding malnutrition among older adults

The findings of the study reveals that 5(8.33%) were mild affected, 48(80%) were moderately affected and only 7 (11.67%) were severe affected.

D. Analysis to find out association between contributing factors with selected socio-demographic variables

Table reveals that there was significant association of contributing factor with selected socio-demographic variables. i.e., diet pattern and family income as the chi -square values 8.64, 15.02 were greater than table values 5.99, 12.59 at 0.05 level of significance respectively. Hence hypothesis (H1) was accepted in regards to variables i.e., diet pattern, family income.

Table 1

S.No.	Socio-demographic variables	Chi-square value	Df	Critical value	Significance
1	Diet pattern	8.64	2	5.99	P<0.05 S
2	Family income	15.02	6	12.59	P<0.05 S

4. Conclusion

This paper presented a study to assess the prevalence and contributing factors regarding malnutrition among older adults with a view to develop structured information booklet on prevention of malnutrition in selected rural areas of Korba C.G.

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