



Health and Nutritional status of elderly people in selected area of Dhaka city: a cross-sectional study

Taslima Khatun

National Cheng Kung University, Taiwan

Abstract:

Anthropometric data height and weight of the study subjects were collected by using standard techniques. Nutritional status was measured according to WHO guideline. χ^2 test and logistic regression was performed as $P < 0.05$ level of significance. Statistical analyses were performed by appropriate univariate and multivariate techniques using SPSS windows 11.5. Most of the subjects belong to 60-65yrs age groups. More than half of them were overweight while one third were obese and no one was in underweight. Maximum respondents ate regular meal 3 times a day. Digestive status of the study population was mostly good and minimum had lost their good digestion power. More than half of the respondent had different type of disease like diabetes, respiratory problem, CVD, hypertension, asthma, arthritis, stroke, eye problem etc. Most of the respondents were taken rice either once a day or twice a day. About half of the subjects took beef 1-2 times per week. Significant association was found between level of education and nutritional status. Logistic regression revealed that presence of disease (during study period) was found significant association with nutritional status [OR (95% CI): 2.21 (0.335-1.325) $p=0.004$] and presence of chronic disease was also found significant association with nutritional status [OR (95% CI): 3.33 (0.172-1.224) $p=0.004$] among elderly of the study subjects. In conclusion, urban elderly especially affluent society facing the risk of over nutrition. More than half of the respondent suffered different type of diseases. Most of them are suffering from diabetes mellitus.



Biography:

Taslima Khatun is pursuing her PhD, Department of Public Health, National Cheng Kung University (NCKU), Taiwan and In Bangladesh has served as a senior lecture and assistant professor for 7 years at the University of Health Science in Bangladesh. She has published 13 journal articles and 2 book chapters and presented her works in different international conferences in the past 10 years. She also guided national and international M.phil, MPH and MS student's thesis. She has been serving as a reviewer of different renowned journal.

Publication of speakers:

1. Metabolic syndrome among postmenopausal women in a selected rural area of Northern Bangladesh

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