

NUTRITIONAL AND HEALTH STATUS OF ELDERLY LIVING IN NURSING HOME AND WITH FAMILY

Rita Patriasih¹, Ali Khomsan², Mira Dewi², and Isma Widiaty¹

¹*Department of Home Economics Education, Indonesia University of Education, Bandung, Indonesia,*

²*Department of Community Nutrition, Bogor Agricultural University, Bogor, Indonesia*

Email address of corresponding author (Rita Patriasih): harpabiru@yahoo.com

The objectives of the study were to analyze nutrients intake, nutritional and health status, and indicator of stress among elderly living in nursing home and with family. The design of the study was a cross-sectional. The research took place in Bandung, West Java, Indonesia. This study was carried out on elderly people (aged > 55 years old) as a sampling unit. A total sampel of 418 people were drawn by non-probability sampling technique, consisted of 82 elderly who lived in nursing home and 336 who lived with their families. The methods used for collecting data consist of interview and physical assessment. Data collected was anthropometric data, nutrients consumption (intake), nutritional risk, blood pressure, and indicator of stress. Weight was measured with bathroom scales graduated to the nearest 0.1 kg. For elderly people whose height is not easily measured in standing position, their heights will be estimated from knee height as recommended for the older people who often have difficulties standing straight. The data of nutrients consumption (intake) was obtained through 1x24 hour food recall about kinds and amount of food consumed by elderly. Nutritional risk was assessed using a Mini Nutritional Assessment (MNA) questionnaire which contains diet and personal histories. Data was analyzed descriptively. The study was funded by Neys-van Hoogstraten Foundation, the Netherlands. Almost all elderly who lived in the nursing home (96.3%) and with family (78.9%) had low energy sufficiency level, which was less than 70% RDA. The protein sufficiency level was also low, 80.5% of elderly who lived in the nursing home and 53.3% who lived with family had protein sufficiency level less than 70% RDA. Malnutrition risk assessed by mini nutritional assessment (MNA) showed that elderly who were malnourished and had risk of becoming malnourished was 81.7% among those living in the nursing home and 77.9% among those living with family. Average systolic and diastolic blood pressure of elderly living in nursing home was 157/82, while elderly living with family was 150/90. Elderly living in the nursing home stated they usually had high blood pressure (54.9%), arthritis (46.3%), dyspepsia syndrome (31.7%) and cataract (31.7%), while elderly living with family usually suffered high blood pressure (42.9%), arthritis (43.5%), dyspepsia syndrome (28.6%) and dyslipidemia (18.8%). Physical indicator of stress in elderly living in nursing home as compared to elderly living with family were dizziness (37.8% vs 25.3%), stomach ache (13.4% vs 15.5), insomnia (30.5% vs 22.6%) and irritable (12.2% vs 10.1%). The study concluded elderly who lived in nursing home were more vulnerable to nutritional and health problems rather than elderly who lived with their families.