

Nutritional and functional status assessment of elderly men with and without diabetes mellitus

Supriya

Banasthali University, India

Ageing is associated with a gradual reduction in reserve capacity of body. Hence, elderly are more prone for health ailments. Diabetes mellitus is most common health problem among elderly in developing countries. It may be associated with increased risk of functional dependency, malnutrition, cognitive impairment, and depression. Despite all is known about diabetes mellitus, little is known about the nutritional status of older adults with this health condition. In this study, an attempt has been made to assess the nutritional vulnerability, functional status and depression in elderly people with and without diabetes mellitus. The sample comprised of 30 elderly male each in diabetic and non diabetic group (aged above 65 years). Background information was collected using self designed questionnaire. Twenty four hour dietary recall method was also used to collect information regarding dietary and nutrient intake. Anthropometric measurements include height, weight, BMI, MUAC and calf circumference of both diabetic and non-diabetic subjects. Various standardized tools i.e., MNA, GDS, ADL, and IADL were used to collect information pertaining to nutritional status, depression and functional activity respectively. Diabetic subjects were consuming more energy and nutrients (carbohydrate, protein and iron) compared to non diabetic counterparts. Significant difference ($p < 0.05$) was observed between MNA and GDS scores of diabetic and non diabetic subjects. No significant ($p > 0.05$) difference was observed in energy and nutrient intake of both the subjects. Negative correlation was observed in MNA and IADL. Diabetic elderly men present a grim picture with respect to their nutritional and functional status with many being at risk of malnutrition and functional dependency. Currently non diabetic subjects are at high risk of getting diabetes.

meetsupriya7@gmail.com