

PRELIMINARY STUDY OF DIETARY HABITS IN SPANISH FREE-LIVING ELDERLY



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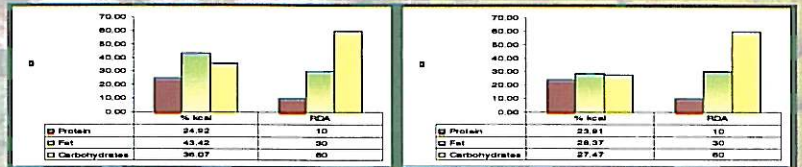
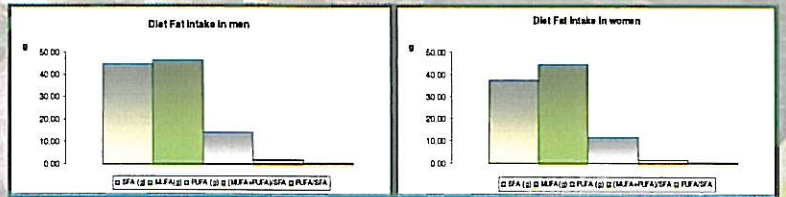


With the increase of life expectancy, diet and nutritional status have a great influence on the quality of life in old people, hitherto malnutrition is a common problem among elderly population but generally is under recognised and under treated.

Our objective is to assess the nutritional status in non institutionalised elderly people by means of dietary parameters. The study was carried out in 26 women and 9 men. Dietary assessment was performed by a 24 h recall, allowing the estimation of energy and nutrients intake. We also evaluated some indicators concerning age, sex, Waist/hip index and body mass index.

Body mass index was similar in both male and female ($25 \pm 3,2$ and $27,7 \pm 3,1$ kg/m^2). The diet of the group studied was close to representative Mediterranean diet. Energy, protein and cholesterol intakes, were unbalanced, as compared to recommended dietary allowances, high in lipids and low in carbohydrates. The lowest dietary fibre intake was observed in male elderly. The mean cholesterol intake was similar in male and female, and was upper the recommended level. Intakes of vitamin D (male and female) and vitamin A (male) were below the RDA in the Spanish population. The highest intake of sodium was found in female elderly. Zinc intakes were lightly below the recommended level in male elderly.

Key words: Free-living elderly, Nutritional status, Dietary intake, Autonomous Community of Madrid, Spain



Energy intake of Protein, Fat and Carbohydrates in men (left) and women (right)

Material and Methods

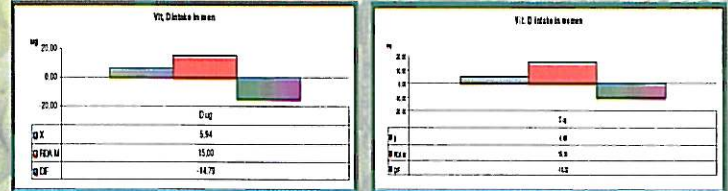
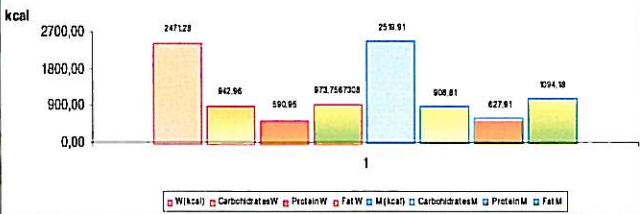
Cross sectional study using face to face interviews that included 24-hours recall

The reference nutrient values utilised were DIAL program, elaborated by Universidad Complutense of Madrid

Results

- The age for male was 69 years and for female 64 years,
- BMI is $25 \pm 3,2$ kg/m^2 for male and $27,7 \pm 3,1$ kg/m^2 for female
- The diameter W/W is $1,04 \pm 0,10$ for male and $1,04 \pm 0,09$ for female

Intake of total kcal in men (M) and women (W), and intake of kcal for carbohydrates, protein and fat in men and women



Conclusions

The analysis of the energy intake in a representative sample of elderly population indicated that male group and female group higher for protein and fat with respect RDA of each nutrient.

Intakes of vit D in male and female are below the RDA in Elderly studied in Madrid Community.

Higher risk of inadequate intakes of sodium was detected in female that suffer hypertension and also a lack of physical activity and overweight status was detected.