

To Study The Impact of Nutritional Status, Socioeconomic Status and Psychological Depression on Functional Capacity Among Elderly Female Population

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INTRODUCTION

The association of depression and malnutrition may lead to unwanted dependence on others compromising the functional capacity of elderly.

OBJECTIVE

To assess the nutritional status, socio-economic status, psychological depression and functional capacity in female elderly population.

METHOD

The cross-sectional study was conducted on 200 elderly females aged 60-80 years. Demographic attribute, chronic illness and metabolic disorder were assessed using self reported questionnaire. Functional Capacity was assessed using Lawton Instrumental Activities of Daily Living Scale (IADL) and Katz Index of Independence in Activities Of Daily Living (ADL). Nutritional status was assessed using Mini Nutritional Assessment Scale and depression was assessed using Geriatric depression scale. Data was analyzed using chi-square test and logistic regression analysis.

RESULT

Of the 200 participants, 15.5% were malnourished, 34.5% were at risk of malnourishment and 50% had good nutritional status. There was high nutritional risk in individuals with low income and good nutrition in individuals with high income. Independence in IADL reduced in malnourished while considerably improving in well-nourished individuals. Functional capacity and nutritional status also significantly deteriorated with increased psychological depression.

CONCLUSION

This study among elderly female suggests that simultaneous influence of malnourishment, low income, depression and metabolic diseases may retrograde the functional capacity whereas maintenance of optimum nutritional status and good lifestyle habits can improve overall quality of life. Optimum interventions to maintain healthy weight and good nutritional status are recommended for healthy aging.

KEY WORDS

Aging, functional capacity, nutritional status