

## Studying Nutritional Status in the Contemporary Aging Population

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**Abstract:** *This study aims to investigate the nutritional status of the elderly population in the current context. This research involves analyzing nutritional data such as nutritional intake, body mass index (BMI), general health status, and other factors that influence nutritional status in elderly people. The research methods used include population surveys, medical data collection, laboratory evaluation, and comprehensive statistical analysis. The aim of this study is to understand the overall picture of the nutritional status of elderly people in today's conditions, explore the factors that influence their nutritional status, and identify the correlation between nutritional status and their health and quality of life..*

**Keywords:** *Nutritional Status, Elderly Population, Nutritional Intake, Body Mass Index, General Health*

### INTRODUCTION

Global demographic changes have led to rapid growth in the elderly population worldwide. With increasing life expectancy and changing lifestyles, the health and quality of life of older people is becoming a major concern. One important aspect that influences their health is nutritional status. Good nutritional status plays an important role in maintaining physical, mental health and overall quality of life in the elderly population. This study takes a holistic approach to understanding the nutritional status of older people in today's context. Factors such as nutritional intake, body mass index, diet, and other environmental factors will be explored to identify common patterns and potential health problems related to nutritional status. With a deeper understanding of nutritional status in the elderly population in contemporary era, it is hoped that more effective intervention strategies can be developed to improve their health and quality of life, as well as reduce the risk of age-related diseases. It is hoped that this study will provide a valuable contribution to our understanding of the health of the elderly and preventive measures that can be taken to improve their quality of life.

### METHOD

Study This is method descriptive observational that is something method research conducted with objective main For make description or descriptive about something circumstances in a way objective . Study This its population is Elderly in Home Wredha Wana Syaya Denpasar, with Amount Population 44 people. Engineering taking samples in research This is *purposive sampling* , total sample in study This that is as many as 29 respondents . Study This use sheet observation about nutritional status in the elderly. Pada study This the type of data collected is primary data.

Study held at the orphanage Wredha Wana Sraya and Data collection was carried out in the month August 2018. Procedure Data Retrieval with Carry out an approach to research

subjects; Explain the aims and objectives of the research; Ensure the legality of consent with a letter of consent to be a research subject; Determining the sample using *purposive sampling technique* ; Observe the nutritional status of the elderly using observation sheets; Measuring BB, TB, LILA, Abdominal Circumference; Taking notes results measuring and calculating BMI ; Carry out data processing. Data processing is carried out with use computerization. Presentation in form table accompanied explanation and distribution frequency .

## RESULTS

### 1. Characteristics Respondent

Characteristics respondents based on type gender , most is Woman with the number of 23 respondents ( 79 % ) and men totaling 6 people (21%). Based on WHO age criteria carry on age differentiated into 4 stages that is Age Middle ( *middle age* ) aged 45 – 59 years ; Carry on Age ( *Elderly* ) aged 60 – 74 years ; Carry on Age Old ( *Old* ) aged 75 – 90 years and Very Old ( *Very Old* ) aged > 90 years . Data analysis shows that elderly with range ages 75 to 90 ( cont age ) years become group age the most in study This namely 17 respondents or with percentage 58.6 % . In total detailed characteristics respondents can seen in the table following :

Table 1. Characteristics Respondents at the Home Wredha Wana Sraya

Variabel	Jumlah	Persentase (%)
<b>Jenis Kelamin</b>		
Laki - laki	6	21
Perempuan	23	79
<b>Tahapan Usia (Tahun)</b>		
Usia Pertengahan (45 – 59)	4	13,8
Lanjut Usia (60 – 74)	7	24,1
Lanjut Usia Tua (75 – 90)	17	58,6
Usia Sangat Tua (>90)	1	3,5
<b>Total</b>	<b>29</b>	<b>100</b>

### 2. Measurement results Nutritional Status Indicator Elderly

In research This is nutritional status elderly be measured based on three aspect , ie circumference arm top (LILA), Circumference Stomach , and with Body Mass Index (BMI). LILA measurement results for elderly people in the orphanage show that part big elderly in thin category ( *Underweight* ) , namely as much as 44.8%. Elderly with category Obesity amounting to 3.5%; elderly with category There were 3 respondents *who were overweight* with percentage 10.3%; carry on age with The Normal category consisted of 12 respondents with percentage 41.4%. Measurement results Circumference Stomach in the elderly man

show that all over elderly men (100%) in normal category (>90 cm). Whereas carry on different ages sex Woman is known as much as 69.6% in normal category (>80 cm).

The calculation results index mass body continues age show that part big elderly had a normal BMI category (55.2%). Elderly Which lack of BB category heavy a total of 10.3%; category mild weight loss totaling 5 respondents with percentage 17.2%; The normal category consisted of 16 respondents with percentage 55.2%; category advantages of light BB totaling 2 respondents with percentage of 7%, meanwhile category excess weight totaling 3 respondents with percentage 10.3%. Detailed results of measuring nutritional status Elderly can seen in the table following :

Table 2. Results Measuring Nutritional Status Elderly

Variabel	Jumlah	Persentase (%)
<b>LILA</b>		
Obesitas	1	3,5
Overweight	3	10,3
Normal	12	41,4
Underweight	13	44,8
<b>Lingkar perut</b>		
Laki – Laki		
Normal	6	100
Tidak Normal	0	0
Perempuan		
Normal	7	30,4
Tidak Normal	16	69,6
<b>IMT</b>		
Kekurangan BB Berat	3	10,3
Kekurangan BB Ringan	5	17,2
Normal	16	55,2
Kelebihan BB Ringan	2	7
Kelebihan BB Berat	3	10,3
<b>Total</b>	<b>29</b>	<b>100</b>

## DISCUSSION

### 1. Measurement Circumference Upper Arm on Cont Age at Home Wredha Wana Sraya Denpasar

Circumference arm above (LILA) is description about circumstanes network muscle and lower fat layers skin.LILA measurements are carried out in the middle between base arm top and inner corner of the elbow size cm (centimeters). LILA measurements are purposeful For get description of nutritional status client . In patients who do not can be measured heavy body ( for example in bed rest "on bed" patients such as stroke, etc. ), mostly carry on age at the orphanage Wredha Wana Syaya Denpasar has size circumference arm over underweight ( lack weight ) and with difference of 1 respondent own size circumference arm above normal. From the results the Carry on age at the orphanage Wredha Wana Sraya There is in size low or small , which shows circumstanes nutrition not enough consequence lack energy and protein suffered at the time measurement done .

Malnutrition in the elderly can caused by consumption inadequate food ( no fulfil condition nutrition ), options food not enough nutritious , disease enhancing need nutrition ,

improvement disposal nutrition , lack of ability body absorb nutrition , or combination from factors ( Elise , S, 2017)

Treatment malnutrition protein energy usually started with repair rate electrolytes and fluids abnormal body . Besides that , giving intake nutrition through therapy pattern Eat . Food provided usually is food made from milk base . Give multivitamin supplements or liquid protein supplements , as well drugs certain For increase appetite eat , if required ( Marianti , 2018)

## **2. Measurement Circumference Stomach on Cont Age at Home Wredha Wana Sraya Denpasar**

Most of the carry on age man have ideal weight . On further age Woman in part big have circumference problem stomach Where carry on age Woman dominant own fat / obese body or excessive . Obesity is problem metabolism caused by imbalance positive energy ( positive *energy imbalance* ), ie If intake excess calories No comparable with burning calories through activity physique so that happen enhancement heavy body.n Obesity is excessive fat accumulation in network throughout body or place certain like stomach which is generally called obesity central or abdominal obesity . Obesity especially Abdominal obesity is factor risk happen enhancement pressure blood and levels triglycerides , which is next become factor risk disease cardiovascular . ( Khairana S, Indrawati L, Rahmatina B, 2016).

Effort For lower body weight in the elderly can done through change style live , practice physical , diet. Besides That other efforts like Inviting the elderly follow Integrated Healthcare Center elderly For give education about pattern life Healthy as well as facilitate availability Eat health and means For do activity physique or sport ; Invite elderly For have a balanced diet , do activity physical and exercise good physical , correct , measurable and orderly ; Consume vegetables and fruit that are affordable for the elderly For support balanced nutrition as well as avoid consumption drugs For fatten the body. ( Azizah J, Retno P, Yuliana NS, 2015).

## **3. Body Mass Index ( BMI) Cont Age at Home Wredha Wana Sraya Denpasar**

Index Masaa Body is body fat measurement based on height and weight . Index mass body have metric standard used For determine group healthy weight and not Healthy . Index mass body compare weight with height , calculated with share body weight in kilograms with height in meters squared . With the numbers obtained show that index mass body carry on age at the orphanage Wredha Wana Syaya Denpasar shows part big carry on age have index mass normal body with range value 18.26 – 25.0. Different with results measurement circumference part of the stomach big carry on age Woman show circumference stomach not normal with

results measurement  $> 80$  cm, on calculation index mass body This part big show normal results , p This Can influenced by the results measurement height because height becomes other indicators in calculation index mass body so that the results are possible different . Intake Nutrition Carry on age at the orphanage Wredha Wana Syaya Denpasar got it Eat as much as 3 times a day with a varied menu start from rice, side dishes , vegetables and fruit . A number of elderly people who have special diets intake nutrition is also considered . Activity physique routine carried out by Next age at the orphanage Wredha Wana Sraya Denpasar with do gymnastics, mobilize around House until sometimes invited For recreation .

Carry on age will potential experience obesity , esp Because imbalance between input food ( energy ) and expenditure ( activity ). Therefore , every elderly recommended For control weight with weigh in a way orderly , arrange pattern Eat nutritious balanced and sufficient do activity physique .

Monitoring Body Weight (BB) in total regularly for at least 2 weeks very aim For detect If happen addition or weight loss . Be aware enhancement or more weight loss from 0.5 kg per week from normal BB. Temporary elderly height Can So the more short compared to with height age mature Because decline density bone .

## **CONCLUSION**

Measurement results circumference arm top (LILA) on next age show that part big elderly in category *underweight* / thin , namely 44.8%. Based on the circle indicator stomach , 100% elderly man own circumference normal stomach , whereas in the elderly Woman circumference normal stomach with percentage 30.4% . The calculation results index mass body continues age show that category highest is at in normal category with total of 16 respondents with percentage 55.2%.

## **SUGGESTION**

Expected Manager House Wredha Wana Syaya Denpasar to always be notice circumstances elderly health and always guard as well as notice fulfillment intake substance nutrition from material the food consumed elderly ; Expected elderly consuming nutritious and balanced food For maintain nutritional status Good high body weight body , circumference arm on nor circumference stomach so that can fulfil ideal weight ; Expected exists monitoring nutritional status carry on age in a way sustainable and consistent in the orphanage wredha wana sraya Denpasar for nutritional status carry on age Can controlled ; For Educational

Institutions through research results this is expected can give information useful science for students and lecturers .

## **RESEARCH ETHICS**

Study This obtain ethics study from Commission Ethics Study Faculty Udayana University Medicine / Home Sick Sanglah Denpasar General Center with number letter ethics research No: 1830/UN14.2.2.VII.14/LP/2018 which states study This worthy ethics .

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