

## Assessment Of Health Parameters Of Old Age Home Inmates

Assessment of health parameters of old age home inmates was done by the students of III semester of department of P.G studies in food science and nutrition on 18-12- 2021. The activity was conducted in Hongirana, A unit of Louis Mendonca memorial trust, Mangalore.

The nutritional assessment of the old home people of age group above 60 years was done by anthropometric measurements, clinical sign detection and dietary assessment. The anthropometric measurements that were used are:

- Height measurements
- Weight measurements
- Hip and waist measurements

The clinical sign analysis the parts of the body such as hair, face, eyes, lips, tongue, teeth, gums were examined to see if any abnormalities were present. In order to interpret the physical activity level of the individual, their daily physical activity was recorded and they were categorized into sedentary workers.

The dietary assessment was carried out by obtaining details about their dietary intake pattern using frequency of the food groups consumed and 24 hours diet recall. Based on the calculations their nutritional intake was interpreted.

The results obtained after the assessment were statistically analysed. It was noted that the old age people exhibited minor clinical health problems. The target group were given well balanced diet which included foods from plant and animal sources

### List of students undertaking the extension activity

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### Objective

- To get a general understanding of the state of health in the target population
- To evaluate the nutritional status of the target population

### Outcome

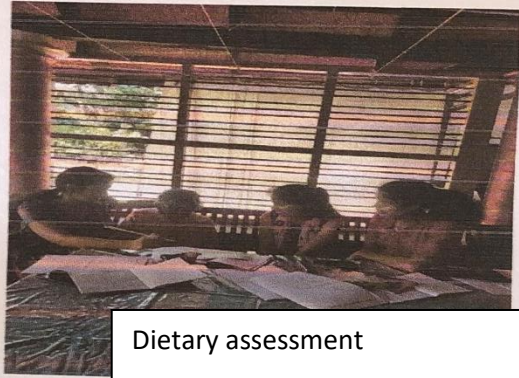
- The study was conducted to show that old age people, were having well balanced diet and had minor clinical problems.



Old Age Home



Students with inmates of Old age home



Dietary assessment



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