NUTRITIONAL STATUS AMONG THE GERIATRICS IN NYAMIRA SUB-COUNTY, KENYA

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DECLARATION

This project is my own work and has not been presented for award of degree, diploma or any other certificate in any university.

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This proposal has been submitted for review with our approval as University Supervisors.

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# ABBREVIATIONS AND ACRONYMS

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<tr>
<th>Acronym</th>
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<tbody>
<tr>
<td>CHD</td>
<td>Coronary Heart Disease</td>
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<tr>
<td>CVD</td>
<td>Cardiovascular Disease</td>
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<tr>
<td>FND</td>
<td>Foods, Nutrition and Dietetics</td>
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<tr>
<td>KDHS</td>
<td>Kenya Demographic Health Survey</td>
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<tr>
<td>RDA</td>
<td>Recommended Daily Allowance</td>
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<tr>
<td>MNA</td>
<td>Mini Nutritional Assessment</td>
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<td>MUAC</td>
<td>Mid Upper Arm Circumference</td>
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OPERATIONAL DEFINITION OF TERMS

Geriatric: Older citizens aged sixty years and above.

Nutrition Status: Is a condition of a person that is influenced by the intake and utilization of nutrients. Accordingly, nutritional status will be assessed through anthropometry, dietary intake and food consumption patterns.

Geriatric Nutrition: It focuses on the nutritional status of older adults with the aims of promoting health by preventing, treating diseases and disabilities.

Dietary practices: Refers to the number of meals consumed per day, frequency of food consumption, food variety and amount of nutrients consumed per day.

Malnutrition: Malnutrition is a state of nutrition (under or over nutrition) in which a lack of protein, energy and other nutrients causes measurable adverse effects on tissues tissue and/or body form, composition, function or clinical outcome.

Caregiver: The person who is concerned with feeding and taking care of the geriatric.

Mini Nutrition Assessment: is a validated nutrition screening and assessment tool that can identify geriatric patients age 60 and above who are malnourished or at risk of malnutrition.
ABSTRACT

In Kenya, the population of persons aged 60 years and above increased steadily from 1 million in 1989 to 1.9 million by 2009 and is projected to reach about 3 million people by year 2030. Nutritional needs change throughout life and for the geriatrics, these changes may be related to the normal aging processes, medical conditions, or lifestyles in terms of nutritional status (Amella, 2007). This means there is need to develop nutrition policies and guidelines that will aid in maintaining their health status, thus this study aims to determine the nutritional status of the geriatrics in Nyamira Sub-county, Kenya. The study population will include persons aged at least sixty years and are residents in the study area. A sample of 230 participants will be targeted. Data will be collected through face to face interviewer administered questionnaire, focused group discussion interview guide where discussions will be conducted in the three divisions. Nutrition assessment will be carried out using Mini Nutritional Assessment tool, clinical assessment on age-related health problems will be considered and dietary assessment using food frequency questionnaire. Anthropometric measurements will be taken including height, weight, Mid Upper Arm Circumference and armspan in determining the malnutrition status of geriatrics. Data will be analysed using descriptive statistics aided by the statistical package for social sciences (SPSS). Anthropometric data will be analysed using BMI cut-off of 18.5kg/m2 for underweight and Mid Upper Arm Circumference cut-offs of 22cm for women and 23cm for men. Nutritional data will be analysed using the Mini Nutrition Assessment scores that is 12-14 normally nourished, 8-11 at risk of malnutrition and 0-7 malnourished. The findings of this study will provide information of the real situation of geriatric nutritional status, enable the government and non-governmental organizations to review, develop and draft nutritional policies and open revenues for other researches to be done for comparability of findings in other areas.