

PERFIL ALIMENTAR E NUTRICIONAL DE IDOSOS ATENDIDOS EM UM PROJETO DE EXTENSÃO DE UMA CLÍNICA ESCOLA NO RIO DE JANEIRO

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The elderly are more susceptible to the onset of chronic diseases. These diseases are major causes of mortality and disability is closely related to bad habits such as smoking, inadequate food and lack of physical activity. This study was to evaluate the profile of food and nutrition in the elderly seen CLINICAL SCHOOL (CLESAN-UNISUAM). We evaluated 67 elderly, the population consisted predominantly of women (94.6%) with mean age 67.40 +3.42 years. Regarding nutritional status indicator according to Body Mass Index (BMI) 72.97% (n = 27) were obese, 27.03% (n = 10) were eutrophic and 0% were underweight. In 84.21% of the elderly high waist circumference was observed. In relation to dietary pattern The average number of meals per day was 4.10 + 1.33 meals, and the prevalence of elderly people make up to three meals per day of 18.91% (n = 7), 67.51% (n = 25) performed between 4 and 5 meals day and 13.51% (n = 5) performed six or more meals per day. When asked about his appetite, 85.15% reported present a good appetite, regular 11.11% and 3.70% bad. When evaluating the number of servings according to food groups reported by the Food Guide for the Brazilian population, none of the elderly presented intake ideal number of servings from all groups simultaneously. The prevalence of elderly patients who had considered poor intake of at least one of the food groups according to the Food Guide was 91.66%. Our findings indicate a change in nutritional status and dietary patterns of elderly subjects in CLINICAL SCHOOL (CLESAN-UNISUAM) and this may be associated with an increased prevalence of chronic diseases.