Micronutrient status of A selected group of elderly in an urban sub-district: Jakarta Pusat

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Abstrak

This cross-sectional study was conducted on 204, 60-75 years old free-living elderly, who were randomly selected from 2 suhvillages of Johar Baru, Jakarta Pusat. The overall health, food and biochemical nutrient status of the elderly were poor. Energy intake was law and 53.9 percent of the subjects had energy intake <2/3 of the RDI. The prevalence of chronic energy deficiency (BMI < 18 .5 kg/rn2) was 26.6 percent More than 75 percent of the elderly had iron and vitamin BI intakes < 2/3 of the RDL Using WHO criteria, the overall prevalence of anemia was 28.9 percent and the elderly females were most affected than the elderly males. Low vitamin Br status (ETK stimulation X14 percent), was found in 64.4 percent of the subjects Low biochemical status of vitamins B12, and A were 8.8 and 5.4 percent, respectively. Folate status was adequate as only 2.9 percent of the elderly had low RBCfolate levels.

Intakes of vitamins B, and B12 were related with their biochemical nutrient levels Diseases was a risk factor to low thiamin status but increased RBC folate. Widowhood and less than 6 years schooling were associated with low Hb and serum retina concentrations in elderly males BMI r 18.5 kg/nn was associated with low Hb and RBC folate concentrations. Subjects of household with per capita income less than Rp 41,200.00 had the highest prevalence of anemia compared with subjects of households with higher per capita income Low vitamin B12 status was associated with low Hb while serum vitamin B12 was positively associated with RBC folate.