

NUTRITIONAL STATUS IN OLDER ADULTS IN COMMUNITIES: PREVALENCE AND PREDICTOR FACTORS

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ABSTRACT

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Background:The older adults are an age group that is vulnerable to nutrition. There are several prevalent clinical diseases related to old age-related dietary elements that are frequently neglected. Malnutrition among the elderly is increasing globally, as is overweight or obesity. **Purpose:**This study aims to understand the prevalence and predictors of nutritional status factors in the elderly in Indonesia. **Method:**A cross-sectional, descriptive, and correlational research design was used in this study. Purposive sampling was utilized to collect 242 samples from the Community Health Center Lameuru in South Konawe. A demographic data was utilized to collect data, and a Mini Nutritional Assessment to assess elderly nutritional status. **Results:**This research shows the prevalence of elderly people with malnutrition (5.0%) and the risk of malnutrition is (29.3%). Logistic Regression shows that a history of using herbal medicines, having comorbid diseases, insufficient food intake and minimal mobility or physical activity are risk factors for the nutritional status of the elderly. **Conclusion:**Malnutrition or the risk of malnutrition is still modest, but it must remain a concern for numerous sectors in order to produce senior people who are healthy, independent, and efficient.

Keyword:Older adults, Prevalence, Malnutrition, Nutritional status

Latar Belakang:Lansia merupakan kelompok umur yang rentan terhadap gizi. Ada beberapa penyakit klinis umum yang berkaitan dengan unsur makanan terkait usia tua yang sering diabaikan. Malnutrisi di kalangan lansia meningkat secara global, begitu pula dengan kelebihan berat badan atau obesitas. **Tujuan:**Penelitian ini bertujuan untuk memahami prevalensi dan prediktor faktor status gizi pada lansia di Indonesia. **Metode:**Desain penelitian yang digunakan adalah cross-sectional, deskriptif, dan korelasional. Teknik purposive sampling digunakan untuk mengumpulkan 242 sampel di wilayah kerja Puskesmas Lameuru. Data demografi digunakan untuk mengumpulkan data, dan kuesioner Penilaian Gizi digunakan untuk menilai status gizi lansia. **Hasil:**Penelitian ini menunjukkan prevalensi lansia dengan gizi buruk (5,0%) dan risiko gizi buruk (29,3%). Regresi Logistik menunjukkan bahwa riwayat penggunaan obat herbal, memiliki penyakit komorbid, asupan makanan yang tidak mencukupi, dan minimnya mobilitas atau aktivitas fisik merupakan faktor risiko status gizi lansia. **Kesimpulan:**Gizi buruk

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atau risiko gizi buruk masih terbilang kecil, namun harus tetap menjadi perhatian berbagai sektor agar generasi lanjut usia yang sehat dan mandiri.

Kata Kunci: Lansia, Gizi buruk, Prevalensi