

FACTORS ASSOCIATED WITH MALNUTRITION IN OLDER ADULTS IN AN INDIGENOUS COMMUNITY OF TANCANHUITZ S. L.P.

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INTRODUCTION

Malnutrition is defined as the state of nutrition in which a deficit of energy, protein and/or other nutrients causes negative and measurable effects on the composition and function of tissues and organs and, therefore, on the overall state of the individual's health. . So in this study we intend to know the factors that are associated with malnutrition in the elderly living in the community of San José Pequetzen, Tancanhuitz, S.L.P. Mexico.
KEY WORDS: associated factors, malnutrition, malnutrition, older adult.



OBJECTIVE

To identify the factors associated with malnutrition in the elderly of an indigenous community of Tancanhuitz S.L.P.

HYPOTHESIS

older adults with better nutritional status have a lower risk of depressive symptoms.



I MARCO THEORETICAL

- The population of older adults has been increasing considerably in many countries, the United Nations Organization reported 703 million people aged 65 and over in 2019; by 2050 this number is expected to double.
- According to the population projections published by the National Population Council (CONAPO), it is estimated that, in 2050, the percentage of older adults will be 22%.
- In Mexico, 7.2 million of 10.4 million people aged 65 and over received pension income (from retirement or social programs) in 2018



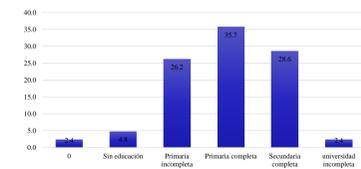
MATERIAL AND METHODS

- Mixed study, 42 adults were included. There was a permit to carry out such research by the authorities of the community, this project is considered a non-invasive study and also favors scientific knowledge, a validly informed knowledge was provided for the authorization and the signature of each participant was requested.
- Using the MNA. The NAM is composed of 18 items, with the following assessments: general (mobility, lifestyles, and medication), anthropometry (weight, height, brachial circumference and calf circumference), feeding data (number of meals, food and fluid intake and autonomy to feed) and subjective assessment (self-perception of health and nutrition).
- Demographic factors evaluated according to a designed questionnaire were considered.
- Depressive symptoms were evaluated with the geriatric depression scale composed of 15 items.

RESULTS

- the results obtained from the total sample of 42 older adults in an age range of 60 to 87 years 61.9% were men and 38.1% women. 100% of the population belongs to the Tenek ethnic group, the most frequent educational level is complete primary where 15 people (35.7%) as for the family nucleus 83.3% refer to living with a relative and 16.7% live alon.

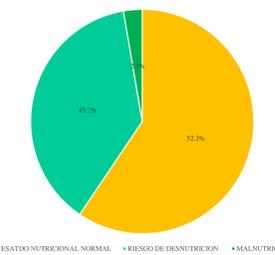
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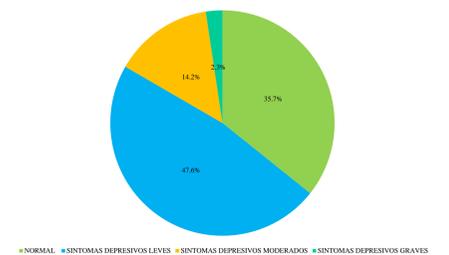
RESULTS

- 100% of the population belongs to the Tenek ethnic group
- 50.0% mention that their house is built with oate and 69% has a concrete floor.
- The nutritional assessment obtained the following results (28.5%) are malnourished, (54.7%) at risk of malnutrition, (16.6%) were considered with normal nutritional status.
- The psychological state of older adults was assessed with the geriatric depression scale where (2.3%) was considered with symptoms of severe depression, (14.2%) with symptoms of moderate depression and (47.6%) symptoms of mild depression and (35.7%) in normal psychological state.

EVALUACIÓN DEL ESTADO NUTRICIONAL

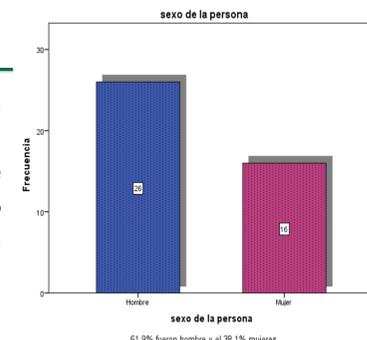


ESCALA DE DEPRESIÓN GERIÁTRICA



CONCLUSIÓN

No participants with malnutrition were detected, however, if there is malnutrition; There are factors that are associated with this health problem. Regarding the degree of malnutrition and the degree of depression, a significant relationship was observed in the elderly. People as they should eat properly through a varied diet that contains all the necessary nutrients based on the economic possibilities of the population since unfortunately they do not have access to the service of a nutritionist, mention that they should eat more than 3 times a day, in addition to including older adults to mutual aid groups for the inclusion of activities, emotional support and counseling.



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