

Impact Of Diet Counseling For Old Age People

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Abstract:

A training programme for the food service personnel from old age home and impart diet counseling to the elderly people, based on dietary knowledge, practices and assessed its impact. The effectiveness of the programme was evaluated after an interval of one month using the same checklist.

Keywords: *Training programme, Impart diet counseling, Food service personnel,*

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I. Introduction

The age which qualifies for senior citizen status varies widely. In governmental contexts, it is usually associated with an age at which pensions or medical benefits for the elderly become available. In commercial contexts, where it may serve as a marketing device to attract customers, the age is often significantly lower (Ahn Shin-Hyun,2011). The environment can greatly impact food preferences of older adults. Those around 75-years old and older tend to have limited mobility due to health conditions and rely on others for food shopping and preparation (Bitto, Ella Annette,2003).

Nutritional counseling follow-up, in order to evaluate learning, is an essential factor, which needs to be included in the plan. After an initial interview, follow-up is usually planned for some time during the next 1–2 weeks or perhaps at a later time in the same week. (Deshpande S.S, 2003)

II. Materials And Methods

Conducting a training programme for the food service personnel:

A training programme for all the 30 food service personnel of the selected homes was conducted for strengthening the dietary regimen, their knowledge assessed their knowledge on the importance of hygienic practices followed during food hand handling, personal hygiene, safety measures, sanitary practices to be followed in the production area, knowledge on nutrition and therapeutic diets. Based on the knowledge training was given for 2 hours a week during their leisure time for a period of two months through individual and group discussions, lectures and demonstrations using aids like charts, posters and pamphlets scores were used to evaluate the effectiveness of the training programme. Approaches to minimize food avoidance and promote changes to the diets of people that have eating difficulties due to oral health conditions are needed desperately because without being able to chew or take in food properly, their health is affected drastically and their food preferences are limited greatly (to soft or liquids only). (Savoca, MR,2010).

Imparting diet counseling to the elderly subjects:

Diet counseling was given to the selected elders who showed great interest in the selected elders who showed great interest in the counseling programme. A checklist was framed to understand their knowledge of food, nutrition and therapeutic diets, importance of physical exercise and personal habits. Counseling was given during the convenient time of the subjects for three hours per week for one month. Scores were used to evaluate the effectiveness of the counseling. Social network type can also affect individuals' food choices in our elderly population as well. For example, a person that has a larger social network and lower economic status is more likely to have proper nutrition than someone who has a smaller social network and higher economic status. (Kim, Chang-O,2016).

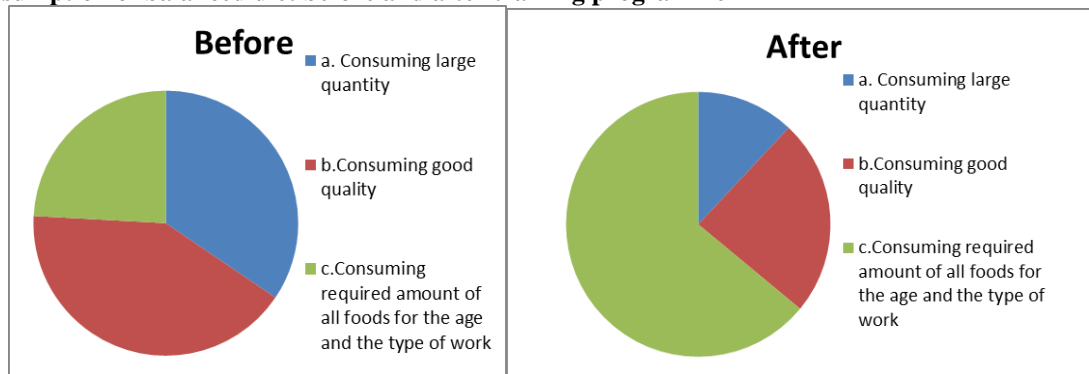
III. Result And Discussion

Impact of training programme of the food service personnel knowledge of nutritional concepts.

Concepts	No. Of response	
	Before	After
Meaning of balanced diet		
a. Consuming large quantity	10	3
b. Consuming good quality	12	6
c. Consuming required amount of all foods for the age and the type of work	7	16
Food needed for good eye sight		
a. Papaya	7	14
b. Carrot	12	15
c. Greens	9	15
Bones		
a. Milk	11	13
b. Ragi	5	10
c. Spinach	2	8
Blood		
a. Greens	8	13
b. Rice flakes	-	9
c. Sundakai	-	13
Functions of nutrients		
a. Protein-growth	2	7
b. Vitamin C- Strong gums	4	9
c. Vitamin-A – Clear vision	3	6
d. Calcium – Bones	3	7
e. Iron- Healthy blood	5	8
Mean Scores	4.68	10.18

It reveals that 75-83 percent of the personnel stated that only good quality food was considered as balanced diet. But after training all of them were clear about the correct meaning of the balanced diet. Though the mean score obtained shows improvement in the knowledge of the personnel steps should be taken to conduct the training routinely at regular intervals to retain and update their knowledge on nutritional aspects.

Consumption of balanced diet before and after training programme



Diet counseling to the elders

Knowledge on Balanced Diet and Cooking methods

Concepts	Male		Female	
	Before	After	Before	After
Meaning of balanced diet				
a. Consuming large quality	12	4	48	36
b. Consuming good quality	14	12	15	13
c. Consuming good quality and required amount of all food for the age and type of work	6	16	5	19
Vegetables should be cooked in				
a. Adequate amount of water.	11	19	32	53
b. Plenty of water	21	13	36	15
Best method of cooking rice				
a. Absorption method	8	12	32	48
b. Boiling and straining method	24	20	36	20
Mean score	0.78	1.47	1.01	1.76

The overall responses of female was very encouraging compared to male on the concept of balanced diet and cooking methods, since the women folk are generally responsible in the preparation of food. The knowledge on these concepts can be promoted by frequent diet counseling.

IV. Summary And Conclusion

The encouraging improvement has been noted among selected personnel on hygienic practices in food handling methods for food preparation and nutritional concept after imparting training. Diet counseling helped the elderly to understand the importance of balanced diet and cooking method, continuous diet counseling may be enforced for the sustainable improvement and healthy ageing.

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