

ICCN Poster Presentations

Nutrition and economics

Effects of household food expenditure on nutritional status of preschoolers in cassava producing areas of Nigeria

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In an attempt to verify the myth associated with cassava as an inferior commodity, anthropometric measurements of 437 preschoolers aged 0-5 years were taken in 378 randomly selected farm households in 3 villages of cassava producing households. Standard unit values (Z-scores) from median National Centre for Health Statistics, percentage prevalence and severities of malnutrition, stunting and wasting were calculated. Significance of difference was determined by students t-test. The results showed that the households total food expenditure rather than household expenditure on individual food items determined the nutritional status of the preschool children. High level of cassava consumption at the household level did not have adverse effect on the nutritional status of preschool children. Rather children from high cassava consuming household had better z-score values for most indicators, because such households had higher cash income and hence higher total food expenditure than low cassava food expenditure households. Cassava products like any other food items need to be consumed along with other food items for maximum contribution to health.

Examining the aged's nutritional condition in Kermanshah Iran, 2003

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Introduction: Ageing is a gradual process indicating the effects of genetics, lifestyle, and environment during the individual's lifetime. It includes the 65 plus age group. Nutritional dispositions, leading the aged to suffer from malnutrition, may be caused by receiving inadequate nutrients or by overeating, resulting in over-fatness. Nutritional insufficiency among the aged may arise from decayed teeth, reduced appetite, decline of cellular metabolism, hormonal alteration, osteoporosis, and dementia accompanied by social, economic, and psychological factors. Hence, a study was performed to identify factors that contribute to malnutrition among the aged and also to determine the prevalence of these disorders.

Materials & Methods: The descriptive cross-sectional study utilised well-trained interviewers using standard information questionnaires. Interviewers visited households. Data collected using the questionnaire included demography and related questions to the aims of the study. Subjects were selected according to class-random sampling. The sample consisted of 306 individuals, aged 65 and over from Kermanshah.

Result: The results showed that the mean age of 178 males and 128 females was 72.38y; 8.5% of them were in a low socio-economic group. 57.5% of subjects expressed that they had to change their diets as a result of an existing disease, 56 persons consumed less than two meals a day, 178 individuals ate fruit, vegetables, and dairy products, and 140 persons were not able to eat food properly due to oral problems. About 160 subjects were taking more than three different medications. 13.7% of the aged had good nutritional status, 24.8% had average nutritional status but were at high risk of malnutrition, and 61.4% were exposed to severe malnutrition.

Conclusion: This study suggests that nutritional evaluation must be done throughout a persons lifetime regardless of health status in order to distinguish between those who may require prevention of nutritional disorders in society, especially those at high risk. Offering pasteurised milk to elementary school students is a result of similar studies.