

**ANTIOXIDANT INTAKE AND NUTRITIONAL
STATUS AMONG CHINESE ELDERLY IN
SELECTED OLD FOLKS HOME**

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2009

ABSTRACT

A series of changes in physiological, physical, and psychological during aging may lead to undesirable nutritional and health status in elderly. Since oxidative stress may increase with aging and lead to age-related health complications, dietary intake of antioxidant vitamin C, vitamin E and β -carotene are widely investigated in nutritional and health interventions. This study was carried out to determine the antioxidant intake and nutritional status among the elderly in old folks home. In this cross-sectional study, convenient sampling was used as sampling method. The total population size involved in this study was 113 elderly. However, a total sample size of 54 elderly (male=28, female=26) was recruited in this study. The instruments used in nutritional status determination for the subjects were anthropometric measurement, clinical and dietary assessment. The results of study showed that overweight and obesity was the most prevalent body weight in male (n=18, 64.29%) and female elderly (n=11, 42.31%). Females (n=8, 30.77%) were found to be in higher prevalence of underweight compared to males (n=3, 10.71%). In terms of dietary intake, males (n=28, 229 ± 105 g/day) were found to have significantly higher carbohydrate intake than the females (n=26, 172 ± 69 g/day). There were 82.14% of males (n=23) and 80.77% of females (n=21) having total energy intake less than the RNI. The antioxidant intake of vitamin E of subjects (n=54, 100%) was less than the RNI. In addition, 90.74% of the subjects (n=49) was currently having health conditions. The most prevalent health conditions among the subjects (n=54, 100%) were coexistence of DM and CVD (n=20, 37.04%). Subjects with different health conditions were found to have significant differences in antioxidant vitamin E intake ($p < 0.05$). This study showed that the nutritional status among the elderly was undesirable and the antioxidant intake may associate with health of elderly in later life.