

# NUTRITION

## 3.1 Nutritional status of elderly rural population and development of appropriate intervention model using existing health system

**Principal Investigator:** *Dr. Madhu B., Scientist 'F'*

**Co-Principal Investigator:** *Dr. Arvind Mathur, SN Medical College, Jodhpur, Dr. Harish Aggarwal, SN Medical College, Jodhpur, Dr. MP Soni, M/o, CHC, Luni, Mr. RK Kalunda, Technical Assistant*

**Commencement:** Oct, 2013    **Duration:** Three Years    **Status:** Ongoing

**Funding Agency:** Desert Medicine Research Centre (Intramural)

### OBJECTIVES

1. Clinical assessment of the elderly population
2. To assess the anthropometric measurements of the elderly population
3. Assessment of micronutrient deficiencies viz Iron, Zinc, Vitamin A and E, Calcium, Selenium, Chromium and lipid profile
4. Assessment of the dietary intake of the elderly population
5. To develop an intervention model using existing health system

### PROGRESS

This project has been initiated and sampling has been done. Recommendation of Ethics Committee by DMRC and Dr. S.N. Medical College, Jodhpur has been taken. Meetings have been conducted with Director, ICDS, Jodhpur district along with Joint director and Lady Supervisor of Luni Tehsil telling them about the objectives of the project, nutrition intervention and the importance of the study and seeking their cooperation in the study. Meeting has also been conducted with CMHO, Jodhpur district for their cooperation at Luni CHC.

Luni tehsil has 8 CHC/PHC (Salawas, Luni, Dhundara, Bhatinda, Guda Vishnoi, Khejarli, Satlana and Jawar). Randomly Luni CHC has been selected, Luni village then has been selected, as it has CHC and population more than 5000 with availability of Medical Officer for intervention.

Meetings have been conducted with MO, Incharge, Luni CHC, Jodhpur and Tehsildar and all the Aganwari workers, ASHA workers and Sahyogini of the Luni village along with Sarpanch and Ward Panch in order to make rapport and making them aware about the objectives of the project.

In the Luni Village, five Aganwari centres are present. List of all the elderly individuals equal or above the age of 60 years have been prepared by the all the AWs of the five centres. This village has 379 elderly populations as per the list prepared by the AWs.

Schedules have been prepared and pretested in the Luni village in 10 HHs and modified accordingly. First training has been provided to all the five ASHA/ AWS/ Sahyogi workers along with Sarpanch, Ward Panch of the village.