

## EATING HABITS AND SOCIAL SUPPORT OF OLDER ADULTS (LIMA-PERU)

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**OBJECTIVE:**Determine the correlation between the eating habits and the social support networks (SSN) in older adults of the 'Centro Integral de atención al adulto mayor' (Lima-Perú) **METHODOLOGY:** Descriptive correlational cross-sectional study were two surveys (The Questionnaire of Eating Habits of the Elderly and The Lubben Social Network Scale) were applied to 91 seniors who attend care centers for older adults. Spearman's correlation coefficient were used for correlation analysis using SPSS program 21. **RESULTS:** 49.5 % , 51.7 % , 64.8 , 71.4 % had inadequate dietary habits in daily consumption of food source of protein , carbohydrates, vitamins and minerals , salt, sugar and ultra high processed foods dimension respectively. 37% had overweight and obesity. 74% were at risk of desolation and desolate, likewise, The LSNS, presents a statistically significant correlation ( Spearman's C. of 0.431 ) at a moderate level , with the total score of the questionnaire of food habits. **CONCLUSIONS:** There is significant correlation between dietary habits and kin and nonkin SSN of older adults in the study. There is significant correlation between kin SSN and regular consumption of vitamins and minerals source of food and regular consumption of salt, sugar and ultra high processed snacks dimension. There is significant correlation between non kin SSN and regular consumption of food source of protein and regular consumption of food source of vitamins and minerals. There is significant correlation between total SSN and total dietary habits of older adults in study.