

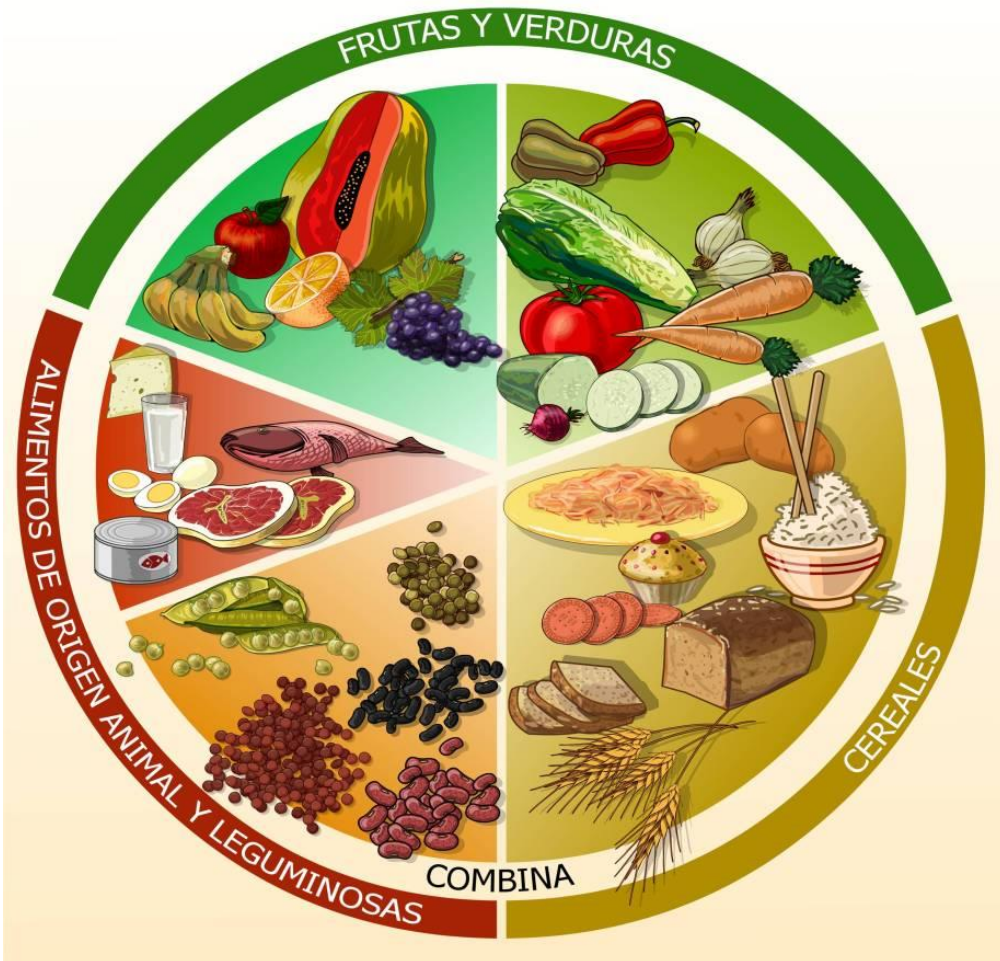


# FACTORS ASSOCIATED WITH MALNUTRITION IN OLDER ADULTS IN AN INDIGENOUS COMMUNITY OF TANCANHUITZ S. L.P.

Leydi Rojas M.COPOCYT

## INTRODUCTION

Malnutrition is defined as the state of nutrition in which a deficit of energy, protein and/or other nutrients causes negative and measurable effects on the composition and function of tissues and organs and, therefore, on the overall state of the individual's health. . So in this study we intend to know the factors that are associated with malnutrition in the elderly living in the community of San José Pequetzen, Tancanhuitz, S.L.P. Mexico.  
KEY WORDS: associated factors, malnutrition, malnutrition, older adult.



## OBJECTIVE

To identify the factors associated with malnutrition in the elderly of an indigenous community of Tancanhuitz S.L.P.  
HYPOTHESIS  
older adults with better nutritional status have a lower risk of depressive symptoms.



## MARCO THEORETICAL

- The population of older adults has been increasing considerably in many countries, the United Nations Organization reported 703 million people aged 65 and over in 2019; by 2050 this number is expected to double.
- According to the population projections published by the National Population Council (CONAPO), it is estimated that, in 2050, the percentage of older adults will be 22%.
- In Mexico, 7.2 million of 10.4 million people aged 65 and over received pension income (from retirement or social programs) in 2018



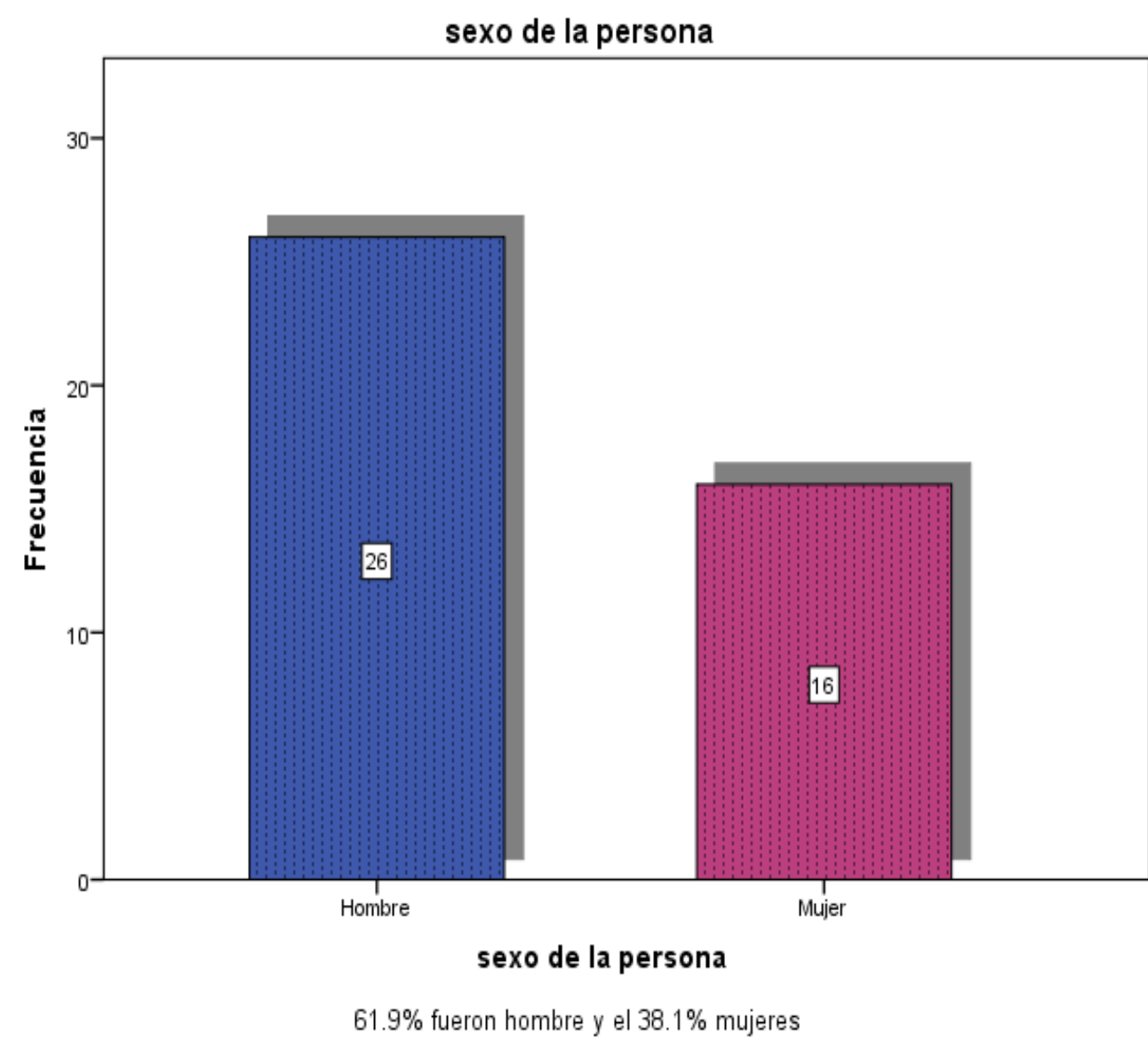
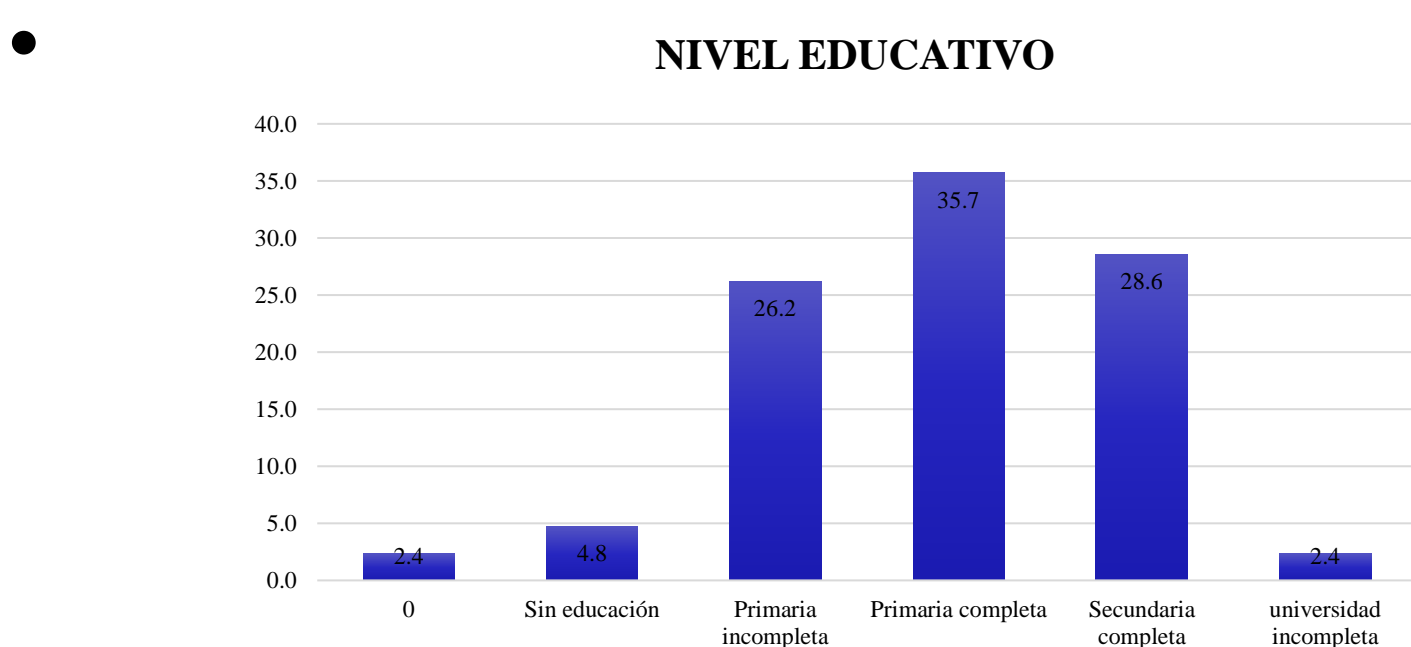
## MATERIAL AND METHODS

- Mixed study, 42 adults were included. There was a permit to carry out such research by the authorities of the community, this project is considered a non-invasive study and also favors scientific knowledge, a validly informed knowledge was provided for the authorization and the signature of each participant was requested.
- Using the MNA. The NAM is composed of 18 items, with the following assessments: general (mobility, lifestyles, and medication), anthropometry (weight, height, brachial circumference and calf circumference), feeding data (number of meals, food and fluid intake and autonomy to feed) and subjective assessment (self-perception of health and nutrition).
- Demographic factors evaluated according to a designed questionnaire were considered.
- Depressive symptoms were evaluated with the geriatric depression scale composed of 15 items.



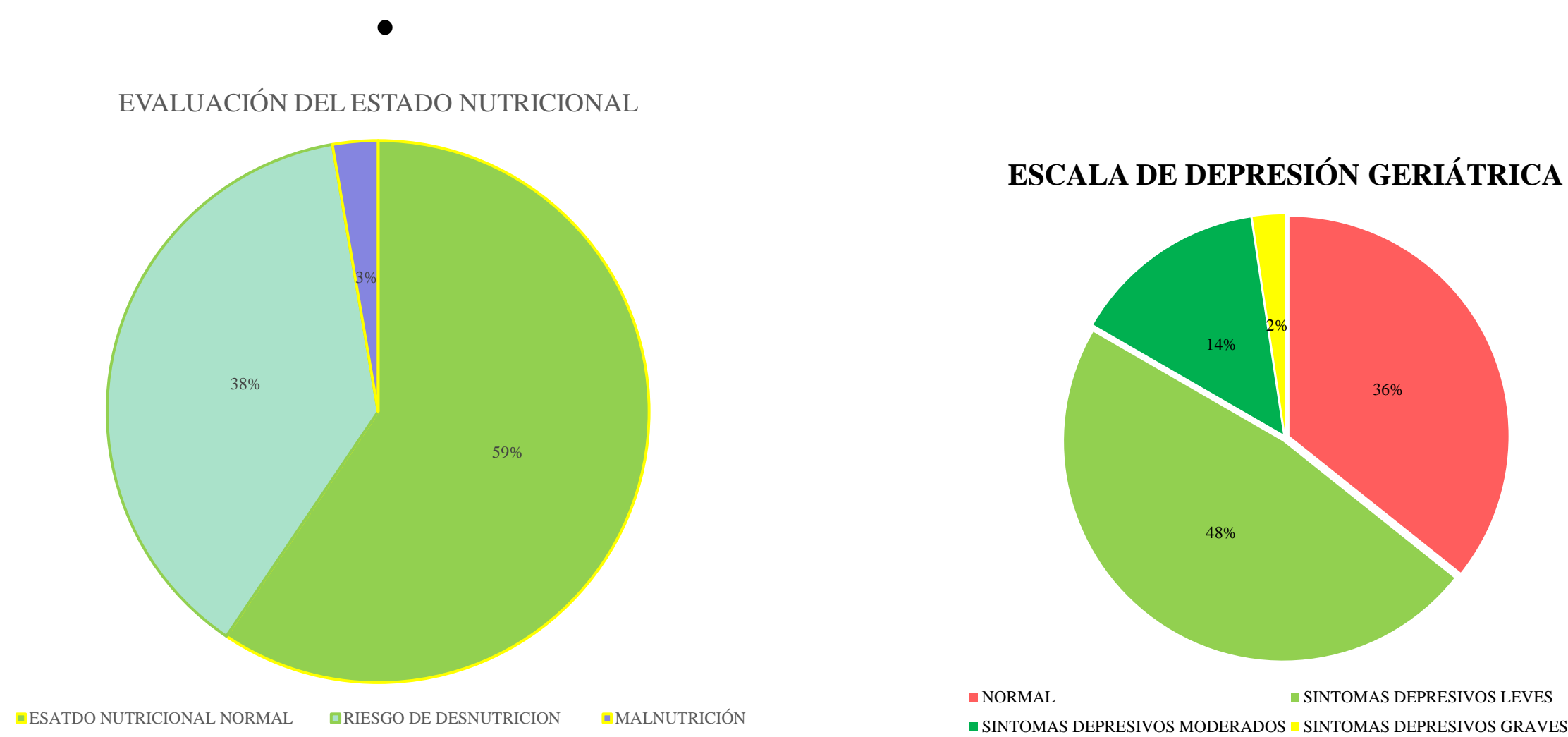
## RESULTS

- the results obtained from the total sample of 42 older adults in an age range of 60 to 87 years 61.9% were men and 38.1% women. 100% of the population belongs to the Tenek ethnic group, the most frequent educational level is complete primary where 15 people (35.7%) as for the family nucleus 83.3% refer to living with a relative and 16.7% live alone.



## RESULTS

- 100% of the population belongs to the Tenek ethnic group
- 50.0% mention that their house is built with oate and 69% has a concrete floor.
- The nutritional assessment obtained the following results (28.5%) are malnourished, (54.7%) at risk of malnutrition, (16.6%) were considered with normal nutritional status.
- The psychological state of older adults was assessed with the geriatric depression scale where (2.3%) was considered with symptoms of severe depression, (14.2%) with symptoms of moderate depression and (47.6%) symptoms of mild depression and (35.7%) in normal psychological state.



## CONCLUSIÓN

No participants with malnutrition were detected, however, if there is malnutrition; There are factors that are associated with this health problem. Regarding the degree of malnutrition and the degree of depression, a significant relationship was observed in the elderly. People as they should eat properly through a varied diet that contains all the necessary nutrients based on the economic possibilities of the population since unfortunately they do not have access to the service of a nutritionist, mention that they should eat more than 3 times a day, in addition to including older adults to mutual aid groups for the inclusion of activities, emotional support and counseling.

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