

Socio-demographic characteristics and food habits in elderly people

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Abstrak

The impact of Urbanization to food habits and socio-demographic characteristics was examined by comparing a total of 150 elderly subjects from rural, low income urban and middle income urban community (50 in each area) in Bandung district, West Java. All subjects had the same ethnicity (Sundanese). Urban subjects should migrated to the city for at least 30 years.

Data collection was done from January to March 1996. The data was collected through personal interview, anthropometric assessment and in-depth interview to selected individuals. These data collection was aimed to obtain information on food habits, health status, psychological well-being and nutritional status. Changes in food habits was gathered by using list of food which included current and past consumption frequency. Health status data was collected through subjective health reported by the subjects. Nutritional status was assessed by using several anthropometric measurement namely weight, height, armspan and calf circumference.

Changes in consumption frequency of several food items were found between current and past situation and also among areas. Several indicators of psychological well-being were also found significantly different among the three areas. No difference of nutritional status indices among areas were found.