



International Conference on
NUTRITION AND HEALTH CARE

November 17-18, 2022 | Paris, France

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Diet Quality Profile among Urban Elderly in Jakarta during COVID-19 Pandemic in Indonesia

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ABSTRACT (upto 300 words)

Background: Elderly population was at a greater risk to be impacted by the COVID-19 pandemic. While diet quality and health status contributed to immunity improvement during this situation, a profile of these factors among the elderly has not received much attention.

Objectives: This study aimed to obtain the profile of diet quality among elderly living in the urban areas of Jakarta during the COVID-19 pandemic in Indonesia.

Methods: The study was conducted using a cross-sectional method among 126 subjects aged > 60 years in five community health centers across Jakarta province. Diet quality was assessed by 2-day 24-hour food recall and scored based on Healthy Eating Index (HEI) 2015. General characteristics of subjects were measured by structured questionnaires to obtain data on age, gender, marital status, education, household income, smoking status, disease history, and nutritional status. Data analyses were conducted by descriptive analyses where categorical data were presented as frequencies and percentages, while numerical data were presented as mean (+SD) or median (25th – 75th percentile).

Results: Diet quality score of 93% elderly was below 60 with a mean HEI score was 46.1, indicating the poor diet quality profile among subjects during a pandemic situation. Low score inadequacy were found in total fruit (2.1 (0-4.9)), whole grains (0.0), and dairy (0.1 (0-0.5)). While

moderation scores were poorest on refined grains (1.3 (0-5.4) and saturated fats (0.0).

Conclusions: Poor diet quality among urban elderly in Jakarta during the COVID-19 pandemic was found to be prevalent. It is expected from the study that nutrition intervention should be part of priority strategies especially for the elderly during a pandemic situation in Indonesia.

Keywords: Elderly, Diet Quality, COVID-19 Pandemic, Urban Area

BIOGRAPHY (upto 200 words)

Public health advocate that currently active as a program manager in NCD Alliance Indonesia, a national alliance that consist of several NGOs that concern in NCD prevention. She also has been an advocate in tobacco control advocacy in Indonesia since 2012. She was one of the founder of tobacco victims' alliance Indonesia and one of the first board member initiating the development of NCD alliance in SEA region. She has special concerned in nutrition research relating with the NCDs problems and published 3 publications indexed in national and international journal accreditation such as Scopus. Along with the national and regional NCD alliances, she is now working in advocating on the implementation of SSB tax regulation in Indonesia.



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