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The Effect of Food in Old Age in Rural and Urban Areas

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Abstract

The objective of the study was to assess the dietary habits of urban & rural old age persons, to identify the physical activity pattern, to know the awareness of healthy diet & importance of physical activity, to know the expenses in concern with food quality of old age person among rural and urban areas. those following the restricted and avoided diet. In urban areas were found to be 46.25% where as in rural areas it was noticed 14%. With the patients having the diseases (diabetes, obesity, arthritis, and hypertension) the diet plan that was followed in urban areas 34% whereas in rural areas 42%. More stress should be laid on for improving the immune system by making the classification of diet chart for obesity, rheumatoid arthritis. Physical exercise is the need of the hour for preventing these lifestyle disorders.

Through yoga and meditation hypertension can be removed. In lack of physical activities stress and excess sodium consumption create these problems. Elevated systolic and diastolic blood pressure can also be controlled with the help of medication, physical exercise and proper diet chart.

Details of Restricted Foods

Restricted Food		Locality		Total
		Urban	Rural	
Sweets Sugar and Jagerry	Count	15	16	31
Sweet Fruits	Count	35	5	340
Roots and tubers	Count	15	6	21
Rice	Count	25	20	45

Bakery product	Count	55	5	60
Oily and Junk food	Count	42	21	63
Cashew & Dates	Count	9	5	14
Egg	Count	15	6	21
Maida Product	Count	12	5	17
Non veg. food	Count	12	3	15
Total	Count	235	92	327
Percentages and totals are based on responses.				

Bar Chart

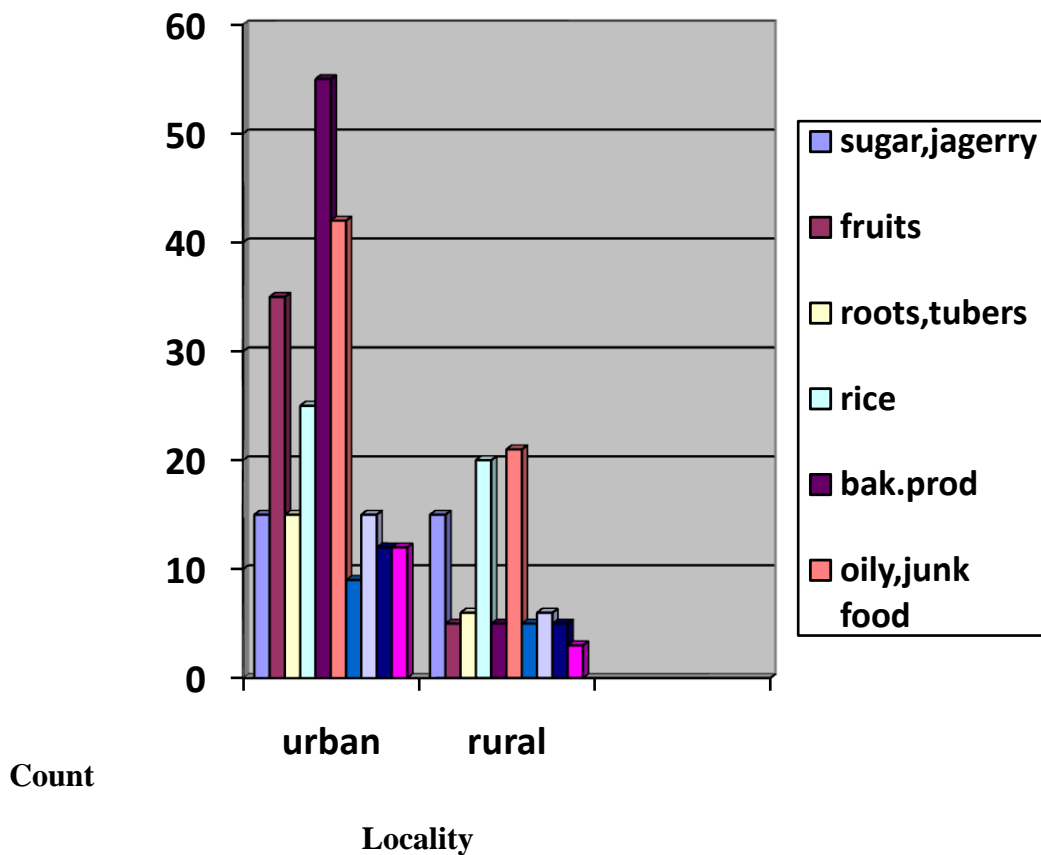


Figure 1: Details of Restricted Foods

Details of Avoided Foods

Avoided Food		Locality		Total
		Urban	Rural	
Sweets Sugar and Jagerry	Count	32	18	50
Sweet Fruits	Count	22	16	.38
Roots and tubers	Count	21	13	34
Rice	Count	35	21	56
Oily and Junk food	Count	45	37	82
Bakery Product	Count	21	10	31
Cashew & Dates	Count	13	12	25
Maida Product	Count	15	13	28
Salt	Count	21	14	35
Green leaf veg	Count	11	16	27
Spicy	Count	15	18	33
Non veg food	Count	15	5	20
Total	Count	271	183	459

Count

Bar chart

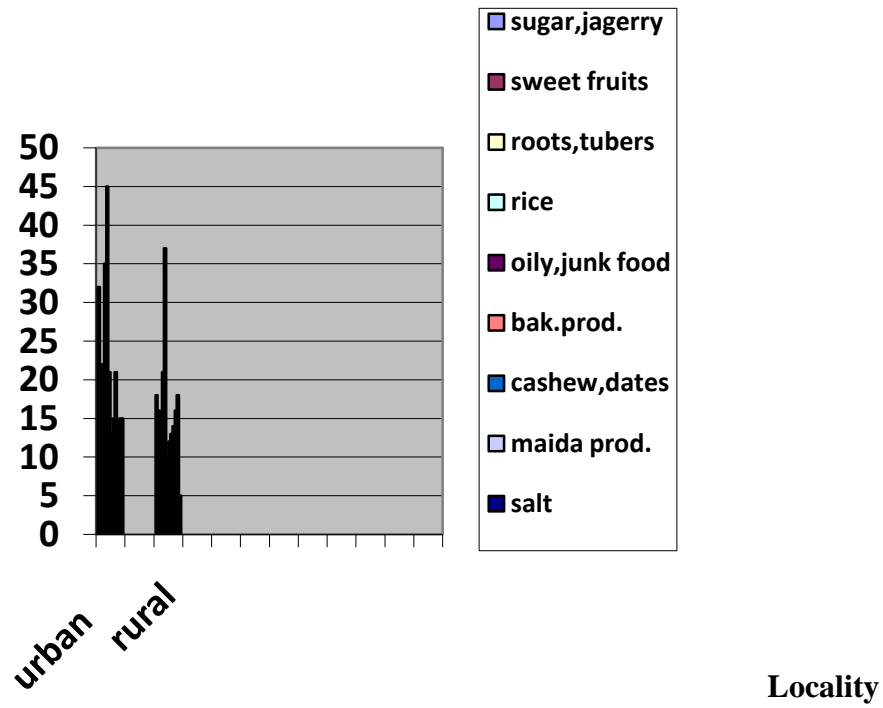


Figure 2.Details of Avoided Foods

Details of Specially included Foods

Specially Included		Locality		Total
		Urban	Rural	
Sugar Supplement	Count	2	5	7
Jamun	Count	5	3	8
Fenugreek seed	Count	10	3	13
Amla and Lemon Juice	Count	10	2	12
Alovera	Count	3	0	3
Soup	Count	5	3	8
Dal	Count	6	5	11
Oates and Multigrain flour	Count	10	5	15
Fruits	Count	8	12	20
Vegetable	Count	12	10	22
Milk	Count	10	27	37
Non veg	Count	3	2	5
Egg White	Count	10	5	15
Almond	Count	15	2	17
Protein	Count	2	2	4
Salad	Count	5	0	5
Total	Count	116	86	202
Percentages and totals are based on responses.				

Among the 400 hundred peoples who are following the restricted and the avoided diet in urban areas found (46.25%) whereas in rural areas (14%) and the percentage that is not going with the doctors is (39.5%). With the patients suffering the diseases (diabetes, obesity, arthritis, and hypertension) are consulted to a diet plan which shows that it is followed in urban areas by (34%) whereas in rural areas it is (42%). (Refer table 4.2.7.A, 4.2.7.B, 4.2.7.C and corresponding figure 4.2.7.A, 4.2.7.B, 4.2.7.C.

BAR CHART

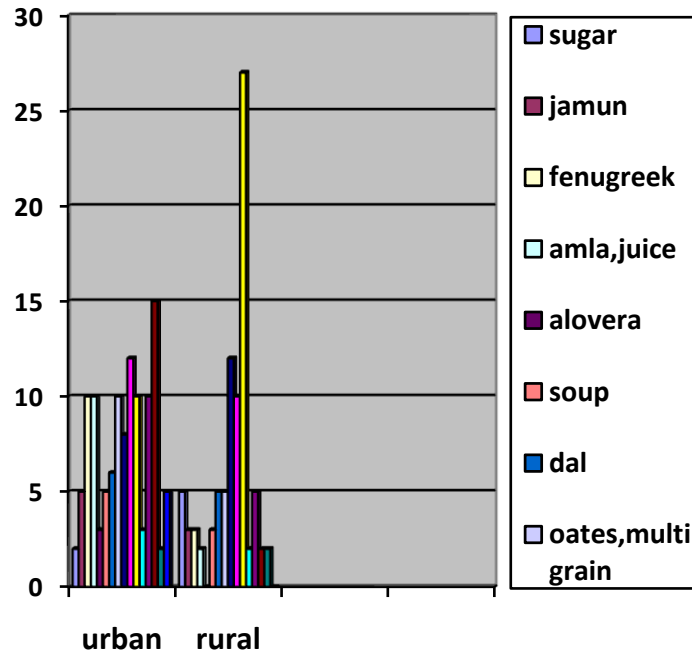


Fig.3.Details of Specially included Foods

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