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The Influence of Food Consumption on The Health Status of The Unjaya Elderly In 2023

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ABSTRACT

Background: An increase in life expectancy indicates an increase in the number of elderly people, namely people aged over 60 years. Elderly is the final stage in the life process that occurs due to many declines and changes ranging from physical, psychological, social which are interconnected with each other, so that it has the potential to cause physical and mental health problems in the elderly. The Unjaya Campus has a program of activities carried out by the elderly in maintaining their body health, namely by doing gymnastic activities. Another activity that can be done is to carry out health checks on elderly. The health checks carried out were glucose, cholesterol and uric acid checks. This examination can be used as a determinant of the health status of the elderly.

Purpose: Find out how the influence of food consumption on the health status of the elderly Unjaya.

Methods: The research was conducted using a questionnaire containing health behavior and food consumption as well as looking at the results of glucose, cholesterol and uric acid health checks. The sample used in this study is using total sampling. This research is a retrospective quantitative study. The data obtained was then analyzed using the SPSS application with the Fisher Exact statistical test.

Results: the major findings of data analysis show that the *p* value is more than alpha ($1,000 > 0.05$), which means that there is no significant influence between food consumption on the results of blood sugar, cholesterol and uric acid examinations for the Unjaya elderly.

Conclusion: It can be concluded that there is no significant influence between food consumption (sweet, salty and fatty) on health status (blood sugar, cholesterol and uric acid in the unjaya elderly).

Keywords: Elderly; Food consumption; Health Status

Topic: Caring for Communicable and Non-Communicable Diseases