

Epidemiologic and nutritional characteristics of the elderly Características epidemiológicas y nutricionales del adulto mayor.

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A sample of 1365 elders of both sexes from rural and urban populations was studied. Thirty four percent of the subjects were older than 80 years. 21.6% lived alone, 25% were illiterate and 50% did not finish elementary school. Mental impairment was found in 5.6% and body mass index was normal in 41.4% of subjects. Eighty seven percent did not smoke and 80% were teetotalers. Medical services were requested at least every one year by 15.4% and twice a year by 11.9% of subjects. These numbers will help to design preventive and interventional policies directed to this segment of the population.