

Prihatin. Compilation of Studies related to Food Consumption, Physical Exercise, Healthy Lifestyle, and Nutritional Status conducted in Indonesia between 2000-2010: Age group Elderly age 55 years and above.

Background. The improvement of health care system bring into the increasing of population of elderly in the last decade. In order to make the program policy feasible and applicable in the community, data on Food Consumption, Physical Activity, Lifestyle, and Nutritional Status are needed. Although many studies have been conducted by various institutions throughout Indonesia, documentation of these data nationally are lacking. This exercise is aimed to compile results related to the above topics from studies conducted in Indonesia between 2000-April 2010. The data can be used by the government to improve its commitment in developing adequate nutrition related policies. In addition, the data can be used to develop targeted nutrition guideline and for comparison to current data.

Methods. Literature search was done using internet, library visit, visit to universities and government institutions, and personal communication. Cities visited were Yogyakarta, Solo, Semarang, Jember, Magelang, Malang, and Denpasar. Subject of this study was elderly population age 55 years and above. Studies with samples equal to and greater than 80, from non-intervention or control group, focus on relatively healthy subject, were included in the analysis. Data was systematically extracted and narrated. Data collection was done between March and April 2010.

Result. From visits to 38 Libraries of 27 institutions, 224 references were found, however, only 58 eligible references were included for analysis. From those, mostly (53%) came from national journals and some (10%) was obtained from the internet. The studies covered 4 provinces, mostly conducted at district level (47%) and in urban setting (.66%). Most literatures stated that elderly eat variety of food, with rice as the staple food and tofu, tempe, vegetables, and fruits as side dish, although in small portion. The macronutrients intake was below the nutrient requirements (less than or equal to 75% of the Recommended Daily Allowance (RDA)), while the micronutrients intake was mostly sufficient (vitamin-A and C). About 50% of the elderly exercised 1-2 times weekly and spent less than 30 minutes per exercise. Anthropometry was a method widely used to monitor nutritional status of elderly. Nutritional problems such as underweight (range 6%-30%), overweight (range 3%-22%), obesity (5%-22%), and Iron Deficiency Anemia (IDA) were still present among the elderly.

Key words: Food consumption, Healthy lifestyle, Nutritional status, Elderly, Review