

A comprehensive assessment of the physical, nutritional, and psychological health status of the elderly populace in the Fayoum Governorate (Egypt)

Background: Elderly in Egypt is approximately 7.2% of the population. The main physical health problems affecting old age is Non-communicable diseases (NCDs). Depression is the commonest geriatric psychiatric disorder related to various life events. Malnutrition is associated with poor health, and cognitive impairment.

Objectives: To determine the prevalence of chronic non-communicable diseases; malnutrition and depression with identification of related risk factors among Fayoum elderly population.

Methods: A cross-sectional descriptive community based survey was conducted among elderly population 2219 in Fayoum governorate. The sample was multistage stratified cluster random. An interview structured questionnaire including socio-demographic characteristics, history of chronic NCDs, evaluation of nutritional and psychological status by MNASF and GDSLIF tools respectively.

Results: More than ninety percent of the studied population was suffering from more than one disease either physiological or pathological. The prevalence of malnutrition and depression was 10.9% and 74.5% respectively. Logistic regression analysis revealed that female gender, with increased age, and disease burden were common risk factor for both malnutrition and depression.

Conclusion & recommendation: Non-communicable disease, malnutrition and depression were prevalent in our older population. These findings indicated the need for comprehensive integrated medical, psychological and nutritional health care at the level of the primary health care units.