Evaluation of breakfast acceptance and nutritional status from elderly in a long-term institution.


The demographic and epidemiological transition of the country echoed in a sharply aging population. Verified the acceptance degree of breakfast offered to an elderly from a long-term institution in São Paulo considering the nutritional status and associated factors. In cross-sectional study with 27 independent elderly, 60 years or older, nutritional evaluation was performed using Body Mass Index, examining the degree of global breakfast acceptance by a 5-point hedonic scale, considering the presence of diseases, medications and dental prosthesis. Excess weight was observed in half of women and low birth weight in 21.4%, as in men predominated normal weight, 23.1% were underweight and 15.4% overweight. The most predominant diseases were hypertension, dyslipidemia, depression, osteoporosis and urinary incontinence. The use of dental prosthesis is present in 88.9% and an average of 5.9 drugs seniors daily used. The food acceptance is 85.2%, and most of them were normal weight, said they like or love the breakfast offered. Note that among the 14.8% who neither like nor dislike the default breakfast present a deficit or excess weight. There is a greater imbalance in nutritional status among women, presenting, especially overweight, with a majority of men classified as having normal weight. All the elderly have diseases, especially chronic diseases, most of them use drugs, dental prosthesis and are pleased with the breakfast offered.