



## Awareness and Management of the Aged Diet and its Implications for Family Survival in Ganye Local Government Area of Adamawa State, Nigeria

*Gisilanbe, Naomi Adamu,*

*Salihu, Sarah*

*Department of Vocational Education, Faculty of Education, Modibbo Adama University, Yola  
Adamawa State*

*Corresponding email: isaacjohn@mau.edu.ng*

**Annotation.** The research work was designed to identify the dietary habits of the aged in Ganye local government area of Adamawa State. Using random sampling techniques, sample of six female old women and four old men was drawn. The instrument used to gather data was questionnaire, the data collected were analyzed using frequencies and percentages. Finding revealed that fish is the source of first-class protein that is used, while maize, and rice form bulk of their carbohydrate and fruit and vegetable as source of vitamin and mineral to meet the demand and satisfaction of the family, recommendation were added based on findings. unit is a stable combination of lexemes with a completely or partially rethought meaning.

**Keywords:** Food, family, different people, work, government, management

Food is an essential need of the people as well as shelter and clothing for family survival. Also is that substance which nourishes the body and which after consumption is digested and absorbed by the body to produce energy, promote growth, repair the worn out tissues and regulate all the body process. According to Gillian (2004) he stated that “you are what you eat”. All over the world, there are different people doing different things, but all of them need to eat. Food seems to be one of the closest friends in our lives, as long as we are alive, we need to eat. Unfortunately, sometimes the intimate friend turns in to an enemy by inducing various viruses in to the human body which may lead to further development of diseases, thus reducing the quality of life to a certain degree. The varieties of these civilized diseases are known to have a significant association with our lifestyles and especially with diet one consumes on a regular basis. In providing adequate diet, the Food and Nutrition Board of the National Academy of Sciences and National Research Council has established recommended daily dietary allowances of the essential nutrients whose human requirement has established (Onyebueke & Scowzey, 2005).

Natalie, (2019) found out that consumption of too much particular nutrients can lead to deficiency diseases or malnutrition, hence the need to study feeding habits in relation to food and nutrition to cater for different physiological need of the people. Different development in life requires specific nutrients in specific quantities. Nutritional requirements of infants are quite different from that of adults while that of a pregnant woman is different from that of an aged person in the family.



The consequences of these are deficiency diseases that will lead to mortality rate, to prevent these, there should be enlightenment about basic teaching for proper intellectual development. As stated by Bakare (2000). The need for thorough knowledge of food and nutrition for family survival and development cannot be over emphasized, because it enables one to know that it is not when we eat large quantity of food that matters but eating the right proportion of food that will make one healthy. In this study the researcher will focus on the aged Nutrition need varies with age and gender, when one aged the foods and drinks that make up a healthy diet may need to be slightly different from when you were young. In general, you will need less of some foods and more of others. But healthy eating doesn't really change that much with age, especially if you already have a good diet, you simply need to be aware of your own specific nutritional requirements and adjust your food choices so your body gets exactly what is needed for good health in old age.

Old people's dietary intake is influenced by some factors which include, availability of food, economic level, family and meal culture, social culture, education, taboos and superstitious beliefs Most of the old people in Nigeria are farmers and retirees who feed on the food they grew and others that are made available in the family. The important of combining variety of food nutrients in the right quantity and quality for good nourishment need to be emphasized. Most of the old people tend to at less due to reduced sense of taste, some due to lack of proper knowledge of diet, they eat any type of food available to them This can lead to food habit, shortage of valuable nutrients and deficiency diseases malnutrition is a great hazard to which the aged appears to be more vulnerable than the younger age groups due to problems relating to ignorance on appropriate food choices, loneliness, social isolation which often times lead to depression, apathy, lack of appetite, physical disabilities, cardiovascular problems and poverty among others. According to World Health Organization WHO (2019) the elderly are defined as person above the age of sixty-five (65) years with women comprising a majority of this population

In many developing countries including Nigeria, there is a dearth of information as well as epidemiological data on the nutritional status of the age group are limited. Studies on children particularly infants and pre-school children appear to be more common than the aged, who are equally vulnerable as young children to changes in social and economic conditions. The old age which is regarded as from above, it is a time in one's life which the individual has ended their growth in body size. Their sense of reasoning reduces due to natural course, the calories needed decreases and its need now are mainly to sustain body functions and activities such as walking, eating, sleeping, blood circulation, respiration among others. It is important for them to maintain appropriate weight as it can be a great disadvantage to their physic. This study will consider both male and female within the age of 70 years and above and it is believed it will help to correct people's dietary habits hence improve the health standard of the aged.

### **Statement of the Problem**

The researchers personally observed that health risk among aged increases nutrition related of under or over nutrition diseases. Also, there is less concern or lack of awareness, lack of proper management of the aged diet among Ganye community of Adamawa State. Inadequate balance diet, less concern of the aged because of lack of knowledge from the side of the aged since they cannot take care of themselves and cannot contribute to the growth of the family and society at



large. These has led to so many diseases among the aged. Some of these diseases includes diabetes, depression, poor dental health, hypertension to mention but few, which if giving good care and appropriate diet they will aged healthy and stronger. The research seeks to solve the problem of the right food they are expected to eat as they aged, for healthy living and survival. Especially those that fall under ages of 70-100 who are not strong to take care of themselves anymore. Therefore, this study seeks to provide solution to proper diet for the aged.

### **Objectives of the Study**

The objectives of this research was to promote healthy lifestyle among the aged by encouraging food choices that will be beneficial to their health and to create awareness of healthy eating in advanced aged and the family at large. This can be achieved through the following objectives:

1. Determine the relationship between food and health of the aged in the Ganye Local Government Area of Adamawa State.
2. Identify the appropriate diet for the aged.
3. Create awareness on the recommended dietary allowance for aged in the study area.

### **Research Questions**

The study answered the following research questions;

1. What is the energy giving, growth and repair, protective food consumed by the aged?
2. What is the nutritional value to the aged?
3. What is the recommended dietary allowance for the age?

### **Research Hypotheses**

1. There is no significant difference between the energy growth and repair, protective food consumed by the aged.
2. There is no significant nutritional value to the age.
3. There is no significant recommended dietary allowance for the aged.

## **METHODOLOGY**

### **Research Design**

The research method was survey research, which involves the source of the data collection. Below are the various processes used to gather data and information to answer research questions

### **Population of the Study**

Out of the population in Ganye Local Government Area of Adamawa State, 50 persons were randomly selected from 10 wards of the local government area from ages 70 and above years giving the total population of 500 subjects.

### **Sampling Techniques**

50 aged people representing 10% of the population was used as sample for the study. Furthermore, simple random sample technique was employed to select 25 aged females and 25 males.



### Type of Data

The type of data required is survey data which is essential to answer the research questions. Sample of the right meal to be taken by the aged were prepared and were assessed experts from Modibbo Adama University, Yola. The form for the selected aged group is survey.

**Sample of a meal for the aged were as follows:**

#### BREAKFAST

1. Liver soup
2. Pan cake with tea
3. Orange milk shake

#### LUNCH

1. Carrot soup
2. White rice with vegetable casserole
3. Fruit salad

#### DINNER

1. Fresh Fish soup
2. Sweet potatoes pottage
3. Worm milk

S/N	DISHES CHOSEN	REASON FOR CHOICE	CHIEFE INGREDIENT	QUANTITIES
	BREAKFAST			
	Liver soup	It helps the heart and kidneys to function properly	Liver Maggi Carrot Green beans	250g 1 2 5 sticks
	Pan cake with tea	It helps to turn food into energy It provides vitamin C, D and K It provides protein and carbohydrate	Flour Egg Milk Salt Sugar Bonuvita	200g 2 1 spoon Pinch 2 cubes 1 spoon
	Orange milk			



2	shake		Milk	2 spoon
		It provides vitamin and mineral	Orange	3 medium
	LUNCH			
	Carrot soup	It stimulate the body	Carrot	5 medium
			Irish potato	2 pieces
			Liver	20 pieces
		It protect eyesight as you grow older	Green beans	6 sticks
		It improve dental health	Maggi	1 cubes
			Onions	1 medium
	White rice with vegetable casserole	It prevent cognitive decline as you grow older and cancer risk	Local rice	5 cups
		Cabbage	1 large	
		Carrot	5 large	
		Green beans	10 sticks	
		Chicken	2 laps	
		Bell pepper	2 large	
	It prevents obesity	Onions	1 large	
	It promotes heart health	Cucumber	2 large	
	Control blood sugar	Fresh tomatoes	2 large	
	vegetable casserole	Margarine	1 spoon	
Fruit salad		Maggi	3 cubes	
		Watermelon	1/4	
	It improves digestive health	Orange	6 pieces	
	It lower blood	Sweet melon	2 medium	



3	DINNER Fresh Fish soup	pressure	Pineapple	¼	
			Mango	2 large	
			Olive oil	2 spoon	
			Milk (optional)	2 spoon	
		It eases digestion			
	Sweet potatoes pottage	It maintains skin			
			Fresh fish	2 medium	
		It improves immunity	Ginger	1	
			Garlic	2 pieces	
		It improves weight loss and healthy vision	Onions	1 medium	
Worm Milk		Maggi	2		
	Lower risk of heart attack and stroke	Sweet potatoes	5		
	Prevent depression	Bell pepper	3		
		Onions	1 medium		
	Support immune system	Ugu (vegetable)	5 sticks		
Promote gut health	milk	2 spoons			
Lower high blood pressure					

**Result and discussion**

Table 1: Gender

Gender	Frequency	Percentage
Male	4	40



Female	6	60
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From the table, sixty percent of the respondents are female while only forty percent of the respondents are males. The result shows that majority of the aged sample are males. Since women live longer than men, on average, they comprise the majority of older persons, especially at advanced ages. Over the next three decades, the number of older persons worldwide is projected to more than double, reaching over 1.5 billion in 2050. All regions will see an increase in the size of the older population between 2020 and 2050. Globally, the share of the population aged 65 years or over is expected to increase from 9.3 per cent in 2020 to around 16.0 per cent in 2050 (United Nations Publication, 2020).

Table 2: Age (years)

Age (years)	Frequency	Percentage
70-75	3	30
76-80	2	20
81-85	2	20
86-90	2	20
91-95	1	10
96-100	-	-

Some are active in terms of strength; fifty percent of the respondents are between the age of 70-80 while forty percent are between the ages of 81-90 and ten percent are between 91-100 years. The UN (Publication, (2020) said the world continues to experience an unprecedented and sustained change in the age structure of the global population, driven by increasing levels of life expectancy and decreasing levels of fertility. People are living longer lives, and both the share and the number of older persons in the total population are growing rapidly. Globally, there were 727 million persons aged 65 years or over in 2020.

Table 3: Family source of income

Family source of income	Frequency	Percentage
Pension	5	50
Children	3	30
Business	2	20

From the table fifty percent of the respondents are pensioners while thirty percent depend on their children and twenty of them are business men and women.

Table 4: No of times family eat per day

No of times family eat per day	Frequency	Percentage
Once	-	-
Twice	2	20



Thrice	6	60
More than 3 times	2	20

The table above shows that twenty percent of the respondents eat twice a day while sixty percent eat thrice a day, and twenty percent eat more than 3 times a day. Meaning majority of the family eat thrice per day which is acceptable by most of the family members.

Table 5: **No of times family prepared food per day**

No of times family prepared food per day	Frequency	Percentages
Once	-	-
Twice	4	40
Thrice	4	40
More than 3 times	2	20

Table 5 shows the frequency of food preparation by the respondents a total of 4, 4, and 2 respondents prepare food daily twice, thrice and more respectively. And the table shows that none of the families prepare food once.

Table 6: **Food rich in protein**

No of times family takes food rich in protein/week	Frequency	Percentages
Once	2	20
Twice	4	40
Thrice	4	40
More than 3 times	-	-

Table 6 reveals that 2, 4, and 4 respondents had protein intake. According to Uddoh (2014), old people food should be light and easily digestible, the protein intake of the age should not be reduced since many people in the develop country like Nigeria do not receive enough protein in their diet.

Table 7: **Food rich in carbohydrate**

No of times family takes food rich in carbohydrate /week	Frequency	Percentages
Once	2	20
Twice	5	50
Thrice	3	30
More than 3 times	-	-

Carbohydrate is the most popular source of energy, twenty percent of the respondent take carbohydrate once, while fifty percent take it twice and thirty percent of the respondent take it thrice per week. The respondents need energy for physical activities and functioning of the body systems like respiration, heartbeat, excretion and the rest.





## Conclusion

The following summarize the entire research work on the management of the aged diet and its implications for family survival. The study analyzes the dietary practice of the aged in Ganye local government area of Adamawa State. The result of the research shows that the feeding habits of the people has been greatly influence by the family members most of the respondents are not aware of the danger that could result from not practicing good feeding habit and effect on the health of the aged eating well-nourished and contributes to the good health of the individual food from all the food groups needed to be eaten for proper functioning of an individual. It is suggested that to enhance the feeding habit of the aged, good nutrition and balance diet most be given to the aged for healthy living and survival. Since the old people do less activity, the quantity of energy foods should be slightly reduced while protein, vitamins and minerals needs remain the same.

## Recommendation

Based on the findings of this study the following recommendation were made:

1. Family should have workable budget for effective food planning for the family basic needs.
2. Family food intake should be balanced instead of only one class of food.
3. Government should make it a duty to educate and create awareness to enlighten the population on proper nutrition to improve the health of the family.
4. Nutritional education should not be in the class alone but also to the local communities about improving their nutrition with locally available products.



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