

# Geriatric nutrition is the talk of the time and need more research

## Editorial

Geriatric population is increasing worldwide. Bangladesh is not behind. Bangladesh is projected to be 1 of the 10 countries having largest elderly population. Total elderly population of the country 6.7% of the total population which is projected to be doubled in 2015. Lifespan has increased due to availability and accessibility of health services, decrease fertility and improve overall quality of life as well as income generating capacity has increased. In our country aged over 60years is considered as geriatric age. Few days before World Geriatric Day have been celebrated tremendously. Print and electronic media supported well. Double burden of malnutrition is seen among children, adolescent, adult but what about geriatric people we don't know. Moreover taste bud, digestive capacity alters due to ageing process. Changes are observed in their liking and disliking of food. On the other hand defense mechanism of our body becomes weak in last part of life. As a result gradually they become vulnerable. Besides joint family is breaking down and nuclear family is taking place instead of joint family which ultimately results lack of care. In western countries aged population usually reside old home but this culture did not develop much in our country. Awareness level on geriatric diet and nutrition need to be increased. Special emphasis should be given on their hygiene practice, environment and diet. Mental support is another important area need to be focused. The available literature concerning nutrition in older age is limited and studies to date have been small and I did not find any such study among geriatric people in our country. More research on their diet, dietary habit, micronutrient

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intake and nutritional status is suggested to conduct. If we can ensure proper nutrition to elderly people I believe they will be asset rather than burden.

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