**Title:** The effect of education on relatively stable behaviors related to nutrition in vulnerable elderly group - Golestan province - 1388

**Authors:** Mirnezhad.M, public health BS, Golestan medical university, Deputy of health, E-mail: mirnezhad2006@yahoo.com
Fiouz Yousefi.SH, midwife BS, Golestan medical university, Deputy of health
Mokhtarie.M, public health BS, Golestan medical university, Deputy of health

**Abstract:**
Introduction: One of the major issues in the general population of developing countries is aging population and its consequences. At present our country is experiencing the transition of the young age structure of population into aging. Although elderly population in our country's population is low, the increasing elderly population growth rate compared with the total population growth emphasizes the necessity for prospective planning issues in this group. As the lifespan of people increases, the importance of health promoting behaviors to preserve the independence and enhance quality of life for people also increases. This study was conducted to identify nutritional problems in elderly people aged 60 and 65 of Golestan province and their relatively stable behavior after educational interventions.

Materials and Methods: During a descriptive analytical study, names of elderly people around the province, aged 60 and 65 in urban and rural areas were extracted using household files and they were invited to participate in training classes. The content based on academic standard content for the elderly were presented. Their lasting knowledge after two months and relatively stable behavior 4 months later were evaluated.

**FINDINGS:**
Those of 10738 elderly people, 5283 people were trained, of which 4454 people (65/93%) have relatively stable behavior in nutrition.

**Conclusion:** Quality of life and basic interventions should be based on culture, facilities and suitable alternatives with regard to local food.

: nutrition - nursing - education - a relatively stable behavior

**Presentation:** Poster