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Title: Studing the state of “nutrition education” in the old people (60 & 65 years olds) in the rural areas of “Kangavar and” “ravansar” in 1388 (two cities in Kermanshah Iran country)

Authors: *Fariba Sohrabi(BS Midwifery)- Mehrangiz Jamshid Pour(Master of Demography)*

**Abstract:**

**Introduction:**

In the next forty years, the number of over 65 year olds will be doubled, in the way that 52% of this population will live in Asian countries and 40% of the whole old population will live in developed countries (1). Based on Investigation Of Health Demography Program in 2000, 7.3% of the population in Kermanshah are over 65 years old (2). A research on “how much the 60 & 65 year olds in the rural areas of two cities in Kermanshah are needed to be educated” was done in 2008. It revealed that one of the main problems was “nourishing” or “food habits” and due to that result, it was found necessary to plan and confirm some programs.

**Method:**

This study was a descriptive one and participants were all 60 & 65 year olds in the rural areas of two cities “Kangavar” & “ravansar”.

**Results:**

There were 640 people in the target group. 85.3% of them participated in the classes and were educated well. Participants’ knowledge were studied two months after the classes. 71.9% of them had the constant knowledge. Then their constant behavior was studied four months later, and it was found that 94.9% of them had relatively constant behavior.

**Discussion:**

A study in “Paveh” in 2009, showed that 7.4% of them were “thin” and 11.7% were “fat”. Another study in “zabol” in 2001 revealed that 5% of the old people were “thin” and 15% of them were “fat”. (5) An investigation in “Shiraz” in 2007, showed that 27.5% of the old people were at a high risk of suffering from “nourishing” diseases. Investigation in the country, also, revealed that 14-15% of the old people suffered from diabetes and 17-50% suffered from high blood pressure. Since, provision, protection and improvement of old people’s health should be considered primarily, and because of the old people’s new nourishing needs, new feeding patterns, planning sufficient strategies to educate the old people with “food habits” in order to improve and revise their diets seems really workful.

**Key Word:**

Lifetime-Health-Population

**Presentation:** Poster