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**Title:** Evaluation the effect of nutrition education on knowledge elders Darab city  
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### Abstract:
Numbers of elderly in different communities are growing including Iran. Among the nutritional effects on aging are profound. Diseases associated with nutritional status are clarified as well. Undesirable in the field of nutritional status for elderly in cadence of many diseases in clouding osteoporosis-diabetes-cardiovascular disease, high blood pressure and favorable government joins impose enormous costs in many areas field economic, social and health creates. Study fixed several awareness about the lack of nutrition, not only the effects, mortality, decreased quality in creased duration of hospitalization is

### Methods:
This study was interventional conducted on 82 participants from 60-69 years of old (32 male -50 female) at one of the rural health center of Darab in 1388. Training program of nutrition was performed in three series with specified intervals in order to increase awareness level of the elderly nutrition.

### Result:
96.3% illiterate and 12.1% literate of the elderly participated in Study. Moreover, 96% of them lived with their family while the other 4% of them lived alone. The participant's level of awareness was 12.1%, when the training program of the elderly nutrition was pretested by questionnaire on them. After keeping three training class series of nutrition and post-testing the questionnaire on them, their level awareness increased to 90.2%. The study results show significant statistical relationship between training and the elderly awareness.

### Discussion and conclusion:
Elderly health supplies one of the most vulnerable groups of society including health priorities with regard to the role of environmental factors in promoting nutritional health of older adults, finding strategies to improve nutritional status aging they are required to be healthy. Search for the most appropriate solutions to problems in the elderly, including the need to assess nutritional status in field research is extensive. According to the prevalence of the high eating disorder cholera in the elderly, thanks to the possibility that appropriate interventions are often factors that effective.

### Elders, nutrition, knowledge, Darab

**Presentation:** Poster