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**Title:** Assessment of Nutritional Knowledge in Aging People, Isfahan, Iran, 2009-2010  
**Authors:** Anahita Babak*, Soheila Davari, Pejman Aghdak, Aghdas Aghababaeian  

**Abstract:**  
Introduction: Increased life expectancy and elderly population is an achievement of the 21st century. In Iran, based on Population and Housing census in 2006, ages over 60, are included 7.3% of the total population. It is predicted that this will reach 24.9% by 2050. In Isfahan, the elderly make up 12.8% of the province total population. According to these, we should properly deal with the aging phenomenon and growing population's comprehensive needs. The overall program goals included reducing burden of diseases and common illnesses and disabilities and promote a healthy lifestyle in the elderly. Accordingly, the Ministry of Health and Medical Education (MoH) will follow "integrate elderly care", and "promote healthy lifestyle during aging" programs. More than 50% of burden of diseases are related to cardiovascular risk factors, therefore, educational priorities in the elderly was devoted to nutrition since 2009.  
Materials and methods: A book about healthy lifestyle was prepared by the MoH and was sent to all districts. Three health care workers in each district received the necessary training in Provincial Health Center and then, they had transferred the trainings in their own district to other health care workers. Ages 60-69 years were considered in the study. Lecture methods and techniques of play and repeat questions and answers were presented and practiced. Evaluation was done verbally with evaluation forms prepared by the MoH. Lasting knowledge and behavior changes were assessed two and 4 months after training respectively. SPSS software and descriptive statistics were used for data analysis.  
Results: Between 127,544 elderly in need of training, a total of 28,485 ones (22.34%) received the necessary trainings, which 15.7% of the urban and 52.2% of rural, were trained. Lasting knowledge was seen in 21,068 patients (73.96%) which did not differ in urban and rural areas (74.16% in urban vs. 73.7% in rural). Behavior changes were seen in a total of 18,795 (65.98%) which was 66% in both urban and rural areas.  
Discussion and conclusions: Overall, the number of educated elderly is low, especially in urban areas that require more activities. But their lasting information and behavior changes were in an appropriate level (more than half of cases), which shows the fact that the elderly are still able to accept trainings and understand the content. Therefore, it's necessary to pay more attention to them.  

**Keywords:** elderly, education, nutrition  
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