ABSTRACT

Malnutrition is one of numerous problems happening to the elderly. High prevalence of malnutrition in the elderly and with plenty of impacts caused make grading nutrition status crucial to undergo as an initial step to maintain or improve nutrition status of the elderly.

This research aimed to figure out nutrition status of the elderly in RSUP H. Adam Malik Medan. The research design used was descriptive involving 57 people. Data collection was carried out by consecutive sampling technique with the criterions of elderly aged at least 60 years of old, cooperative, and able to communicate in Bahasa.

Result obtained was that 68.4% elderly were categorized normal and 31.6% elderly was categorized having malnutrition issue. By sex 53% cases of malnutrition occur in men and 47% of cases occur in women. By age 82.4% cases of malnutrition occur in the elderly age and 17.6% of cases occur in old age. 61.8% based on BMI malnutrition cases occurred in patients with an underweight and 38.2% of cases occurred in patients with a normoweight. Nutrition status of the elderly was caused by Mid Upper Arm Circumference Body of the elderly ability to stay active and illness condition suffered by the elderly for the past the months.

Keywords: Malnutrition, Nutrition status, the elderly