

## **Abstract**

The nutritional status and needs of elderly people are associated with age related biological and often socioeconomic changes. Decreased food intake, a sedentary life style and reduce energy expenditure in older adults altogether become critical risk factor for malnutrition, specially protein and micronutrients.

The objective of this study was to assess nutritional status and physical activity level among rural elderly at Ukkulankulam in Vavuniya District.

Cross-sectional study was done on 100 elderly, aged 60 years and above selected from Ukkulankulam a rural area.

Nutritional status assessed using well-validated Mini Nutritional Assessment (MNA), and Anthropometric measurement. Anthropometric measurements used were body weight, height, mid upper arm circumference (MUAC), waist circumference, hip circumference and calf circumference.

A questionnaire was administered to obtain information on social, income educational level, health and physical activity level. Descriptive statistics was used to analysis the results.

In this sample, 20% of the subjects were under weight according to BMI (Men=38%, Women=24%). It was found that 33% of subjects were over weight. The majority of them were women. Eight percent of subject were under nourished according to MNA score (Men 4%, Women=11%).It was found that 42% of subject were at risk to be malnourished, the majority of whom were women.

As the result shows more than half of study population in Ukkulankulam is over weight or obese. This may be due to lower physical activity level. Although there educational level is low, due to the family support they full fill their daily requirements of foods.