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## ASSOCIATION BETWEEN NUTRITIONAL STATUS AND QUALITY OF LIFE OF ELDERLY SUBJECTS

**Statement of the Problem:** Malnutrition in the elderly has an evident impact on their general health and quality of life. Analysis of data of the Geriatric Oral Health Assessment Index (GOHAI) and their association with the Mini Nutritional Assessment (MNA) results improves our understanding of the complex relationship between oral health and malnutrition.

**Methodology:** A cross-sectional study was conducted on 503 Indian elderly attending OPD of Dental College, Aligarh Muslim University, Aligarh. Data on socio demographics and oral health status were gathered by interview and examination. Oral health-related quality of life was evaluated using the Geriatric Oral Health Assessment Index (GOHAI), and malnutrition risk using the Mini Nutritional Assessment (MNA).

**Results:** The mean GOHAI score was  $48.63 \pm 7.9$  for men and  $45.96 \pm 7.2$  for women. Higher number of subjects {365 (72.5%)}, had low perception (GOHAI < 57) of oral health. Higher mean MNA score was found in women as compared to the men ( $p < 0.05$ ). Pearson's correlation coefficient showed a strong association between total GOHAI and MNA scores.

**Conclusion:** Oral health-related quality of life was strongly associated with nutritional deficit. It requires a greater integration between dentistry and nutrition in the health promotion of older adults.

### Biography

Neha Agrawal has done her MDS in department of Public Health Dentistry. Currently she is working as Associate Professor in the Department of Periodontics and Community Dentistry, Dr. Z A Dental College, AMU, Aligarh. She has published more than 30 papers in International and National journals of repute. She has been invited as guest speaker in Indian Dental Association. She has presented several papers in state, national and international conferences.

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