

## APPENDIX - II

**PHASE: II –Parameters studied on elderly anemic women before and after Iron Folic Acid supplementation for 6 weeks**

**1. HEMOGLOBIN LEVELS:** Pre Intervention \_\_\_\_\_ gm/dl  
 Post Intervention \_\_\_\_\_ gm/dl

**2. 24 HOUR DIETARY RECALL: PRE AND POST**

Meal	Food items	Ingredients	Cooked (ml)	Raw (gm)

**Nutrient Calculation:**

Ingredient	Raw amount	Energy (kcal)	Protein (gm)	Fat (gm)	Calcium (mg)	Iron (mg)	β-carotene (μg)	Vit.C (mg)
Total								
RDA								
Deficit								

Tools (1) Measuring cups, spoons and glass (2) Cooked to raw conversion table.

**3. PHYSICAL PERFORMANCE TEST: PRE AND POST**

**Standing Balance :**

- |   |            |
|---|------------|
| a. Side by side (10 sec.)<br>able                       | Able / Not |
| b. Semi – Tandem (10 sec), full tandem (≤2 sec)<br>able | Able / Not |
| c. Semi – Tandem (10 sec), full tandem (<9 sec)<br>able | Able / Not |
| d. Full tandem (10 sec)<br>able                         | Able / Not |

**Walking Speed:**  
seconds

**Time duration in**

- a. Walking 2.4 meters
- b. Walking 2.4 meters

**Rise From A Chair:**  
**seconds**

**Time duration in**

- a. Five rises from a chair with arm  
across the chest

#### **4. COGNITIVE FUNCTION TEST: PRE AND POST**

**Attention and Concentration test:**

List down the numbers

Score: \_\_\_\_\_/15

- ✓ 1 mark for correctly struck off
- ✓ 1 mark deducted for incorrectly struck off

**Memory Test:**

List down the objects:

Score: \_\_\_\_\_/15

- ✓ 1 mark for correct entry
- ✓ 1 mark deducted for incorrect entry