

LIST OF FIGURES

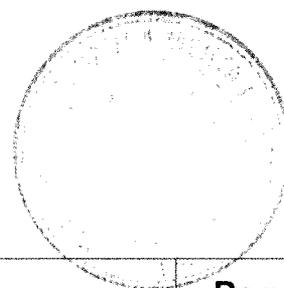


Figure No.	Title	Page No.
Chapter-2		
Review of Literature		
2.1	Number of people aged 60 and over	18
2.2	Prevalence of anemia by age in developing and industrialized countries, 1998	40
Chapter-3		
Materials and Methods		
3.1	Experimental Design of Phase I	65
3.2	Study Design of Phase II	74
3.3	Food Sampling for Analysis	82
3.4	Experimental Design of Phase IV	94
Chapter-4		
Results and Discussion- Phase I		
4.1.1	Percentage of elderly women with different source of help for purchase of various food items	108
4.1.2	Percentage of elderly women with different source of help for various food related activities	114
4.1.3 (a)	Percentage of elderly women with different living arrangements and age groups showing consumption of energy and protein as percent RDA	136
4.1.3 (b)	Percentage of elderly women with different living arrangements and age groups showing consumption of iron and beta-carotene as percent RDA	137
4.1.4	Percent prevalence of anemia among elderly women	141
Phase II		
4.2.1 (a)	Mean nutrients intake of elderly anemic women before and after IFA supplementation for 6 weeks	157
4.2.1 (b)	Mean nutrients intake of elderly anemic women before and	158

	after IFA supplementation for 6 weeks	
4.2.2	Percentage of elderly anemic subjects showing different degree of anemia before and after intervention	161
4.2.3 (a)	Change in Physical function test score (Standing balance) of elderly women after IFA supplementation for 6 weeks	164
4.2.3 (b)	Change in Physical function test score (Walking speed) of elderly women after IFA supplementation for 6 weeks	165
4.2.3 (c)	Change in Physical function test score (Rise from a chair) of elderly women after IFA supplementation for 6 weeks	166
4.2.4 (a)	Change in Cognitive function test score (Attention and concentration) of elderly women after IFA supplementation for 6 weeks	169
4.2.4 (b)	Change in Cognitive function test score (Memory test) of elderly women after IFA supplementation for 6 weeks	170
Phase III		
4.3.1	Mean scores of various food items on a 9-point Hedonic scale by institutionalized elderly and trained panel members	176
Phase IV		
4.4.1	Disease profile of the institutionalized elderly subjects	200
4.4.2	Percent prevalence of weight distribution in the institutionalized elderly	210
4.4.3 (a)	Percentage of subjects showing consumption of energy as percent RDA before and after 6 weeks and at the end of 3 months of intervention	215
4.4.3 (b)	Percentage of subjects showing consumption of protein as percent RDA before and after 6 weeks and at the end of 3 months of intervention	215
4.4.3 (c)	Percentage of subjects showing consumption of calcium as percent RDA before and after 6 weeks and at the end of 3 months of intervention	216

4.4.3 (d)	Percentage of subjects showing consumption of iron as percent RDA before and after 6 weeks and at the end of 3 months of intervention	216
4.4.3 (e)	Percentage of subjects showing consumption of vitamin-C as percent RDA before and after 6 weeks and at the end of 3 months of intervention	217
4.4.4	Percentage of institutionalized elderly subjects showing prevalence of degree of anemia before and at the end of the 3 months of intervention	221
4.4.5	Percentage of institutionalized elderly reporting minor illnesses before and at the end of 3 months of intervention	227
4.4.6	Percentage of institutionalized elderly showing psychological problems before and at the end of 3 months of intervention	229