

Examining the Nutrition Knowledge, Attitude, and Practices of Elderly Residents in Duguri District, Bauchi State, Nigeria: A Village-Level Analysis

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Abstract : Nutrition knowledge, attitudes, and practices (KAPs) play a vital role in preventing malnutrition and its consequences, impacting quality of life. This study aimed to assess KAPs among elderly individuals (60-90 years) in 4 villages of Duguri District, Alkaleri, Nigeria. A cross-sectional study was conducted among 2000 geriatrics from four villages. Studies showed that 70.6% of participants demonstrated poor nutrition knowledge, 60.2% exhibited unhealthy practices, while 50.5% displayed negative attitudes. Village-wise Comparison indicated that Yashi village recorded the lowest poor knowledge score (47.2%), Mainamaji (57.4%), Kungibar (66.2%), and Badara (67.2%) followed. Yashi village showed the most positive attitude (51.1%). The study revealed factors influencing KAPs, such as travel exposure and higher education, correlated with better attitudes and practices. The study highlights the significance of addressing nutrition-related KAP gaps among Duguri district's elderly. Raising awareness and implementing a nutrition strategy with a focus on older adults is crucial. Concrete measures must ensure elders' nutritional needs are met, enhancing their quality of life.

Keywords : nutrition, knowledge, attitude, practice, elderly, Duguri

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