

April 22-23, 2019
London, UKGustave Mabiama et al., J Aging Geriatr Med 2019, Volume 3
DOI: 10.4172/2576-3946-C1-005

Influence of eating behaviour on the occurrence of aging pathologies in urban areas in cameroon, a cross-sectional study

Gustave Mabiama, Marthe Blandine Ngouetou and Christine Fernande Nyan-gono Biyegue

The University of Douala, Cameroon

The ageing of population is a universal trend that spares no continent. It leads to important changes in the age pyramid with an increase in the proportion and number of aged persons (AP). The ageing process is complex and multifactorial. Food has long demonstrated its leading role in diseases such as obesity, diabetes, cardiovascular diseases, some cancers and more recently dementia. The main objective of this study is to determine the different eating behaviour and their influence on the pathologies of aging. Four hundred and three (403) AP (age \geq 60 years) consenting from urban areas in Cameroon were submitted to a questionnaire including socio-demographic characteristics, pathologies, past and current eating behaviour. The error retained is 5% and the confidence is 95%. More so, the data obtained were analyzed by the SPSS 20.0. It was noted that AP are mostly women (53%), the majority (80%) do not have pension and are cared for by families. Furthermore, milk and dairy products are less consumed (35%) than other food groups. Moreover, this behaviour is also characterized by a high-fat diet (96.0%), Hypertension (41.7.3%), osteoarthritis (35.7%),

stroke (10.4%), cataract (11.9%) and diabetes (14.4%) are the main pathologies observed. Pathologies are correlated with eating behaviour (R=0.90, 95%). All APs with hypertension had a high-fat diet while 69% nibbled between meals. Osteoarthritis appears to correlate with excessive high red-meat diet (R=0.89, 95%). The eating behaviour seems to influence the appearance of certain pathologies related to ageing in Cameroon.

Biography

Gustave Mabiama has studied Applied Biology, Human Biology, Food Sciences-Nutrition and Health Sciences. He is a Lecturer-Researcher of Gerontology and Nutrition at the University of Douala in Cameroon. He has led and/or supervised several studies on psychosocial, biological, medical and nutritional aspects of ageing in Cameroon. He is a Member of the African Francophone Network of Gerontology and Geriatrics. He is currently conducting, in collaboration with the University of Limoges in France, a study on the nutritional status of the elderly in Cameroon, as well as associated factors.

mabio2003@yahoo.fr