Background: through an educational intervention we can modify the level of knowledge on the nutritional state of the elderly. Objective: to elevate the knowledge on the nutritional state in the elderly from the Grandparents’ House Amalia Simoni of Camagüey during the second semester of 2007. Method: an educational intervention study was carried out, in relation to the nutritional state in the elderly, taking into account: age groups, sex, marital status, schooling and psychological and physiologic aspects of the aging, correct nutritional state in the elderly, chronic diseases related with the nutritional state, living together and family performance. The universe was constituted by all the elderly registered in the grandparents’ house. It was worked with a representative sample of 24 adults that manifested their informed consent. Results: singles and widowers 11 respectively for 45.43%, in last scale the married one with just 8.33%, the biggest age group corresponded to the 80 to 84 years 7 (29.16%), the most affected sex was the masculine one 16 (66.66%), the psychological and biological manifestations of aging before the intervention had 15 (62.5%) evaluated of high and after the intervention ascended at 20 (83.33%). Conclusions: it was possible to elevate the level of knowledge on nutritional state in the studied population, being demonstrated the effectiveness and the necessity of the educational intervention in the studied population.

Keywords

nutritional state, elderly