ABSTRACT

Background *: Nutritional status is the final result of the balance of food that enters the body and the nutrients that body's need. Many nutritional problems occur in the elderly people, leading to unproductive life of the elderly. Based on Riskesdas data on 2018 the prevalence of nutritional status based on BMI in the elderly people are : less nutrition < 11.7%, normal nutrition 56.0%, over nutrition 12.9% and obesity 19.3%. The purpose of the study is to describe the characteristics and nutritional status of the elderly people at Putri Ayu Jambi City Public Health Center in November 2021.*

Methods: *This research is a observational descriptive study, with a cross sectional approach of 97 elderly people at the Putri Ayu Jambi City Public Health Centerin November 2021. Sampling using purposive sampling. This study began by filling out a questionnaire and then measuring body weight and body height to calculate the BMI.*

Results: *The results showed that the nutritional status based on BMI was mostly 38% normal nutrition and a small 5,2% undernourished. Based on the age characteristics the elderly age is 88,7% and old is 11,3%, female is 66% and male is 34%, then the most marital status is married 67% and the smallest is not married 2,1%, the most work status is domestic workers, namely 50,5% and the smallest 3,1% are farmers, then the most history of disease is hypertension 25,6% and the smallest is vertigo at 1,1%.*

Conclusion: *The nutritional status of the elderly at Putri Ayu Public Health Center in Jambi City is mostly in the normal nutrition category, which is 38 people 38% and the smallest is malnutritional category which is 5 people 5,2%.*

Keywords: *elderly, BMI, nutritional status*