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Food security of the elderly in Iran during the COVID 19 pandemic

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Abstract

Objective: to understand the consequences of the COVID 19 pandemic on food security of the elderly living in Isfahan, Iran.

Methods: This cross-sectional study was conducted from April 2020 to June 2021. 350 elders were participated. Data were collected using FaCPS-FSSM food security questionnaire, with eight items, to measure food security among elders.

Findings: 41.7% (n=146) of the elderly had complete food security. Also, 29.4% (n=103), 20% (n=70), and 8.9% (n=31) of them suffered from food insecurity without hunger, food insecurity with moderate hunger, and food insecurity with severe hunger, respectively.

Conclusion: Considering the high prevalence of food insecurity among the elderly, special attention should be paid to factors contributing to this issue, translating into improved food security of elders by removing risk factors and strengthening protective factors.

Keywords: Food Security; Elders; COVID 19.