

## ABSTRACT

The population aging in the world is increasing, include Indonesia. The elderly are vulnerable to health problems and nutrition. Elderly are encountered chronic diseases and mobility. The health of the elderly is affected by the resultant factor of the physical factor, psychological factor, and environmental factor. Health risks factors elderly are influenced by living arrangements, social activities and diet. Research objective was to learn the social roles (living arrangements and social activities) to diet and health of the elderly.

The study was conducted using a cross sectional descriptive analytic with 31 sample (aged  $\geq 60$  years). The subject were taken from the population by purposive sampling technique with inclusion have good mental health (MMSE  $\geq 20$ ). The primary data were obtained through interview by questionnaire to know about living arrangements and social activities, food recall 24 hours for 3 days to know the diet then categorized by *Healthy Eating Index (HEI)*. Health status were assessed by ADLs which it got from interview by ADLs scale primarily and blood pressure which it got from posyandu data.

The results showed poor diet *HEI* found in many elderly who lived alone (45.4%) and attend social activities (30.8%). High blood pressure often found in the elderly who lived alone (63, 6%), no social activities (60%), and poor diet *HEI* (75%). Most of the elderly independently perform ADLs by social factors and diet *HEI*.

Based on this result of study, it is suggested prevention effort through healthy lifestyles counseling to elderly and health service in Posyandu more improved. Elderly's families and neighborhood are expected to provide support to the elderly either material, informational, and spiritual. Government need to pay greater attention to elderly who lived alone, to support holistic policies and programs for ensuring their health well being.

**Keywords** : elderly, living arrangements, social activities, *HEI*, health status