LIST OF TABLES

Table no.	Title	Page no.
2.2.1	Growth of Elderly Population (60+) by Gender, India	15
	Population 60+ (millions)	
2.2.3	Percentage of Population in the age group 60 years and	16
	above to the total population by sex and residence, India	
	and bigger States/UTs, 2015	
2.6.1	BMD cut offs	30
3.1.4	Inclusion and exclusion criteria for the study subjects	54
	(Phase I)	
3.2.6.1	BMD Cut offs by World Health Organization (WHO,	55
	2004)	
3.1.7.3.1	Asia pacific classification of BMI (WHO, 2004)	56
3.1.7.6.1	Cut offs for WHR (WHO 2004)	57
3.1.8.1	Classification of blood pressure according to JNC VII	57
	criteria	
3.2.1	Inclusion and exclusion criteria for the study subjects	59
	(Phase II)	
3.2.5.1.1	Cut offs for hemoglobin	63
3.2.5.2.1	Serum calcium cut offs	63
3.2.5.3.1	Serum vitamin D cut offs	64
3.2.6.1.1	Grip Strength scoring	65
3.2.6.2.1	Standing Balance scoring	65
3.2.6.3.1	Walking Speed scoring	65
3.2.6.4.1	Rise from the chair scoring	66
3.2.9	Tools and techniques used in data collection	67 - 67
4.1.1	Assessment of gender and age of the elderly subjects	72
4.1.4.1	General characteristics of the baseline subjects	73
4.1.3.1	Bone health status of the subjects detected by Mean BMD	75
4.1.3.2	Assessment of mean BMD corresponding to the age	76
	groups	
4.1.4.1	Association of BMD with the baseline parameters	79
4.1.4.3	Association of BMD with daily activities and habits	81
4.1.4.4	Association of BMD with anthropometric parameters	82
4.1.4.5	Association of BMD with the chronic health problems	83
4.1.4.6	Association of BMD with dietary habit and nutrient	84
	intake	
4.1.5.1	Mean time in hours spent after different activities by the	86
	elderly subjects	
4.1.6.1	Mean anthropometric measurements of the subjects	88
4.1.7.2	Mean nutrient intake of the baseline subjects	94
4.1.7.3	Percent RDA consumption of various nutrients among the	95
	baseline subjects	
4.1.7.4	Distribution of baseline subjects consumed particular	97
	food groups	
4.1.8.1	Knowledge of osteoporosis, calcium and vitamin D	98
	among the subjects	

		1
4.1.9.1	Morbidity profile of the subjects	99
4.1.10.1	Biophysical profile of the baseline subjects	104
4.2.1.1.1	Pre and post interventional BMD and biochemical profile of the subjects	101
4.2.1.1.3	Gender-wise pre and post interventional BMD and specific blood parameters of the subjects	115
4.2.1.1.4	Gender-wise pre and post interventional prevalence of poor BMD among the subjects	118
4.2.1.1.5	Age-wise pre and post interventional BMD and specific blood parameters of the subjects	121
4.2.1.1.6	Age-wise pre and post interventional prevalence of poor BMD among the subjects	124
4.2.1.2.2	Gender-wise pre and post interventional prevalence of serum calcium deficiency among the subjects	127
4.2.1.2.3	Age-wise pre and post interventional prevalence of serum calcium deficiency among the subjects	129
4.2.1.3.2	Gender-wise pre and post interventional prevalence of Vitamin D deficiency	133
4.2.1.3.3	Age-wise pre and post interventional prevalence of Vitamin D deficiency among the subjects	135
4.2.2	General information about the subjects before the intervention trial	137
4.2.3.1	Profile of daily activities of the subjects before the intervention	138
4.2.4.1	Habits and lifestyle profile of the subjects before the intervention	139
4.2.5.1	Anthropometric profile of the subjects before and after the intervention	140
4.2.6.1	Nutrient intake of the subjects before and after the intervention	142
4.2.7.1	Biophysical profile of the subjects before and after the intervention	143
4.2.8.1	Physical endurance among the subjects in group C_1 before and after the intervention	145