One consideration of eating habits in the delivery of meal service for elderly persons

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Introduction:
The delivery meal service (hereafter DMS) is necessary for elderly persons who have difficulty in shopping, and the ones whose life activity function has declined. However, after entering nursing care insurance, it seems that DMS is reduced and could say that it has become a limited medical service instead of being an overall benefiting welfare. There are many areas which are very rural, under populated and difficult to shop in A-city Kagoshima. Then it is necessary to analyze how to cope with DMS. In Japan Kagoshima has the highest numbers of elderly are living as a married couple or alone.
The aim of this study was to clarify the relationship between nutrition evaluation by the body and life pattern of the elderly to find whether DMS how it effects the elderly who were at the level requiring support.

Methods:
This research was nourishment evaluation and individual interview research with a questionnaire. The nourishment evaluation measured by body, then calculated the upper arm muscle area and led the ratio of the upper arm muscle area (hereafter AMA%) “a Japanese Anthropometric Reference Data ; JARD2001”.

Results and Discussion:
On the 103 people, in the proportion of the low weight (18.5> BMI) and the malnutrition (less than AMA% 90%) , there were more numbers of male than female. Among them, there were 6 male (23.1% of the male) and 17 female (22.1% of the female) who were taking DMS. Because of the range of the service was limited that DMS condition for singles or only elderly people who had difficulties cooking, in the number of average of BMI, the body fat percentage and AMA%, numbers of the people taking DMS were lower than the people not taking DMS, and there were many people with the doubt of malnutrition in the DMS program. People in DMS had the tendency of setting a serious disease, a fear of fallings and not being able to do farmwork, and sleep disorder. Most of them had physical sharp pain and a troubled with their meals, but could clean the room and wash the clothes by themselves.

Conclusions:
Helping meal support is important to avoid to making their daily lives worse, and keeping their independence. It could be the evidence that DMS isn't enough for elderly persons. The reconstruction of the system for planning everyday meals is necessary.

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