

### NURIENT INTAKE AND ITS RELATION TO INCOME AND DIETARY BEHAVIORS OF THE ELDERLY IN KOREAN RURAL AREA.

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<Purpose> Elderly population ratio in Korea increases rapidly, profoundly in rural area. A study about nutrient intake and its relation to income and dietary behaviors of home-living elderly in rural area would provide useful information to develop community well being policies and programs for the elderly. <Methods> The subjects of 50 males and 60 females, almost all living at 3 small villages in Asan County participated to the survey. We used personal interviews and 24-hr recall method. <Results and findings> 1) Average daily energy intakes of male and female elderly were 1831.4kcal and 1370.9kcal, respectively(91.6% and 80.6% of RDA). Their protein intakes were also 92.0% and 81.0% of RDA. Calcium was sufficient of male, but not of female(72.1% of RDA). Riboflavin and niacin intakes were lower than RDA. Riboflavin was found as the most limiting nutrient for home-living rural elderly. 2) The elderly with spouse was 68.2%, which was more than that in cities. Only-couple-living elderly was the most and alone-living was 16.4%. Average monthly family income was 809,000 Won, which was the same as the income in Seoul. Food expenditure/income ratio shown as 20.4% (male 19.5% and female 25.4%) meant female elderly's poor economic situation. 3) At meal time alone-eating was 17.3% and female elderly felt depressed more often than male. Meal frequency was mostly 3 times daily and when skipping meal it would be lunch(50.8 %), followed by supper and breakfast (35.6% and 13.6%). Since almost never eating-out was 68.2% and once a month 14.5% and 2-3 times a month 11.8%, eating-out was not common for the rural elderly, especially for female. 4) The elderly's family income showed significant correlation to daily intakes of iron, Vt B<sub>1</sub> or Vt B<sub>2</sub> ( $r=0.279-0.459$ ,  $p<10^{-1}-10^{-2}$ ). Food expenditure was significantly correlated with total consumed food amount, energy, fat, carbohydrate, Vt B<sub>1</sub> or Vt B<sub>2</sub> ( $r=0.301-0.385$ ,  $p<10^{-2}$ ). But dietary behaviors like co-eater, depressed feeling, meal frequency, eating-out frequency revealed no significant relationship to nutrient intakes. We assumed that nutrient intake of the home-living rural elderly was affected more by their economic situations rather than by their dietary behaviors. Policies and programs for the elderly should stress on the improvement of their economic situations, their of promotion their poor nutrition spontaneously.