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대전 충남지역의 무료 양로 시설노인의 급식운영, 영양섭취 및 건강실태

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This study was conducted to investigate the current status of food service management, nutrition and health of the elderly tenants at three free elderly-care facilities located in teajon, chungchong area. During the period of July 21 though August 1, 1997, eight six elderly subjects over 60 years old were surveyed on their dietary intakes by weighing method and self-appraised health conditions. Faculty managers and cooks were also surveyed about food service management status by questionnaire method. The number of female tenants were greater than that of male at all three facilities. In age distribution, dominant age of male was 76 to 80 and female was 81 to 85. 55.3% of male and 70.8% of female finished elementary school or less. Regarding to their past occupations, 60.5% of male and 41.7% of female were farmers. Only one out of three facilities had a dietitian. Average daily food cost was 2,585 won excluding donation food. None of male tenants showed BMI 27 and above, while 8.3% of the female tenants showed BMI 27 and above. And 31.6% of the male and 29.2% of the female had BMI under 20. Regarding the overall health status, most of subjects, except 27.9% who self appraised own health in good condition, looked weak or have been ill. The energy ratio of carbohydrate, protein and fat was 75.5 : 18.4 : 6.7 in male. The average fat intake was extremely low (about 15g) while carbohydrate intakes were excess, but also showed lack of dietary fibers. Intakes of Vitamin E and A were extremely low to meet RDA of the elderly. Vitamin B₁ and B₂ were also short to RDA. While the intake of phosphorus and niacin exceeded RDA by around double. Intakes of calorie, protein and iron slightly exceeded RDA and calcium intakes were similar to RDA level. Since free elderly-care facilities are operated by facility managers instead of professional dietitians, it is hardly to expect that good nutrition through balanced meal will be supplied to elderly tenants. ©