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Health and Nutritional Status in the Rural Elderly

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가 1998
65
1980 3.8% 2000 7.1%가 1.
(Ageing society)가 2019
14.4%가 (Aged society)가
가 1998 1965
가 가
가 1995
65 5.5%,
10.1% 1)
가
3
가 가 3
가

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1) ... 100 88 가 ... 15% 가 ... (IADL) ... 4가 ... 10% ... (ADL) ... 10.8% ... 6가 ... 4.2% ... 가 ... (IADL) ... (ADL) ... 가 ... (1).

1. . . .

	IADL	IADL 4	ADL	ADL 6	
	88.0	15.0	10.0	10.8	4.2
	86.6	16.9	11.1	11.8	4.6
	90.4	12.4	8.5	9.4	3.7
	83.0	11.1	7.5	8.3	3.5
	91.0	17.3	11.4	12.2	4.6
65-69	88.8	5.8	3.2	4.7	1.7
70-74	90.9	10.5	5.8	8.3	3.0
75	84.4	30.1	22.0	20.4	8.4

: 1998 (, 1999)

2) (65-69 , 70-74 , 75) 가 (2).
2. : 1,000

	65-96	70-74	75	
1	366	370	369	357
2	253	230	289	249
3	202	209	226	170
4	126	161	149	80
5	110	139	125	73

: 1998 (, 1999)

3) (1) ... 1 가 ... 가 ... WHO (WHO,1978) 160mmHg ... 2 95mmHg ... , 2 140mmHg 90mmHg

65 34.6%가
53.3%가
(3).

3. : %

	1)	2)
	34.6	53.3
	38.4	55.1
	29.1	50.9
	27.3	45.3
	39.0	58.0

: 1) -160mmHg , -95mmHg

or

2) -140mmHg , -90mmHg

: 1998 (, 1999)

(2)

WHO가
(WHO, 1998).

65 11%가 , 64%가
14 가

(4).

4. : %

	10.8	64.2	22.5	2.5
	9.1	61.3	26.4	3.2
	13.1	68.1	17.4	1.5
	15.5	73.4	11.2	-
	8.0	58.7	29.3	4.0

: 1) : BMI < 18.5 - , 18.5 BMI < 25
- , 25 BMI < 30 , BMI 30
(WHO, 1998)

: 1998 (, 1999)

(3)

WHO

. WHO

140mg/dl 126mg/dl

가

2가

140mg/dl

65

100 8.77 , 126mg/dl

, 2 가 가 15

가 (5).

5. : %

	40mg/dl	125mg/dl	140mg/dl	125mg/dl
	88	150	108	162
	107	169	127	185
	63	126	83	133
	96	150	110	157
	83	150	107	166

: 1998 . (, 1999)

(4) , HDL (U.S> Department of Health and Human Service) NHANES III

HDL 13.42%, 8.02%, 9.72%

HDL

HDL 가 (6).

6. HDL- : %

	240mg/dl	> 210 UL	HDL- < 30mg/dl
	13.4	8.0	9.7
	14.0	6.5	8.8
	12.7	10.0	10.9
	6.4	9.8	9.9
	17.6	6.9	9.6

: 1998 . (, 1999)

2. 1) 1 1 1728.1Kcal, 1473.4Kcal 88.8%, 88.6% 가 61.1%, 가 54.1% A 가 61.5%, 가 54.3% A (7-1).

2) 1 1 (7-2).

(7-3).

(3) 1 1 1099.6g 935.2g

7-1.	1	
	(%RDA)	(%RDA)
(Kcal)	1728.1 (88.8)	1473.4 (88.6)
(g)	59.0 (84.3)	50.5 (84.1)
(g)	23.9	18.2
(g)	306.5	276.1
(mg)	427.5 (61.1)	378.8 (54.1)
(mg)	10.7 (88.8)	9.5 (79.3)
A(RE)	430.2 (61.5)	379.9 (54.3)
(mg)	1.02 (101.7)	0.88(87.6)
(mg)	0.74 (62.0)	0.61(51.1)
C(mg)	98.2 (178.5)	90.6 (164.8)
: 1998	.	(, 1999)

7-2.	1	
(Kcal)	1741.4	1715.8
(g)	61.0	55.7
(g)	26.9	20.4
(g)	307.3	307.1
(mg)	472.7	393.0
(mg)	12.2	10.2
A(RE)	492.3	373.6
(mg)	1.05	0.99
(mg)	0.82	0.65
C(mg)	121.9	89.5
: 1998	.	(, 1999)

7-3.	1	
(Kcal)	1545.1	1423.4
(g)	54.2	46.6
(g)	23.3	14.6
(g)	279.4	273.7
(mg)	410.0	365.0
(mg)	10.3	9.1
A(RE)	470.6	298.7
(mg)	0.96	0.81
(mg)	0.71	0.54
C(mg)	106.5	79.7
: 1998	.	(, 1999)

88.2% (8-1). 88.1%,
 1307.8g 1204.2g
 19.9%,
 16.3% 가
 (8-2).
 8-1. 1
 : g(%)

968.8(88.1)	824.9(88.2)
130.8(11.9)	110.3(11.8)
1099.6(100.0)	935.2(100.0)
: 1998	(, 1999)

8-2. 1
 : g(%)
 1047.9(80.1) 1008.1(83.7)
 259.9(19.9) 196.1(16.3)
 1307.8(100.0) 1204.2(100.0)
 : 1998 (, 1999)

(1) 1 1
 2000 52,771
 65 15.6%
 가 .
 1
 1749.2Kcal, 1328.2Kcal .
 99.3%, 78.0%

가 (p<0.05). 가 40.9%, 가 37.2%
 A 가 38.0%, 가 35.0%
 A (11).

11. 1

	(%RDA)	(%RDA)
(Kcal)	1749.2 (90.3)	1328.2 (78.0)
(g)	54.1 (78.3)	41.4 (69.1)
(g)	20.7	13.3
(g)	284.0	244.0
(mg)	286.0 (40.9)	259.8 (37.2)
(mg)	9.5 (78.8)	8.2 (68.2)
A(RE)	266.1 (38.0)	244.9 (35.0)
(mg)	0.85(85.3)	0.61 (61.7)
(mg)	0.68(57.2)	0.53 (44.1)
C(mg)	67.7 (123.1)	52.0 (94.5)

:
 , 3(4), 1998.

2) 1
 1
 1363.9g 1040.5g
 92.8%, 94.3%
 (12).

12. 1 : g(%)

	1264.9(92.8)	980.7(94.3)
	99.0(7.2)	59.8(5.7)
	1363.9(100.0)	1040.5(100.0)

:
 , 3(4), 1998.

3)
 , 1 ,
 65-74 1602.3Kcal, 1891.1Kcal, 75
 1412.6Kcal, 1400.5Kcal 가 65-74
 87.5%, 75 102.7% 65-74
 1
 (13-1).

13-1.

	±	
	65-74	75
(Kcal)	1602.3±403.0	1412.6±425.3
(Kcal)	1891.1±382.8	1400.5±201.1
(%)	87.5 ± 26.8	102.7 ± 33.1

: 1) = (/) × 100
 : , 7(3), 2002.

65-74 1445.6Kcal, 1471.6Kcal, 75
 1326.5Kcal, 1250.5Kcal 가 65-74
 87.5%, 75 106.5% 65-74
 1
 (13-2).

13-2.

	±	
	65-74	75
(Kcal)	1445.6±393.314	1326.5±441.5
(Kcal)	71.6±303.9	1250.5±212.8
(%)	± 36.9	106.5 ± 29.6

: 1) = (/) × 100
 : , 7(3), 2002.

Ca, A, Riboflavin

가

1. . 1998 . -

, 1999. 12

가

2. . 1998 . -

, 1999. 12

가

3. , , , .

가

3(4) : 583-593, 1998

4. , , , .

, 7(3): 1-19, 2002