

Strategies to Improve Diet Quality of Community Group Meal Services for the elderly

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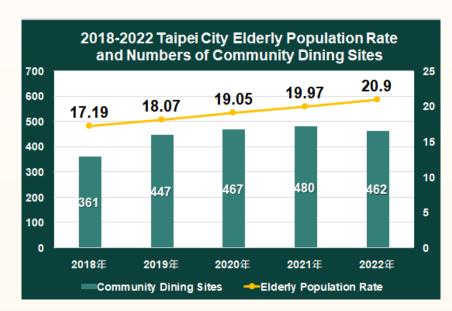






Background

In January 2022, Taipei City became a super-aged society, and the Taipei City Government has been promoting community group meal services for the elderly. As of December 2022, 462 community dining sites have been established in Taipei City. However, the meals provided at each site vary in nutritional and hygienic quality. Therefore, it is important for the dietitians to guide the site staff in providing healthy diet.



Methods

Since 2018, Taipei City Hospital has developed guiding strategy of community dinning sites, such as providing nutrition education classes to site staff, designing nutrition education materials and cycle menus, and instructing food serving size and hygienic practices on-site.

	On-site Guiding Model
Initial Visit	 Understanding situation of community dining sites Giving advice on nutrition issues and hygiene Promoting nutrition related information Providing resources based on sites' needs
Follow Up	■ Tracking improvements for initial visit issues

Results

From 2018 to 2022, through various methods such as on-site intervention by dietitians, online and in-person educational training, a total of 450 community dining sites were guided,

achieving a coverage rate of 97.4% (out of 462 total sites). Among these, 65.2% (301 sites) successfully underwent onsite guidance, with a 100% satisfaction rate for the guidance provided.

On-site guidance was completed in 12 administrative districts of Taipei City (n=301)

Common issues and incidence rate at initial visit

Improvement rate

insufficient high-protein 27.1% 46.5% **NO.1** foods (<2.5 servings)

inadequate ingredient 14.5% **60**% NO.2 diversity (<4 colors)

> inadequate calorie 48.1% intake (<650 kcal)



Training workshops for site staff

主意	40人份舉例,不能 主英	半報型	緑色蔬菜	其他顏色語
子を必要が	亨魚蛋肉類	豆魚蛋肉類	蒜草類	蒜草類
	SALVIII SALVIIVA	蔬菜類	Mac Pro Aut	PART PART PORT
(160g/人)	(支或100g/人)	(80g/人)	(80g/人)	(80g/人)
		经一		
		100 mg	Call	W. A.
		KA THE	102-5	2.78
		100 mg/s		CORRE
飯約7公斤	40支雞腿、 40片豬排或	約3公斤	約3公斤	約3公斤
関XボリンスなどT	4公斤洋蔥雞丁等	#9322/T	#9322TT	#932271
COL 200 COL 200 COL	_			
便當打餐份				_
主食	主菜	半葷菜	粹色蔬菜	其他顏色詞
全穀雞糧類	豆魚蛋肉類	豆魚蛋肉類 菠菜類	蔬菜類	蔬菜類
100	1000	335,9KE 共民	20	-different
1.35		4		357
13.00	1句	19		-
1碗	素食者可用 豆腐或素雞等	豆魚蛋肉類 佔1/3・	1勺	1勺
	豆製品替代	蔬菜佔2/3		
	MR A S A S A S A S A S A S A S A S A S A 	1.700		

Providing poster of food serving size



Taipei Community Nutrition Promotion Center

★北市立聯合器院營養部 Tables City Hospital Nutrition Department



NO.3

Providing cycle menus

Dietitians guide site staff

hand hygiene



Providing caps for meal preparation

Conclusions

Dietitian's intervention can effectively assist the community dining sites in providing healthy meals and improving the dining quality for the elderly. In the future, the service area will be expanded based on the group meal nutritional intervention model.