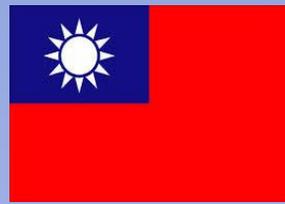


Correlation between dietary intake and improvement of muscle strength after community elderly nutrition guidance intervention



Li Kuo-Jen

Lai chin-lien *

Division of Family Medicine and Nutrition Department of Cheng Ching Hospital

background:

At present, the average life expectancy of Taiwanese people has increased. Taiwan has entered the "aged society" and will enter the "hyper-aged society" by 2025. Is the quality and quantity of dietary intake related to the prevention of age-related diseases adequate? Strength maintenance is an issue that needs attention. The service area of the hospital is in the central and eastern districts of Taichung City. The community characteristics belong to the aging community with outflow of population. Therefore, as a community hospital, the role is to enter the community to care for the elderly to guide and assist the elderly with sufficient food intake and physical activity. Preventing disease from the beginning starts with improving muscle loss. The best way is to provide sufficient nutrition to make the community elderly healthier.

purpose:

Assess the correlation between the nutritional intake and muscle strength of the elderly in the community, and whether the nutritional intake increased and the muscle strength improved after following nutrition guidance.

method:

There are 72 people with age over 65 recruited from the community care base. During the four-month period, a dietitian guides a healthy diet and elderly diet production course, including awareness of food types and intake for the elderly, and methods for preparing elderly diet. Rehabilitation instructor guides the elderly's exercise and muscle strengthening training course. The nutrition part of the pre- and post-course tests uses a mini nutrition questionnaire. The pre- and post-test part of the muscle is assessed by the fitness teacher's fitness grip test.

result:

After the community elders were involved in nutrition guidance, the ratio of dietary protein intake to 80% of the recommended amount was calculated by using the "mini nutrition questionnaire" before and after measurement, which was an increase of 11.5% from 52% to 58% after the test. In the community, the fitness strength of the elderly increased by 5%, and the grip strength increased from the average of 8.6 to 9.1.

Discussion:

Integrate community resources, hospital staff, nutritionists, and rehabilitation practitioners into the community to help the elderly improve their healthy diet and increase total dietary calories and protein intake. Rehabilitation teachers assist community elders in physical fitness and effective muscle strength training. Through pre- and post-measurement, both dietary intake and muscle strength have increased. Therefore, adequate dietary intake after nutrition guidance intervention is related to muscle strength improvement.



cheng ching hospital
CHIN-LINE LAI
E-mail:4329@ccgh.com.tw
Mobil:8860983812827

澄
清