

某偏遠社區老人之營養狀況及相關因素之研究

林昀柔¹ 吳幸娟¹ 郭碧梅¹ 張秦松⁴ 張尹凡⁴ 劉秉彥²
侯孟次⁵ 黃珮嘉⁶ 陳全裕³ 吳至行^{4,7}

摘 要

前言：人口老化是一種全球性的現象，在台灣，偏遠社區的老化程度尤其嚴重。然而，國內對此類偏鄉地區進行營養狀況調查之研究仍顯不足；因此，本研究之目的在瞭解田寮偏遠社區老人之營養狀況，並探討其相關影響因子。

方法：針對高雄市田寮區老人進行全鄉隨機抽樣，經排除空戶、拒訪等因素，總共納入548位65歲以上老年男女為研究對象。由訪員以面對面的結構式問卷調查個案基本資料與生活型態等。採用迷你營養評估表(採長式簡易營養評估)做為篩檢工具，將評估結果分為營養良好及具營養不良危險性兩組，並討論其相關影響因素。

結果：具營養不良危險的老人有100人(18.2%)；高齡者、女性、經濟收入較差、未接受教育、無配偶、體重過輕、未從事中等活動及一年內曾跌倒者，其營養不良比率較高。在邏輯斯迴歸分析中亦顯示，性別、身體質量指數、跌倒、疾病總數及認知功能等變數，皆與老人營養狀況不良之呈顯著相關。

結論：本研究建議針對女性、經濟狀況、教育水準低、無配偶、體重過輕、曾跌倒等有營養狀況較差傾向的老人，提供更多營養及醫療照護與關注，以改善偏遠社區老人之營養問題。

(臺灣老年醫學暨老年學雜誌 2013；8(3)：186-201)

關鍵詞：老年人、偏遠社區、迷你營養評估、營養狀況

¹ 中華醫事科技大學食品營養系、² 國立成功大學醫學院附設醫院心臟內科部、⁴ 家庭醫學科部、³ 高雄市田寮區衛生所、⁵ 國立陽明大學物理治療暨輔助科技學系、⁶ 國立成功大學醫學院老年學暨行為醫學研究所

通訊作者：吳幸娟

通訊處：71703 台南市仁德區文華一街 89 號 (中華醫事科技大學食品營養系)

電話：(886) 6-2674567 轉 713 傳真：(886) 7-3813896

E-mail: chsinhui@mail.hwai.edu.tw

Nutritional Status and Associated Factors of the Elderly in a Remote Community

Yun-Jou Lin¹, Hsin-Chuan Wu¹, Bi-Mei Buo¹, Chin-Sung Chang⁴,
Yin-Fan Chang⁴, Ping-Yen Liu², Meng-Tzu Hou⁵, Pei-Chia Huang⁶,
Chuan-Yu Chen³, Chih-Hsing Wu^{4,7}

Abstract

Objectives: While population aging is a global trend, it is particularly serious in the remote communities of Taiwan as no sufficient nutritional analysis on this specific population has been conducted. Therefore, as an attempt to improve the situation, this study aims to understand the nutritional status of the elderly people in the Tianliao District of Kaohsiung City and identify the relevant factors that impact their nutritional status.

Method: We performed random sampling of the elderly people in Kaohsiung's Tianliao District. After excluding invalid samples, such as those registered under empty households and those declining the interview, our study interviewed a total of 548 men and women aged 65 years or over. Each subject received a face-to-face interview and answered a structured questionnaire including questions related to demographic backgrounds and lifestyles. A mini nutritional assessment (long form-MNA) was then used as a screening tool to divide the samples into two groups: those who were well-nourished and those who were at risk of malnourishment. Relevant factors were then examined.

Results: The study shows that 18.2% of the elderly were at risk of malnourishment. Study results indicate that those who were high-aged, female, low in income, uneducated, unmarried, underweight, as well as those who did not engage in activities or had experienced falls in the past year, are more likely to be malnourished. Using regression analysis, the study further identifies gender, body mass index, fall, disease and cognitive function as significant factors influencing the nutritional status of the elderly.

Conclusions: Our study suggests that more nutritional and medical care should be provided for aging people who are female, low in income, uneducated, unmarried, low in body mass index or with experience of falling in the past year, to improve the overall nutritional status of the elderly in rural communities.

(*Taiwan Geriatr Gerontol* 2013; 8(3): 186-201)

Key words: the elderly, rural community, mini nutritional assessment, nutritional situation

¹Department of Food Nutrition, Chung Hwa University Medical Technology; ²Department of Internal Medicine, Division of Cardiology, ⁴Department of Family Medicine, National Cheng Kung University Hospital; ³Tianliao District Public Health Center, Kaohsiung City; ⁵Department of Physical Therapy and Assistive Technology, National Yang-Ming University; ⁶Institute of Gerontology and ⁷Behavioral Medicine, National Cheng Kung University Medical College, Tainan, Taiwan

Correspondence to: Hsin-Chuan Wu

No. 89, Wdn Hua 1st., Jen de district, 71703 Tainan Taiwan

(Department of Food Nutrition, Chung Hwa University Medical Technology)

Tel: (886) 6-2674567 ext. 713 Fax: (886) 7-3813896

E-mail: chsinhui@mail.hwai.edu.tw