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► To cite this version:

Claire Sulmont-Rossé, Mathilde Vandenberghe Descamps, Claire Chabanet, Virginie van Wymelbeke, Gilles Feron. Impact of culinary dependence on dietary patterns in the elderly population. Annual meeting of the Society for the Study of Ingestive Behavior (SSIB), Jul 2017, Montreal, Canada. , 1 p., 2017. hal-02785868

HAL Id: hal-02785868

<https://hal.inrae.fr/hal-02785868>

Submitted on 4 Jun 2020

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IMPACT OF CULINARY DEPENDENCE ON DIETARY PATTERNS IN THE ELDERLY POPULATION

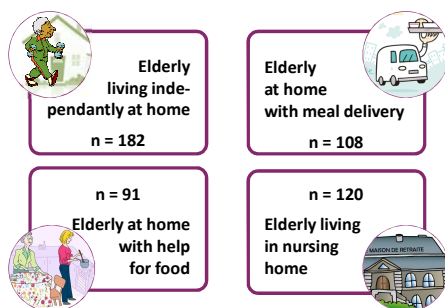
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INTRODUCTION

Culinary dependence describes situations in which elderly people are unable to obtain and/or prepare food for their meals and delegate all or part of these tasks to others. Delegation of food activity affects the relationship between a person and his diet, which may in turn impact the nutritional risk.

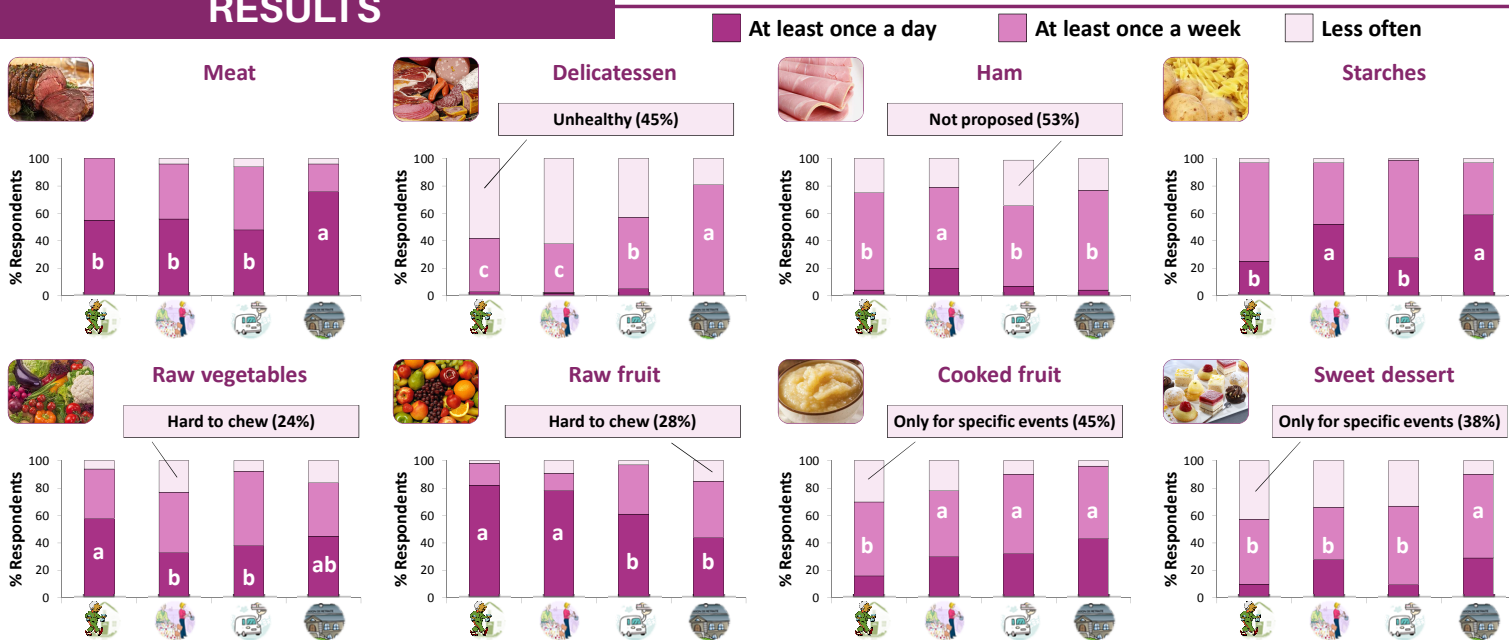
METHOD



Consumption frequency	At least once a day	At least once a week	Less often
Meat (red, white, poultry)	✓		
Ham		✓	
Delicatessen			✓
Fish		✓	
Raw vegetables	✓		
Cooked vegetables		✓	
Starches (potatoes, pasta...)			✓
Raw fruit		✓	
Cooked fruit (pureed, pie...)	✓		
Sweet desserts (cake, cream...)			✓

The project was conducted in 4 areas in France and 4 groups of elderly; evaluation of food consumption was done through a questionnaire

RESULTS



Distributions associated with the same letter are not significantly different according to a Chisquare analysis ($p > 0.05$)
Boxes present the main reason for low consumption associated with the percentage of citation

CONCLUSION

Meat, delicatessen and sweet desserts consumption was higher in nursing home compared to home-living situation. We observed higher ham and starches and lower raw vegetable consumption for the elderly who receive support by a home caregiver, which may reveal a propensity toward convenient foods. Finally, we observed lower raw fruit consumption alongside higher cooked fruit consumption when dependence increases.



Centre des Sciences
du Goût et de
l'Alimentation

This study is part of
RENESENS – Make a sustainable success of a well-balanced nutrition and sensorially adapted for Seniors
ALIMASSENS – Towards an adapted and healthy food offer for elderly people
funded by the French National Research Agency
<https://www2.dijon.inra.fr/senior-et-sens/index.php>

