Impact of culinary dependence on dietary patterns in the elderly population

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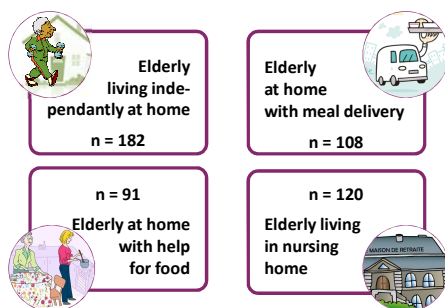# IMPACT OF CULINARY DEPENDENCE ON DIETARY PATTERNS IN THE ELDERLY POPULATION

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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.
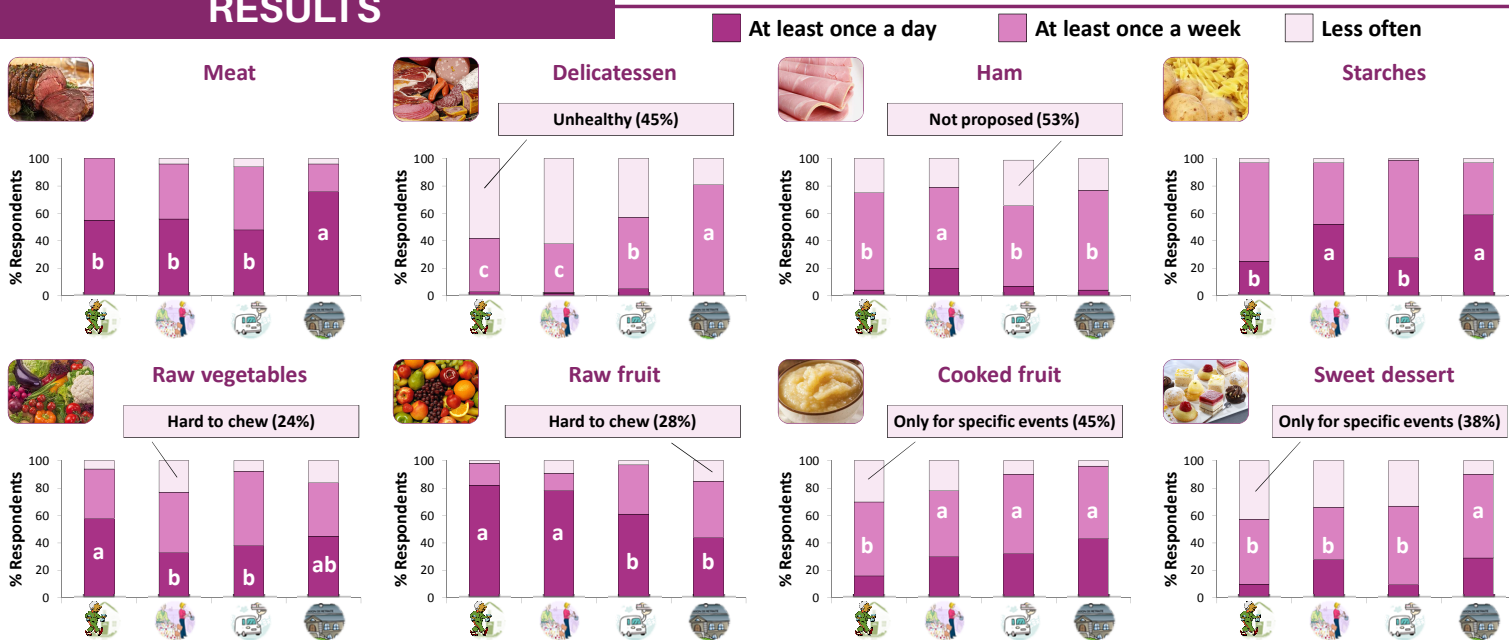
METHOD

Paris
Angers
Dijon
Clermont-Ferrand

Elderly living independently at home
n = 182

Elderly at home with meal delivery
n = 108

n = 91
Elderly at home with help for food

n = 120
Elderly living in nursing home

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		✓	WHY?
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

At least once a day   **At least once a week**   **Less often**

Meat
% Respondents
b b b a

Delicatessen
Unhealthy (45%)
% Respondents
c c b a

Ham
Not proposed (53%)
% Respondents
b a b b

Starches
% Respondents
b a b a

Raw vegetables
Hard to chew (24%)
% Respondents
a b b ab

Raw fruit
Hard to chew (28%)
% Respondents
a a b b

Cooked fruit
Only for specific events (45%)
% Respondents
b a a a

Sweet dessert
Only for specific events (38%)
% Respondents
b b b a

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 hither cooked fruit consumption when dependence increases.