

Kookiet Wiengharuetai 2014: Nutrition Status of Elderly in Nang Rong District Buri Ram Province. Master of Science (Home Economics), Major Field: Home Economics, Department of Home Economics. Thesis Advisor: Mrs. Marisa Phuphinyokul, Ph.D. 133 pages.

This research aims to study the nutritional status, energy and nutrients that the elderly receive each day and The fundamental relationship between the nutritional status of the elderly in Nang Rong Buriram Province. The samples used in this study were older, living in Nang Rong Buriram aged 60-70 years, 380 men. Data collected the basic information. Dietary and nutritional assessment. The results of this research showed that the elderly male 24.7 percent, female 75.3 percent, of all 60-70 years. Married status 67.4 percent. Studied in primary education 78.9 percent. Farming or gardening 55.0 percent and income 0-1000 baht 21.5 percent. The samples has BMI in the normal range (18.5 to 22.9 kg/m²) 50 percent. Result of Mini nutritional assessment (MNA) good nutritional is 55.8 percent. Samples has main dining within 1 day 3 meals 88.9 percent. Ate mostly foods that constitute household 88.2percent. Sample like to eaten as food stew or steam 28.7 percent. Samples for energy, carbohydrate, protein and fat each day. Both male and female lower volume board of the preparation of nutrient requirements should be routine. Only males have higher protein content than specified. Quantity of vitamins in each sample was then. Only the amount of vitamin B₁ and B₂ female received more than the prescribed amount. Only the amount of minerals phosphorus and sodium were male gender has only been higher than the specifications. And found out that the fundamental relationship between the nutritional status of the elderly. The factors of gender, income and education levels did not correlate with nutritional status. But factors BMI and eating meals sample correlated with the nutritional significance level of 0.05.

Student's signature

Thesis Advisor's signature