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AMPHORN KERDPHONWATTANA : FACTORS RELATED TO FOOD SUPPLEMENT USAGE AMONG ELDERLY OF ELDERLY CLUBS : CHULALONGKORN HOSPITAL AND HEALTH SERVICE CENTER 3 BANGSUE. THESIS ADVISORS : PARADEE TEMCHAROEN, M.Ed.,M.P.H. REWADEE CHONGSUWAT, M.S.,Ph.D. SUWAT SRISORRACHATR, B.Ed.,M.A. 136 p. ISBN 974-663-341-4

There is an increasing trend of food supplement usage among the elderly. The belief that food supplements provide longevity are needed for health may be harmful due to excessive nutrient intake. The purpose of this study was to determine the relationships between personal factors, internal-external locus of control factors, and food supplement usage including health foods, vitamins and minerals. The participants were 210 elderly, age 60-74 years, who were members of Chulalongkorn Hospital and Health Service Center 3, Bangsue, Bangkok elderly clubs. The participants were interviewed to provide personal information, internal-external locus of control and health food, vitamin and mineral usage.

The results showed that 23.8% of the participants used health food products regularly. The product used most frequently was Chicken Essence. There were 25.7 % of the participants who used vitamins and minerals regularly. Vitamin B complex and calcium were the products used most frequently. The average amount of vitamins and minerals used per day was higher than the RDA especially, vitamin E and iron. Factors related to health food usage were : income per person, education level, health status and internal-external locus of control ($P = 0.000, 0.00002, 0.030$ and 0.005). Factors related to vitamin and mineral usage were : sex, income per person, education level and internal-external locus of control ($P = 0.003, 0.0001, 0.003$ and 0.026)

This study showed that the elderly who used food supplements had a high educational level, high income per person and high internal-low external locus of control. This indicated that the elderly believed in information about food supplements and decided to use food supplements by themselves. Therefore, education about the dangers of excessive nutrient intake should be emphasized. Dietary Recommendations should also be provided so that the adequate nutrients are met without food supplements.