

Thesis Title Factors related to Lifestyle and
 Nutritional Status of The Elderly in
 Trakarnphutphon District Ubonratchathanee
 Province
Name Malulee Chunate
Degree Master of Science (Epidemiology)
Thesis Supervisory Committee
 Prasert Assantachai, B.sc., M.D., M.R.C.P. (U.K.)
 Roongrote Poomriew, M.P.H., Ph.D.
 Peera Krugkrunjit, B.sc., M.S. (Biost.)
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ABSTRACT

Relationship between lifestyle factors and nutritional status among the Thai elderly in rural area is the main interest in this thesis study. Four hundred elderly people living in Trakarnphutphon district, Ubonratchathanee province were recruited and interviewed at their own homes from 15th May until 10th August 1994. The new anthropometric parameters specifically designed for the elderly people i.e. Mindex and Demiquet are also employed as the nutritional status indices. The statistical analysis using SPSS program involves frequency, percentage, mean, median and standard deviation for descriptive study while One-way analysis of variance, Kruskall-wallis test, Chi-square test and Multiple Classification Analysis (MCA) for analytic study regarding the relationship between each independent factors.

The results reveal that the majority of the subjects (78%) have a fair living quality in term of Pender's composite lifestyle score. When each of the six dimensions is separately considered, 61.8%, 66.5%, 69.0%, 56.8% and 62.2% of the total subjects get the scores of self-actualization, health responsibility, stress management exercise and eating habit respectively falling within medium range. On the other hand, 66.5% of the subjects gain the high score of interpersonal support dimension.

Regarding the factors directly determine the pattern of living of the elderly by using the power of multiple classification analysis (MCA), the appropriate financial status and background knowledge on nutrition are statistically significant to determine the lifestyle of the lederly with 12 % relationship explaining the variation of the whole lifestyle score.

The following factors are found to be statistically significant correlated with the nutritional status of the elderly: activities of daily living, the underlying illness, self-actualization interpersonal support, stress management, exercise, food pattern and finally the whole scores of lifestyle. However, health responsibility and government support on nutrition do not influence the nutritional status of the subjects.

In conclusion, the nutritional status of the elderly depends on various factors especially their lifestyle. The ideal lifestyle bringing the good nutritional status to the elderly found by this study includes self-actualization, good social communication, effective stress management, correct eating habit and regular exercise to maintain their activities of daily living. Moreover, the new anthropometric parameters i.e. Mindex and Demiquet would be verified further for the use of nutritional assessment of the Thai elderly.