

Thesis Title Lipid profile in an elderly, institutionalized
and non-institutionalized population

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ABSTRACT

This study was conducted to determine the lipid status among 114 healthy elderly aged 60 and above, living in the institution and outside the institution. The biochemical determination and three days food record with 24-hour recall were used. The relation between the dietary fat intake and serum lipid levels; and others related factors were also studied.

The mean serum lipid levels of the institutionalized and the non-institutionalized group were in the normal ranges and not significantly different. However serum total cholesterol and LDL-C showed a significantly positive correlation with cholesterol and saturated fatty acid consumption ($r=0.269$, $r=0.312$ and $r=0.292$, $r = 0.343$, respectively). Beside, body mass index (BMI) also had association with serum total cholesterol and LDL-cholesterol.

The mean daily intake for all nutrients were significantly higher for the non-institutionalized than for the institutionalized group ($p < 0.05$). Interestingly, the inadequacy of energy and protein intake of the institutionalized females elderly was found (54% RDA and 65% RDA, respectively). It may be due to the socio-economic factors and the lack of opportunity to choose their own food.

The non-institutionalized elderly had a rather high fat intake, with 38.2% and 41.6% of the total energy for males and females respectively.

These findings indicated that the food supplement and nutrition education programs should be carried out for the institutionalized elderly to improve their nutritional and health status and ultimately the quality of life. Suggestion to reduce fat intake among the non-institutionalized elderly is essential.