

Abstract submission NNC 2016

Id: 160602-298-A

Topic: Public Health Nutrition

Preferences and attitudes with regards to food habits and meal patterns among older adults

Amanda Lindblad¹, Elisabet Rothenberg², Karin Wendin², Synneve Dahlin-Ivanoff³

¹Internal Medicine and Clinical Nutrition, SAHLGRENSKA ACADEMY, UNIVERSITY OF GOTHENBURG, Gothenburg, ²Kristianstad Univeristy Sweden, Kristianstad, ³Department of health and rehabilitation, SAHLGRENSKA ACADEMY, UNIVERSITY OF GOTHENBURG, Gothenburg, Sweden

Preferred presentation type: Oral/Poster

Background and aims: Longevity increases and older adults range from newly retired to those who passed the centenarian mark. High age poses challenges, but also opportunities for society & entrepreneurship. The project Active Ageing – Individualized Meal Solutions for Health and Quality of Life is a collaboration between universities, research institutes, food industry & public sector intended to create a cohesive chain from order, packaging, distribution to safe deliveries & proper waste management, financed by VINNOVA. Aim was to study attitudes, needs & preferences regarding food habits & meal patterns among older adults living in their own homes.

Methods: Participants recruited from “Elderly Persons in the Risk Zone” 2008-2011 including 459 community-dwelling men & women ≥ 80 yrs [1]. In 2014, a subsample of 221 individuals were invited to answer a questionnaire focusing practice, knowledge & attitudes regarding food habits & meal pattern. The Regional Ethical Review board in Gothenburg ref nr approved the study: ref nr 650-07, T231-14.

Results: 164 answered, ♀73%. Mean age 90.6 ± 2.84 (87-100) yrs. 123 lived alone ♀86% ♂45% ($p < 0.01$). Mean BMI 23.7 ± 3.70 . Meal habits stable with distinct gender differences, women taking a greater responsibility. ♀60%, ♂67% had no medical difficulties. ♀63% ♂61% would not consider home delivered convenience meals & ♀87% ♂78% did not need help when cooking. Top three important practicalities when buying or receiving convenience meals were easy-open package (♀72% ♂70%), easy to get food out (♀38% ♂39%) & easily read (♀35% ♂48%).

Conclusion: In this age group, females take a higher responsibility in acquiring and preparing food. A weakness is results based on self-reported data, while these data is less strenuous and entails a high response rate, there is no possibility for follow-up questions.

References: [1] S. Gustafsson et al - Journ American Geriatrics Society. 2012 Mar;60(3):447-54.

Disclosure of Interest: None to declare