

## 研究業績 英文表記

和文	
表題	地域高齢者の生活習慣・栄養とサルコペニアに関する実態調査
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英文	
Title	A Fact-finding Survey on Lifestyles, Nutrition, and Sarcopenia in Community-dwelling Elderly Residents
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Affiliation	Faculty of Medicine School of Nursing, Fukuoka University
Abstract	<p>We conducted a fact-finding survey on lifestyles, nutrition, and sarcopenia in community-dwelling elderly residents. The objective was to obtain the basic data for developing health-support measures that would help elderly people live healthy and independent lives in their homes. In 120 elderly people 65 years of age or older who participated in a health checkup held at a regional commercial facility, a survey was conducted on lifestyle, nutrition, sarcopenia, and quality of life (QOL). Of all subjects, only 3 met the diagnostic criteria for sarcopenia. Most subjects were retired, while 70% of the subjects had healthy lifestyles and good nutritional status. Overall, QOL of the subjects was comparable to that of elderly people in the same age groups. Compared with men, fewer women exercised regularly. Even among the female subjects, very elderly women, those 75 years of age or older, walked significantly more slowly, showed lower physical measurements associated with physical activities, but had a higher body fat percentage than the women less than 75 years of age. For elderly people, It is important to perform activities inside and outside the home positively. Particularly for women 75 years of age or older, measures that help them build an exercise habit and increase physical activity are important.</p>
keyword	Community-dwelling Elderly residents, Lifestyle, Nutrition, Sarcopenia, Quality of life

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