

## 研究業績 英文表記

和文	
表題	被災地域在住高齢者の生活活動量とサルコペニアおよび QOL に関する調査研究
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英文	
Title	SURVEY STUDY ON DAILY ACTIVITY, SARCOPENIA AND QOL OF ELDERLY PEOPLE LIVING IN THE DISASTER AREA
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Abstract	<p>The purpose of this study was to evaluate daily activity, prevalence of sarcopenia, nutritional status, and quality of life in elderly people living in the affected area. The subjects were 32 community-dwelling elderly people (15 males and 17 females) who participated in health salons in the affected areas, and their ages were 76.6±5.3 years. As evaluation items, the daily activity was assessed using the E-SAS, and sarcopenia was determined by the AWGS criteria. Nutritional status was screened by MNA-SF, and quality of life was assessed using the WHOQOL26. The results of this study showed that daily activity, nutritional status, and QOL were relatively well maintained compared to the general elderly people, despite living in a limited affected area. However, it was found that a certain number of elderly people suffer from sarcopenia and pre-sarcopenia in spite of their high health consciousness. In the future, from the perspective of preventing nursing care, it will be necessary not only to intervene in terms of motor function, but also to approach sarcopenia prevention from a nutritional perspective.</p>
keyword	Community-dwelling Elderly, E-SAS, Sarcopenia, Nutritional status, QOL

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