

学位論文の要旨

三 重 大 学

所 属	三重大学大学院医学系研究科 乙 生命医科学専攻 地域医療学講座 地域医療学分野	氏 名	奥村 圭子
<p>主論文の題名 Effectiveness of individual nutrition counselling for the prevention of undernutrition among elderly people living in depopulated areas: secondary analysis of a model project in Tsu City</p> <p>主論文の要旨 Objectives: To examine the effectiveness of nutrition counselling (NC) in preventing undernutrition in elderly people living in depopulated areas. Design: Participants were elderly people aged at least 65 years living in a depopulated area. Participants completed self-administered questionnaires evaluating nutritional status, frailty, and body composition at the start of the study, after a non-NC period (3-month control) and after an NC period (3-month intervention). During the NC period, participants attended monthly 1-h NC sessions over 3 months. Sessions were conducted in 3 areas (A, B, and C), and the schedule was staggered so that the NC period in one area was conducted simultaneously with the non-NC period of the next. All sessions within an area were attended by the same registered dietitian. Outcomes were assessed three times: before the non-NC period, after the non-NC period, and after the NC period. The effects of NC were assessed by comparing the results between the non-NC and NC periods of all participants, using the Cochran-Mantel-Haenszel stratified test. Outcome measures: The primary outcome was undernutrition, as determined by the Mini Nutritional Assessment-Short Form (MNA-SF). Secondary outcomes were dietary diversity score (DVS), body weight, and frailty. Body composition was also assessed. Results: Of 106 individuals who joined the project, 61 completed the project and were analyzed. The NC in this study had no effect on the primary outcome. DVS in Area A was significantly higher after the NC period than after the non-NC period ($p = 0.012$). Frailty in Area C was significantly lower after the NC period than after the non-NC period ($p = 0.025$). NC had no significant effects on the other outcomes. Conclusions: NC improved food variety but did not improve nutritional status, frailty, or body</p>			

composition.