

บริโภคผัก หอบบริโภคผลไม้ร้อยละ 78.95 ดื่มน้ำ 7-8 แก้ว/วันร้อยละ 36.84 บริโภคอาหารเสริม ร้อยละ 63.16 สำหรับระดับการปฏิบัติในการบริโภคอาหารต่อสัปดาห์ การบริโภคอาหารที่อยู่ใน ระดับดี ได้แก่ บริโภคผลไม้ร้อยละ 84.21 และบริโภคนมร้อยละ 78.95 ไม่บริโภคของหวานร้อยละ 100 ไม่บริโภคไขมันร้อยละ 68.42 และไม่บริโภคเครื่องดื่มร้อยละ 84.21 ส่วนการบริโภคเนื้อสัตว์ ร้อยละ 84.21 บริโภคข้าวร้อยละ 68.42 และบริโภคผักร้อยละ 57.87 อยู่ในระดับพอใช้



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Independent Study Title	Nutritional Status and Food Consumption of the Elderly in Lamchang Temple Community	
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ABSTRACT

The objectives of this study were to investigate nutritional status and food consumption by overall and by nutritional status of the elderly in Lamchang Temple Community, Sripoom Sub-district, Muang District, Chiang Mai Province. The study population were 60 years over . They had no problems with communication and they were the members in Lamchang Temple Community. All of them were accepted to be volunteers for studying. There were 30 persons (22 females and 8 males). The data were recorded by using interview forms. Their weight, height and waist circumference were measured. All of data were analyzed using frequency, percentages and means.

The results of this study showed that their nutritional status were thin (6.67%), normal (30%), plump (26.67%), obese (33.33%) and severe obese (3.33%). Their waist circumference were higher than standard (40.90%).

Regarding their food consumption by overall, most of them had three meals a day (66.67%). They had break between meals (73.33%), preferred boiling food (90.00%) and moderate taste food (46.67%). All of them preferred to consume vegetable, consumed fruit (83.33%), drank 7-8 glasses of water a day (43.33%) and consumed food supplement (70.00%). The levels of practice in food consumption for a week were at good level, including to drink milk (86.67%), to consume fruit (83.33%), not to consume dessert (100%) and fat (83.33%) and not to drink beverage (73.33%). But their consumption of meat (76.67%), rice (66.67%) and vegetable (66.67%) were at fair level.

Regarding food consumption classified by nutritional status, the results showed that the study population who were over nutrition had three meals a day (68.42 %). They had break between meals (73.68 %). They preferred boiling and frying food (89.47%), moderate taste food (47.37%). All of them consumed vegetable and 78.95% of them liked to consume fruit. They drank 7-8 glasses of water a day (36.84 %) and consumed food supplement (63.16%). The levels of practice in food consumption for a week were at good level, including to consume fruit (84.21%), to drink milk (78.95%), not to consume dessert (100%) and fat (68.42%) and not to drink beverage (84.21%). But their consumption of meat (84.21%), rice (68.42%) and vegetable (57.87%) were at fair level.