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研究題目：Supportive Factors and Barriers to Healthy Eating Among Partially Dentate Older Persons in Niigata City : Qualitative Study

目的：

To explore the factors related to healthy eating among partially dentate older persons and to inform the development of an appropriate theory-based dietary intervention for this population

対象および方法：

We are using a mixed-method study design consisting of a main qualitative phase and an additional quantitative phase. The qualitative study involves conducting focus group discussions (three groups with ten people per group) among partially dentate elderly persons to investigate barriers to and facilitators of healthy eating and factors that influence their food choices. In the quantitative phase, we will create a questionnaire to validate qualitative results and collect additional information. According to the coronavirus pandemic, we could not recruit participants for focus group discussion because of safety concerns. Therefore, we have created a questionnaire to collect necessary information and tested it in a similar population (n=10). Moreover, we have also conducted a pilot study on a small number of participants (n=5) to confirm our protocols and train researchers to be ready for future data collection. The discussion from the pilot study has been tape-recorded, and the recording is now under the transcription process. We hope to continue this research as soon as it is safe for participants to attend group discussions.

結果および考察：

We have tested our questionnaire in 10 participants aged over 65 years who present similar characteristics to our target population. The demographic information of these participants was presented in Table 1. This population contains predominantly non-smoking females with normal BMI, high school level education, and moderate daily activity level.

Table 1 Characteristics of the study population (n = 10)

		Count	Percentage	Mean	Standard Deviation
Gender	Male	2	20.0%		
	Female	8	80.0%		
Age (years)				75	8
BMI (kg/m ²)				21.5	2.4
BMI Groups	< 18.5	1	10.0%		
	18.5-24.9	8	80.0%		
	> 25	1	10.0%		
Education	Elementary school	0	0.0%		
	Junior high school	1	10.0%		
	High school	6	60.0%		
	University or higher	3	30.0%		
Level of Activities of Daily Living	Low	2	20.0%		
	Moderate	8	80.0%		
	Heavy	0	0.0%		
Chronic Diseases	YES	4	40.0%		
	NO	6	60.0%		
Smoking Status	Non-smokers	7	70.0%		
	Former smokers	3	30.0%		

Table 2 displays examples of questionnaire items and responses. Although our sample size for this questionnaire testing was still insufficient to draw conclusions, it was surprising that the majority of participants reported they had never been told to reduce salty food intake (70%), fatty food intake (80%), sugary intake (90%), or increase fruit and vegetable consumption (100%). The results gained from the analysis of the brief-type dietary history questionnaire will help interpret these results. Hence, it should be included in our future survey.

Table 2 Examples of questionnaire items and responses

Questionnaire Items	Count	Percentage
How do you feel about your health?		
Unhealthy	0	0.0%
Not good	1	10.0%
Average	3	30.0%
Not bad	5	50.0%
Healthy	1	10.0%
Have you ever been told to reduce salty food intake?		
NO	7	70.0%
YES	3	30.0%
Have you ever been told to reduce sugary food intake?		
NO	9	90.0%
YES	1	10.0%
Have you ever been told to increase fruit and vegetable intake?		
NO	10	100.0%
YES	0	0.0%
Have you ever been told to reduce fatty food intake?		
NO	8	80.0%
YES	2	20.0%

Questionnaire Items	Count	Percentage
Supplement Intake		
YES	5	50.0%
NO	5	50.0%
Have you experienced reduced food intake in the past 3 months because of mastication or occlusion problem?		
Little decreased	2	20.0%
No change	8	80.0%
How well can you chew?		
I can chew only soft foods.	1	10.0%
I can chew a little hard food.	5	50.0%
I can chew hard foods.	4	40.0%
How do you feel about your dentures?		
Uncomfortable	0	0.0%
Not so bad	6	60.0%
Comfortable	4	40.0%

Table 3 presents statistics regarding questionnaire acceptance reported by participants. Regarding the acceptance for our questionnaire, over 90% of the participants reported that the questionnaire has an appropriate level of difficulty and wording. They also comfortably answered all questions without frustration. All participants used approximately 30 minutes to complete the questionnaire.

Table 3 Questionnaire Acceptance Reported by Participants

Items	Count	Percentage	Mean	Standard Deviation
Appropriate Level of Difficulty				
YES	9	90.0%		
NO	1	10.0%		
Appropriate Wording				
YES	9	90.0%		
NO	1	10.0%		
Comfortability to Answer				
YES	10	100.0%		
NO	0	0.0%		
Time to Complete the Questionnaire			33	20

成果発表：（予定を含めて口頭発表、学会雑誌など）

Since we could not conduct focus group discussions, we failed to produce a discrete achievement this academic year.

However, we are ready and prepared to proceed with our project as soon as the situation allows. After this research is completed, we plan to present in 41st Asia Pacific Dental and Oral Care Congress, Japan and publish our study in Journal of Public Health Dentistry.