

[課程－ 2 ]

### 審査の結果の要旨

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This study focused on the effects of food behaviors on frailty and sarcopenia in older adults in Japan. In the first study, I explored the association between eating alone behavior and frailty in community-dwelling older adults. In the second study, I identified the association between food and sarcopenia by dietary pattern approach.

1. “Eating alone yet living with others” was associated with frailty and its domains in community-dwelling older adults in Kashiwa city, Japan (adjusted odds ratio (AOR) = 2.49, 95% confidence interval (95%CI) =1.1-5.5 for men; AOR 2.16, 95%CI 1.0-4.5 for women).
2. Pathways of this association were different among men and women. Eating alone were associated with lower physical strength and mood in men, whereas in women eating alone yet living with family were associated with lower scores for instrumental activities of daily living (IADL), socialization, memory, and mood.
3. Three dietary patterns were derived from a principal component analysis using participants’ dietary history: Dietary pattern 1 (Japanese side dishes), Dietary pattern 2 (Japanese main dishes) and Dietary pattern 3 (noodles). From the review of previous literature, Japanese dietary pattern score was also made.
4. Low adherence to Dietary pattern 1 was associated with high prevalence of sarcopenia in men (AOR

3.67, 95%CI 1.2-11.2). While, low adherence to Dietary pattern 2 was associated with high prevalence of sarcopenia in women (AOR 2.71 95% 1.0-7.5). The Japanese dietary pattern was inversely associated with sarcopenia in both genders (AOR 5.10, 95% CI 1.3-20.3, AOR 3.80, 95%CI 1.0-14.0 for men in low and medium score group; AOR 2.90, 95%CI 1.0-8.9 for women in low score group).

This study newly highlighted the role of food behaviors in association with frailty and sarcopenia. Although there are many recommendations about nutrients from food for frailty prevention and intervention, other dimensions of food such as eating with others and whole of foods aspect could affect selected domains of frailty as well.

よって本論文は博士(医学)の学位請求論文として合格と認められる。