

Preventing Malnutrition of Elderly Residents

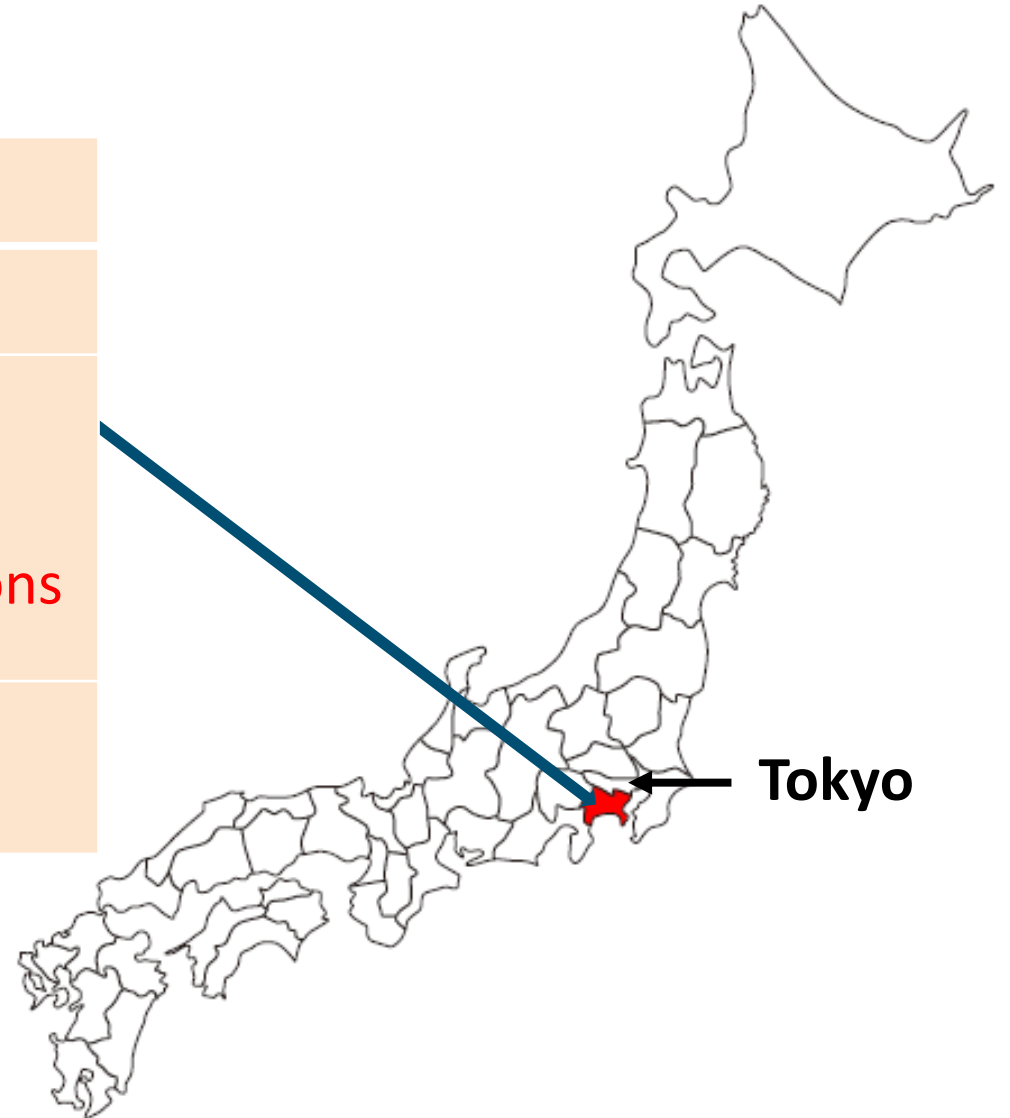
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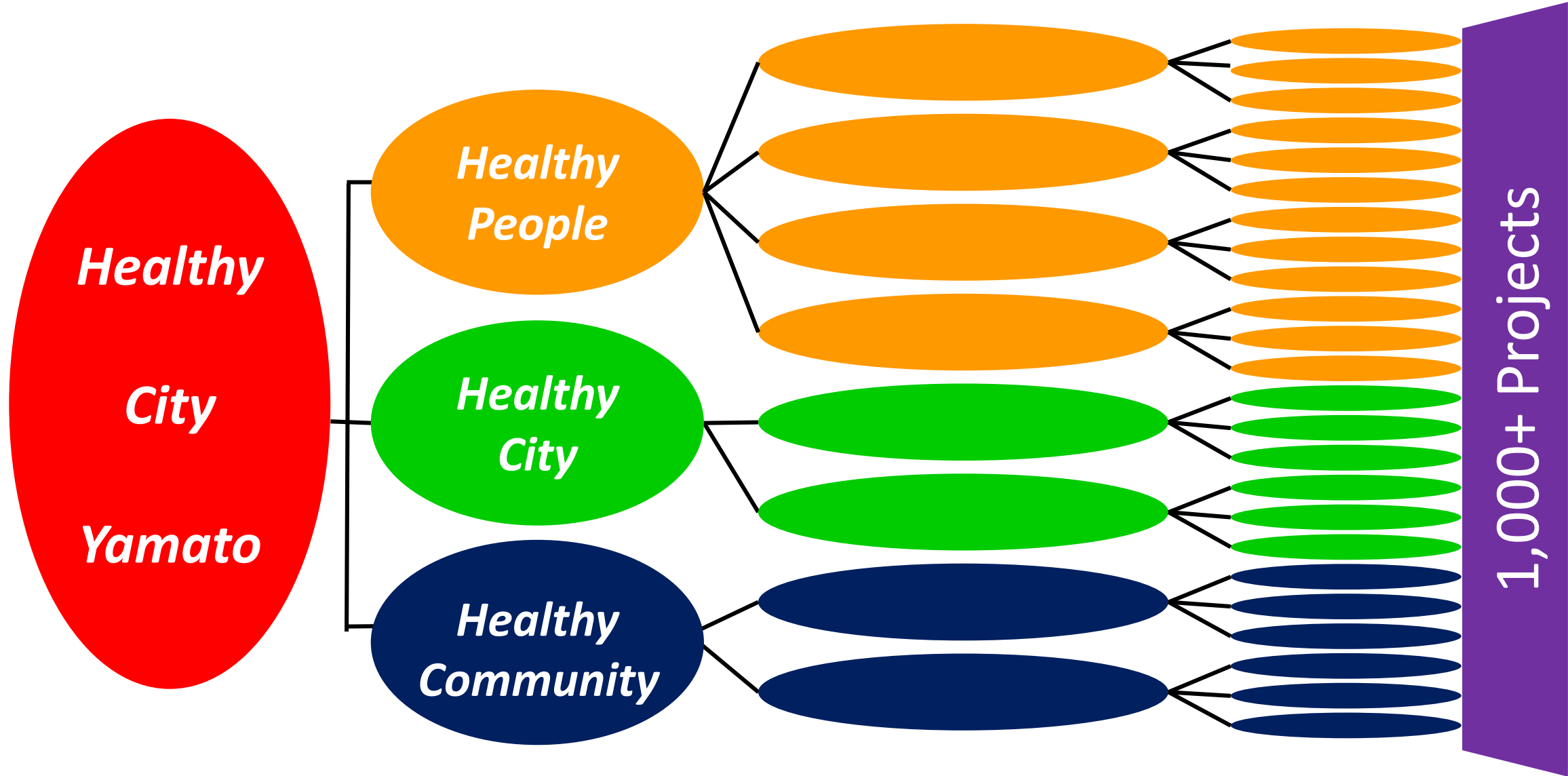
About Yamato City ,Kanagawa prefecture

Within 40 km from central Tokyo

Population	240,000 +
Area	about 27 km ²
Public transportation access	3 railway lines & 8 stations ➔ Most of the city area is within 15 min walk from stations
Population over 65 years old	24%



Healthy City Yamato



Malnutrition Prevention Program for Elderly Residents

Since 2013



Yamato's Cultural Complex
Sirius



*Healthy City
Library*

10 million visitors
in 3 years



Preventing Malnutrition is the top priority

Problems found in surveys	Died or required long-term care (LTC level 1-5) within 3 years (%)	Mean age at death/ LTC certification
Malnutrition	40.8%	77.5 years
Social isolation	39.2	82.1
Lack of exercise	38.0	82.0
Depression	30.6	81.1
Oral Health	26.1	81.0
Cognitive function	24.1	81.1

Elderly Nutrition Consultation by Registered Dietitians in Public Health Section

Goal

Health promotion, prevention of long-term care,
and improvement of Quality of Life (QoL) among elderly residents

Population over 65 years old

57,932

Taken health checkup

20,758

Eligible for consultation

436

Conducted
consultation

320

Eligibility screening by health check results

- Body weight loss ≥ 2 kg in 6 months
- Body Mass Index (BMI) ≤ 20

Nutrition consultation procedure

First
consultation

Assessment and problem identification
Development of nutrition care plan
Setting the behavioral objectives

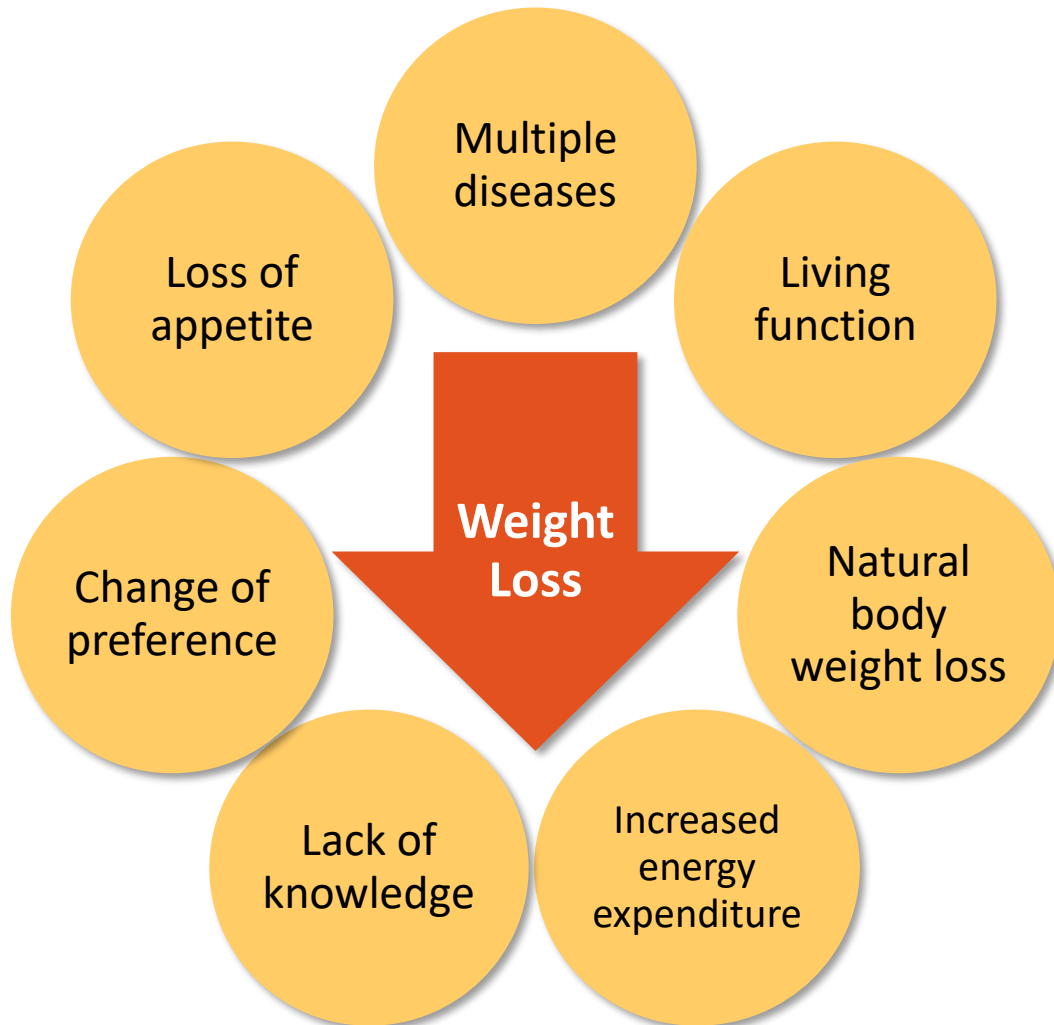
3 month
later

Evaluation of the behavioral objectives
(If necessary) setting the objectives

6 month
later

Evaluation of the behavioral objectives, change of weight etc.
Considering the need for further consultations





Nutrition

Craft ideas to increase calorie intake
Informing the appropriate dietary intake amount
Advice regarding proper diet for disease(s)

Body and social activities

Increasing physical and social activities
Introducing some places to go daily

Others

Attentive listening to alleviate mental distress
Introducing city's services
Correction of wrong knowledge

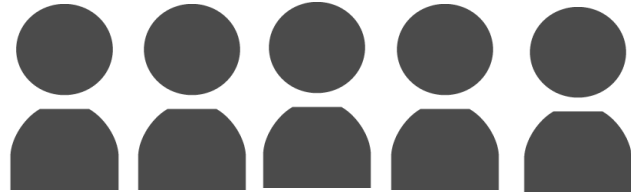
Proposing feasible personal goals



About 80% maintained or increased body weight

Targets

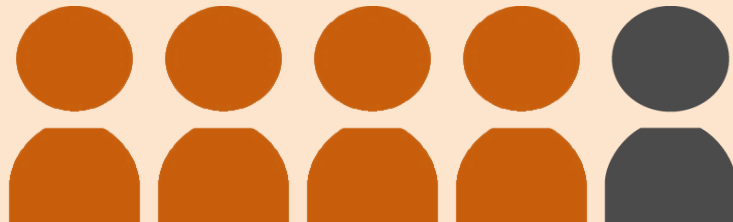
Elderly with malnutrition risks



Nutrition consultation

76.8%

Maintained* or increased body weight



* Body weight change <math>< \pm 1\text{kg}</math>



Registered Dietitian

Improvement among elderly

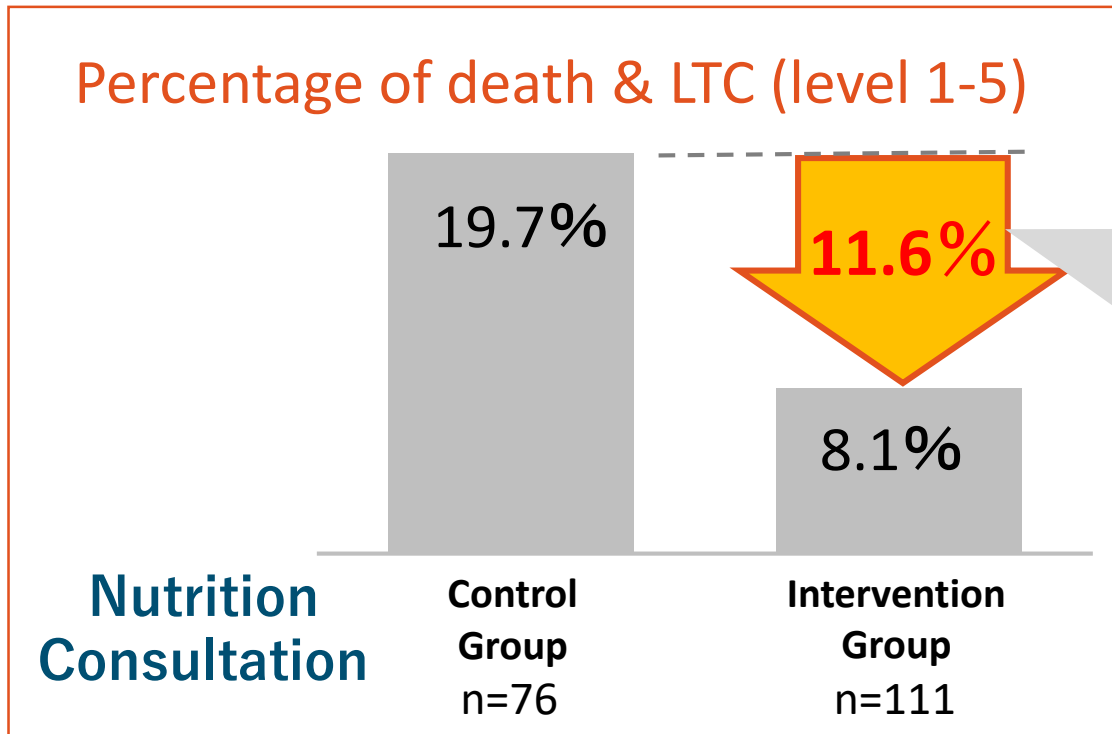
Better physical condition & fitness

Better mental health

Increased social activities

Preventing health decline: Reduction of social welfare cost (estimation)

Sep 2021



LTC & death reduction: **13**

×

Annual Long-Term Care cost
in Yamato per person (Avg.) :
1.12 million JPY (USD 10,200)

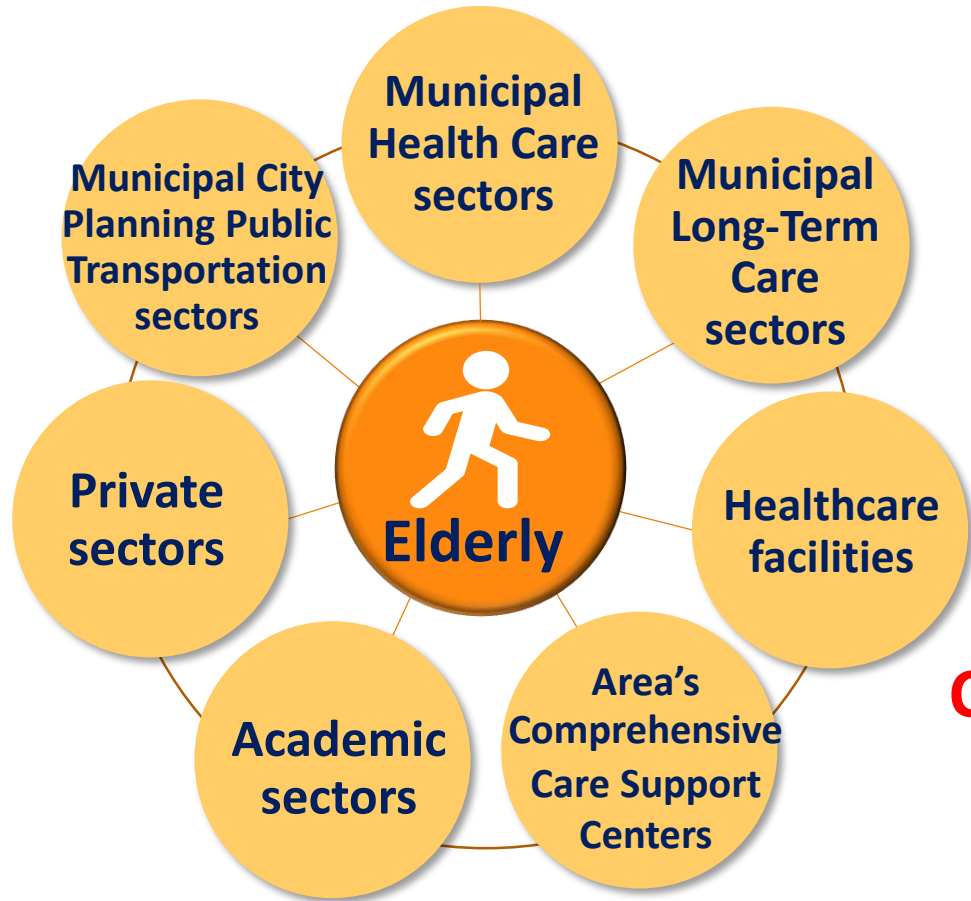
Reduced Yamato's annual Long-Term Care cost

approx. 14.5 million JPY

(approx. USD 132,000 at 1USD=110JPY)



Promoting Yamato's municipal nutrition program nationwide



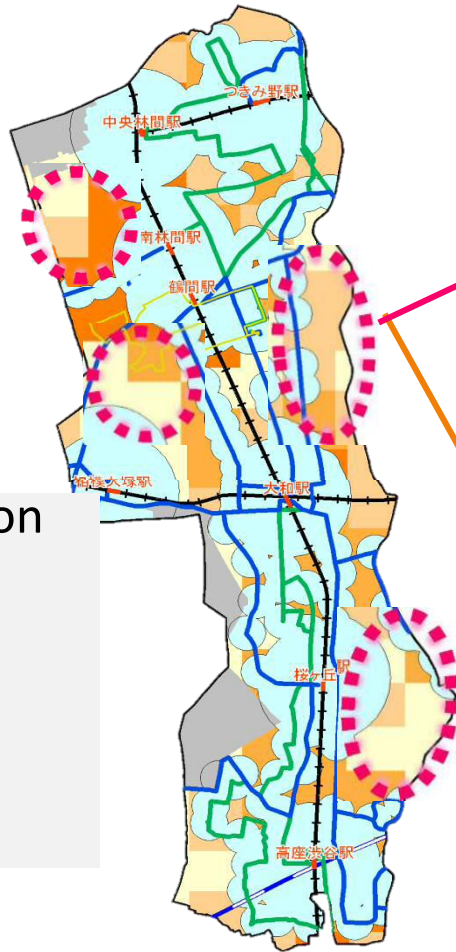
Prime Minister Shinzo Abe, Council on Economic and Fiscal Policy (May 2018)



Comprehensive health & long-term care operations to support elderly's daily life while considering their ADLs & medical aspects

Area characteristic of nutrition problems

- Collaboration with public transportation section -



Public transportation policy focus

Areas with need of improved access

Improving bus services to help elderly going out!

Nutrition policy focus

Areas where elderly with higher risks of death or LTC lives

Fewer nearby food stores
Steeply terrains

Multisectoral cooperation is important → *Healthy City Yamato*

Leave no one behind!



Municipal Nutrition Policy can address at least 12 SDGs



Municipal Registered Dietitians can contribute
To solve the double burden of malnutrition

Thank you for your attention!

