

Evaluation of the Effect of Intervention on the Nutritional Health Status of the Elderly at Home under the "People-Centered Active Health Management Service Model"

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Abstract: The people-centered active health management service mode is the active health management service mode of family doctors, which is "people-centered, oriented to families and communities, oriented to maintaining and promoting overall health, and providing long-term contracted services for the masses". Nutrition intervention is a countermeasure to improve people's nutrition problems.

Keywords: Health of the Elderly at Home; Active Health Management; Nutrition Intervention; Human-Centered

1. Introduction

In recent years, with the acceleration of the aging process of our society and the change of residents' lifestyle, the incidence rate of various chronic diseases has increased significantly, which has become an important risk factor affecting the quality of life and life safety of the elderly. With the increase of age, the elderly's human-computer ability will gradually decline, and their immune function will also decline. Therefore, the elderly are the high risk group of chronic diseases such as hyperlipidemia, hypertension and diabetes. In order to ensure the physical health and quality of life of the elderly, appropriate interventions and treatment should be actively taken. With the increasing level of community management, people are increasingly attaching importance to medical services. Actively adopting appropriate nutrition and health education can effectively prevent and treat chronic diseases in the elderly, thereby achieving the goal of improving the quality of life of elderly patients.

The functional health report of the urban elderly at home in China shows that the health status of the elderly at home is not optimistic. The nutrition of the elderly is very important for their health. Nutritional deficiency is an important factor that causes many diseases of the elderly, and even is closely related to mortality. The data shows that more than 50% of the elderly in China also have malnutrition problems, and this proportion is as high as two-thirds of the elderly inpatients.

The National Health Commission issued a notice on December 31, 2021 on comprehensively strengthening elderly health services, stating that "in order to implement the spirit of the National Conference on Aging, coordinate the promotion of the Healthy China Strategy and actively respond to the national strategy of population aging, continue to increase the supply of elderly health services, effectively improve the quality of elderly health services, and continuously meet the health service needs of the elderly Strengthen health education for the elderly and widely disseminate nutritional and dietary science knowledge to the elderly and their caregivers, "the Health Commission mentioned in the notice on strengthening elderly nutrition improvement work," promote elderly nutrition improvement work in our province, promote healthy aging. Fully understand the importance of strengthening elderly nutrition improvement work, and actively carry out elderly nutrition improvement work.

2. Design and Methods

For the nutrition and health intervention involved in this topic, the team provides basic nutrition screening services for the elderly, and personalized guidance for the preparation and use of drugs at home according to the specific conditions of

the elderly's physical health, while professional family doctors provide chronic disease health and nutrition and health intervention management for them; Nutritionists provide the elderly with dietary nutrition and health management services and resources. For daily health promotion, not only health education and health service activities will be carried out under the guidance of the family medical team, but also health knowledge such as disease prevention and health care will be pushed to the elderly and their families weekly by WeChat or SMS.

The study adopted the micronutrient assessment (MNA-SF) as the scale for assessing the nutritional health status of the elderly. MNA is an evaluation method established for the evaluation of the nutritional status of the elderly [1]. Research shows that MNA-SF has a good correlation with MNA and is a reliable method to evaluate the nutritional status of the elderly [2]. This study shows that the dietary structure of many elderly people in China is unreasonable, and the community chronic disease management under active health has great exploration value. The service model should be targeted at the elderly with chronic disease who need family doctors. The research results show that we should focus on controlling the obesity rate of the elderly and reducing the occurrence of chronic diseases. This research model focuses on nutrition matching. From the perspective of the changes in appetite and weight of the elderly, it can not only keep the appetite of the elderly unchanged, but also reasonably match the diet and supplement the nutrition needed by the elderly in all aspects, which has a good intervention effect; From the analysis of the nutritional status of the elderly, under the "people-centered active health management service model", it is still necessary to improve the service mode and service content, and try to make all or most people have normal nutritional status.

3. Result

The new active PCAC is a new attempt for family doctors to enter the community. The results of this study have proved that this model is really helpful for the elderly.

The research results show that the elderly are mainly affected by chronic diseases, such as through nutritional and health interventions for the elderly.

Enabling the elderly to have a strong and healthy physique will to some extent prevent and control the occurrence of chronic diseases. If the incidence rate of chronic diseases is reduced, it will also have a good impact on healthy pension. With the development of an aging population society, the incidence of chronic diseases among the elderly population is gradually increasing and has become an important social problem. As age increases, the functions of various parts of the human body gradually weaken, and unhealthy dietary habits can easily lead to the occurrence of diseases. Scientific research shows that diet nutrition is closely related to obesity, hypertension, cardiovascular and cerebrovascular diseases, diabetes and other chronic diseases. Unreasonable diet is an important risk factor for obesity, hypertension and diabetes [3]. A survey shows that the energy supply ratio of three meals for elderly people in a certain community is relatively low, with breakfast being lower and dinner being higher, especially among 60 year old female elderly people, with energy ratios of 18.15%, 36.99%, and 44.86%^[4], respectively. Looking across the country, many scholars have conducted surveys and studies on the daily diet of Chinese elderly people, and the results show that the average Chinese elderly person has imbalanced dietary habits, with the vast majority lacking vitamin and mineral intake and excessive fat intake.^[5]

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Therefore, our research group conducted this study, which relied on the "Pilot Plan for Personalized Home Care Services for Elderly People by Yulin Community Health Service Center in Wuhou District, Chengdu". By studying the intervention effect of elderly nutrition and health status under the "people-centered proactive health management service model", we provide a case and data basis for nutritional intervention for the elderly.

The new proactive mode of PCAC is a new attempt for family doctors to enter the community. If the results of this study prove that this model is truly beneficial for the medical care of the elderly, then this study has broad prospects and far-reaching significance in the future. The content and data of this study can lay the foundation for the application and promotion of this model in the future.

This study has broad prospects and far-reaching significance in the future. The content and data of this study can lay a foundation for the application and promotion of this model in the future. Through this study, we aim to promote the improvement of nutrition of the elderly, strengthen the monitoring of nutrition and health of the elderly, and attach importance to the research and application of evaluation methods of nutrition status of the elderly; Mobilization of the whole society, balanced diet, scientific prevention and treatment of nutrition-related chronic diseases, and promotion of healthy aging; Call on all sectors of society to pay attention to and pay attention to the nutrition and health of the elderly at home.

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