

## IDENTIFICATION OF EATER PROFILES IN THE OLDER POPULATION

Aging goes with physiological, sensorial, psychological and sociological changes that can have an impact on seniors' food behaviour and nutritional status. To identify profiles of eaters among an older population, a large study was carried out involving 559 French people aged over 65 years old.

*What is your frequency of meat consumption? Do you need help to prepare your meals? Is eating a pleasure for you? Which of these 4 bottles has a smell? Can you stand up from your chair 5 times in a row? What is your favourite meal for lunch?* More than 50 variables were collected from each participant using questionnaires, sensory tests and physical exercises.

We identified seven profiles thanks to the results. The first three essentially include “young” seniors (less than 80 years old) with a good nutritional status. These profiles change according to their food preferences, their behaviour towards a healthy diet and their interest for diet. The four last profiles include people aged over 80 years old. People in profiles 4 and 5 have maintained a good appetite but those in profile 4 displayed a taste for meat whereas people of the profile 5 worry about the impact of a healthy diet on their health. Profiles 6 and 7 include people with eating problems or symptoms of depression and are associated with a high nutritional risk.

This work underlines the necessity to develop targeted interventions to tackle undernutrition among seniors, according to their life situation and difficulties, but also their preferences and beliefs linked to food.

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### To know more

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### Keywords

Older people; aging; diet; undernutrition; phenotype



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