

Assoc. Prof. Chika Momoki
(Department of Food Science and Human Nutrition)

E-mail chika.momoki@setsunan.ac.jp

Keywords Frail prevention community-dwelling elderly Well-balanced meal nutrition

Research topics

Background

- Extending healthy life expectancy is a key challenge for super-aged societies, and there is a growing understanding that maintenance of a healthy lifestyle, and particularly maintaining an adequate dietary intake, is essential for preserving health.

Purpose

- To improve frail and extend healthy life expectancy by intervening from the dietary and nutritional aspects.

Main achievements

- Analysis of lifestyle habits and meals prone to frail and Improvement effect of nutrition education.
- Analysis of the effect of intake of vitamins and minerals on muscle mass and physical function.
- Efforts to improve nutrition in collaboration with residents' associations and community support center.
- Examination of the effect of nutrition intervention for elderly who regularly visit outpatient clinics.

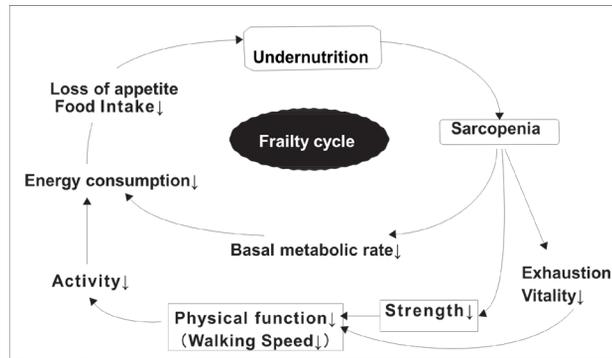
Prospects for collaboration

【Agriculture / Food Industry】

Food development for adjusting the content of certain nutrients for elderly people with diseases.

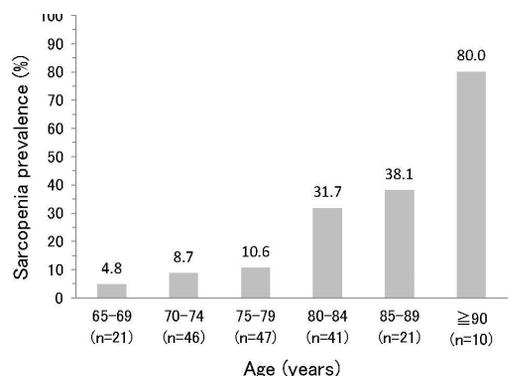
【Community】

- Efforts to improve the nutritional status of the elderly through ongoing training such as nutrition education.
- Enlightenment activities related to frail prevention.



Frail cycle

Dietary Reference Intakes for Japanese 2020



The prevalence of sarcopenia. GGI 17(1) pp.54-60, 2016



Nutrition education for elderly



Research features

Research to improve the healthy life expectancy of the elderly, such as disease improvement and frail prevention through dietary and nutritional aspects.