

Possible association between oral health status and appetite loss in community-dwelling older adults

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<https://hdl.handle.net/2324/7329386>

出版情報 : Kyushu University, 2024, 博士 (歯学), 課程博士
バージョン :

権利関係 : Public access to the fulltext file is restricted for unavoidable reason (2)



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論 文 名 : Possible association between oral health status and appetite loss in
community-dwelling older adults
(地域在住高齢者における口腔の健康状態と食欲不振との関連)

区 分 : 甲

論 文 内 容 の 要 旨

This study aimed to evaluate the association between the oral health status and appetite in community-dwelling older adults. We enrolled 100 people aged ≥ 65 years who had participated in long-term care prevention projects between December 2018 and January 2019. Appetite was assessed using the Council on Nutrition Appetite Questionnaire score. The oral health status was assessed based on the number of teeth, occlusal condition, swallowing function, tongue coating, and the Oral Health Assessment Tool. A multiple linear regression analysis was performed with appetite as the dependent variable and each variable related to oral health status as an independent variable. The analysis was adjusted for sex, age, activities of daily living, cognitive function, smoking habit, and alcohol consumption. Dental pain was associated with poor appetite in community-dwelling older adults. No other oral health status parameter was associated with appetite. Thus, controlling dental pain is critical to prevent appetite loss while considering other factors.