

SENIOR & SENS

EATING PLEASURE AND SATISFACTION WITH MEALS

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In the context of the AUPALESENS survey, four groups of persons aged 65 or older were interviewed: 289 lived at home without aid; 74 lived at home with aid, but not related to food (housework, personal hygiene...); 101 lived at home and had help with shopping and preparing meals or used a meals-on-wheels service; and 95 persons lived in a nursing home.

Among the questions asked, a series of questions concerned eating pleasure in general (« For you is eating always a source of pleasure? »; « Is it important for you to eat tasty meals during the week as well as at the weekend? ») while others concerned satisfaction with the meals currently served: the interviewees were asked to score their meals on a scale ranging from « I don't like it at all » to « I like it a lot ».

The results showed that eating pleasure remained the same whatever the level of dependence ($F=2.28$; $p=.08$), satisfaction with the meals consumed diminished significantly with the degree to which cooking activities were delegated to others ($F=45.90$; $p<.001$). These results underline the importance of developing meals that meet not only the nutritional needs of these dependent elderly citizens, but also their sensory expectations and correspond to their dietary habits.

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