

## IDENTIFICATION OF VARIOUS “EATER PROFILES” IN THE OLDER POPULATION

The aging process is associated with physiological, sensory, psychological, and sociological changes likely to have an impact on food intake and the nutritional status of older people.

In order to identify “eater profiles” within the older population, we carried out a large multidisciplinary survey among 559 French people aged over 65 as part of the AUPALESENS project. These people were recruited in several cities from different life situations: at home or in nursing home, autonomous or dependent.

*How often do you eat meat? Do you need help to prepare your meals? Do you think that eating is a source of pleasure? Which of these 4 vials contains an odor? Can you stand up from your chair 5 times in a row? What's your favorite lunch menu?* More than 50 variables were collected from each participant through questionnaires, sensory tests and physical exercises.

Results highlighted seven profiles. Clusters 1-3 contained ‘young’ older people (<80) with a good nutritional status; these clusters differed according to food preferences, the desire to have a healthy diet, or interest in food. The last four profiles include people over 80. People in profiles 4 and 5 maintained a good appetite, but the former have higher meat preference while the latter were more concerned about the impact of diet on health. Finally, profiles 6 and 7 include people who suffer from eating difficulty or depressive symptoms, and are associated with the higher nutritional risk.

This work underlines the need to develop targeted interventions to tackle undernutrition among the older people, taking into account their living situation and their difficulties, but also their food preferences and beliefs.



Crédits photo : iStock©

### Contact

Isabelle Maître, [I.Maitre@Groupe-Esa.Com](mailto:I.Maitre@Groupe-Esa.Com)

Claire Sulmont-Rossé, [claire.sulmont-rosse@inrae.fr](mailto:claire.sulmont-rosse@inrae.fr)

### For more information

<https://www.inrae.fr/actualites/seniors-categorie-mangeurs-heterogene>

Maître I, Sulmont-Rossé C, Van Wymelbeke V, Cariou V, Bailly N, Ferrandi J-M, Salle A, Cardon P, Amand M, Manckoundia P, Symoneaux R, Issanchou S, Vigneau E (2021). Food perception, lifestyle, nutritional and health status in the older people: Typologies and factors associated with aging well. *Appetite*, 164:105223. <https://doi.org/10.1016/j.appet.2021.105223>