Relationship between Dietary Intakes and Depression in Korean Elderly People

Jeong Seon Park*, Soon Ah Kang[1], Lilha Lee, Jung-Hyun Kim, In Kyung Jung,
Yoon Jung Park, Ji Eun Lee.
Department of Home Economics Education, Chung-Ang University, Seoul, Korea
1)Clinical Nutrition & Research in Biomedical Research Institute, Samsung Medical
Center, Seoul, Korea

This study was undertaken to investigate the relationship between dietary intakes and depression function in Korean elderly people. Random samples of 210 men and 239, women at 60 years of age or older, were recruited to participate in this study. Survey questionnaires included anthropometric measurements, 24-hr dietary recall, and depression test were used as the instruments. The depression test developed by the Korea University Hospital was used in this study. The mean age of men and women was 72.3 ± 6.5 and 69.6 ± 6.0 years. BMI for women was significantly higher than that for men, whereas women had a significantly lower waist/hip ratio than men($p<0.001$). Women had significantly higher depression score than men($p<0.001$). The distribution of depression status of the subjects was shown that those who were considered to be normal men and women were 61.4% and 44.4%. 18.6% of men and 27.2% of women were noted as mild depression, 12.4% and 17.2% as moderate depression, and 7.6% and 11.2% as severe depression. This finding indicated that women were more prone to depression than men. Men subjects of severe depression group had significantly lower intakes of cereals, spices, energy, protein(animal protein, vegetable protein), fat, carbohydrate, P, thiamin, and niacin than did those of normal group($p<0.05$). Similarly, women subjects of severe depression group showed significantly lower intakes of meats, energy, carbohydrate, and vitamin C than did those of normal group($p<0.05$). In multiple regression analysis, depression score had inverse relationships with energy, meats, vegetable protein, beverages, and oils intakes, and positive relationships with thiamin and niacin intakes. In Men subjects, energy was the major factor to explain the relationship between dietary intakes and depression function($p<0.001$). In Women subjects, total amount of food intakes was the most explanatory variable to the relationship between dietary intakes and depression function($p<0.001$). Our finding suggested strong association between dietary intakes and depression function among Korean elderly people. Especially, sufficient energy intake represented by sufficient amount of food intakes were shown to be the most effective factor on depression

function. Thus, intakes of sufficient foods in quantity as well as in quality could be beneficial for elderly people to prevent and/or reduce depressive disorder.