

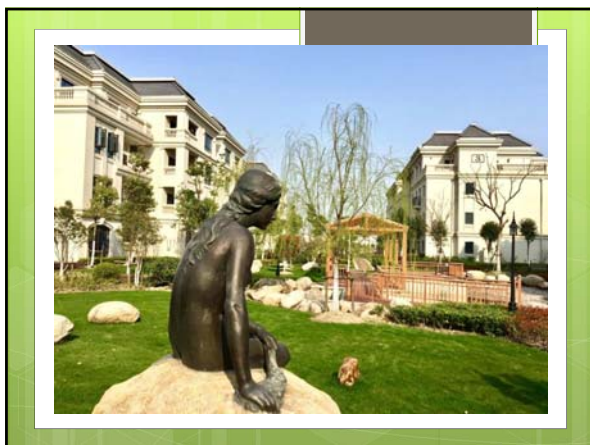
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Food4Growth

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Assisted and independent senior living in China – how to handle food and eating
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Outline

- Presentation
- History and background
- Residents
- Common Diseases
- Other issues
- Senior Housing
- Nursing Homes- small survey
- Care Hospital



History and background

- Yiheyuan Elderly Service Center is a non-profit organization running senior houses (SH), nursing home (NH) and care hospital (CH)
- Phase 1 opened in October 2015
 - 392 beds in SH- Apartments with Kitchen facilities
 - 288 beds in SH- smaller Apartments, no Kitchen facilities
 - 110 beds in NH
 - 60 beds in CH
 - 2 canteens

History and background

- The building of Phase 2 will start in May 2018
 - 1400 beds in SH
 - 500 beds in NH/CH according to the needs
 - 8 canteens
- Currently around 400 residents
 - 288 in Senior Housing
 - 75 in Nursing Homes
 - 35 in Care Hospital



Which residents live at Yiheyuan?

- Middle Class and higher Middle Class (and parents of people with higher income)
- Mainly from Shanghai and Shanghai Districts
- Mainly well-educated
- Age from 60 years to 99 years
- 2/3 of the residents manage by themselves

Common Diseases

- Diabetes
- Hypertension
- Strokes
- Cardio-vascular diseases
- Osteoporosis
- Fatty Liver
- Dementia
- Parkinson

Other issues

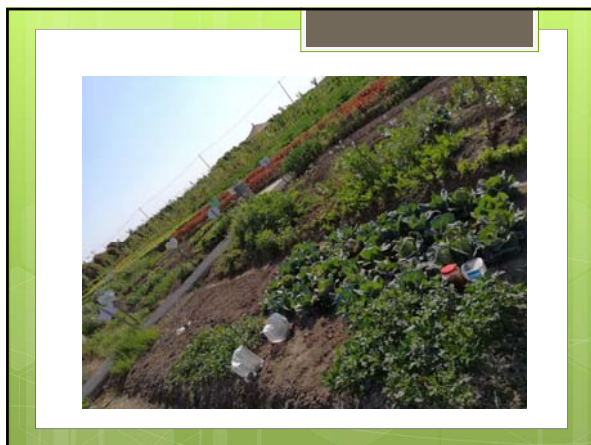
- Dental status
- Smoking
- Exercise>< Immobility
- Kitchen staffs
 - Educational background
 - Experience

Residents in Senior Houses

- Are independent
- Can leave Yiheyuan



- Prepare at least one meal every day
- Other meals are eaten in Canteen
- Some have a small garden at Yiheyuan



Residents in Nursing Homes and Care Hospital

- Don't have Kitchen facilities
- All meals are served
- Can order from a fixed Menu
- Can eat in their room, in the living rooms
- In VIP room
- Most CH-residents are bedbound



What does the NH- residents say?

- Do you have any diseases that require a special diet?
- Do you have dental problems?
- Have you experienced any changes related to food issues; changes in appetite, sense of taste, habits etc?
- When living in your own home, did you cook yourself?
- What are your favorite dishes?
- Do you know the official recommendations?
- What is the "correct" diet for you?
- Do you eat any supplements?

Recommendations



Summary of the residents replies- 1. Married couple

- Osteoporosis
- Poor Dental Health
- Appetite almost the same, perhaps decreased
- Sense of taste influenced- tastes less than before
- Used to cook by themselves, lots of seasonal vegetables
- Prefer Shanghainese food- especially seafood, fish and meat
- Satisfied with the food served from the Canteen
- Eat supplements- protein powder and calcium
- Know the Health Recommendation

Summary of the residents replies- 2. Married couple

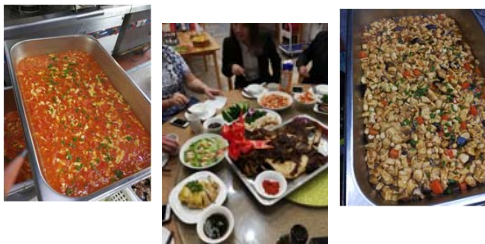
- Diabetes- husband
- Poor Dental Health
- Appetite more or less the same, husband is overweight
- Either prepared the food themselves or their ayi did
- Husband prefers Shanghainese food, wife also likes spicy food
- Used to prefer meat, but thinks the meat here is too hard to chew
- Also very fond of Seafood, but don't eat because it according to TCM make you cough.
- Not very satisfied with the food served (60 %)
- Eat Vitamin C and Omega 3
- Know the recommendations

Summary of the residents replies- Man (94)

- Overweight
- Gained weight since he came here, eat the same, but exercise less
- Now focused on weight-loss by controlling intake
- Used to cook by himself, fresh seasonal vegetables, meat, especially beef
- Not very satisfied by the served food, hard to chew, over-cooked, and tasteless
- Drink a glass of red wine almost everyday, eat Omega 3
- Knows the recommendations

Summary of the residents replies- Woman (99)

- No diseases that require a special diet
- Dental Health fine
- No appetite, but that's not unusual
- Eats what she wants to, but healthy food; often she must force herself to eat
- Used to have an ayi, that cooked very nice food
- Prefer Shanghainese food
- Thinks the food here is OK, but could use more salt
- Does not focus on TCM, but knows the principles
- Takes calcium (or yoghurt) and Multivitamines
- Knows the Recommendations



Conclusions

- Food is a very important part of Life!
- Old people prefer the dishes they are used to eating!
- Traditional views on Health and food issues are strong!
- There are no special diets for people with e.g. diabetes
- The daily intake of protein is not very high
- A lot of residents eat dietary supplements