

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**PREHRANJEVALNE NAVADE STAREJŠIH OBČANOV NA
PODROČJU OBČINE SLOVENSKE KONJICE**

**EATING HABITS OF THE ELDERLY IN THE MUNICIPALITY OF
SLOVENSKE KONJICE**

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POVZETEK

Uvod: Zdrava prehrana skupaj z aktivnim načinom življenja je osnovni pogoj za ohranjanje zdravja, boljše počutje in kakovostno življenje v obdobju starostnika. Na prehranjevanje starostnika in stanje hranjenosti imajo pomemben vpliv fiziološki, psihološki in socialni dejavniki. Zdravstvena vzgoja je sestavni del promocije zdravja in preprečevanja bolezni v vseh življenjskih obdobjih in tukaj je pomembna vloga medicinske sestre in lokalne skupnosti. Z raziskavo smo želeli predstaviti prehranjevalne navade starejših občanov v občini Slovenske Konjice.

Metoda: Raziskava je temeljila na kvantitativni metodi raziskovanja, in sicer smo uporabili deskriptivno in eksplikativno metodo dela. Pridobivanje podatkov je potekalo s tehniko anketiranja. Za instrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na osnovi pregledane literature. Uporabili smo neslučajni in priložnostni vzorec, v katerega smo vključili štirideset starejših občanov občine Slovenske Konjice. Pogoj za sodelovanje v anketi je bila starost nad petinšestdeset let in sposobnost samooskrbe. Vrnjenih smo dobili štirideset anket, kar predstavlja 100 % realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Office Excel 2016.

Rezultati: 75 % starejših občanov zaužije tri do štiri obroke dnevno, 20 % pa pet obrokov ali več ter 92,5 % jih vedno zajtrkuje. 92,5 % starejših občanov si kuha sama ter 97,5 % jih kot najpogostejšo tehniko priprave hrane navaja kuhanje. 54 % starejših občanov zaužije od 1 do 1,5 litra tekočine dnevno, kot najpogostejšo zaužito tekočino pa navajajo vodo. 75 % starejših občanov je zadovoljnih s trenutnim načinom prehranjevanja. V 57,5 % kot najpogostejši vir informacij o zdravi prehrani navajajo medije, v 20 % je to zdravstveno osebje. 97,5 % starejših občanov ocenjuje vlogo medicinske sestre pri svetovanju in promociji zdrave prehrane kot pomembno ali kot zelo pomembno. Vsi starejši občani so ocenili kakovost navodil o zdravem načinu prehranjevanja, ki jih posreduje medicinska sestra, kot dobro ali kot zelo dobro.

Razprava in sklep: V raziskavi ugotavljamo, da dve tretjini starejših občanov svoje zdravje ocenjuje kot dobro. Med starejšimi občani v občini Slovenske Konjice pri večini ugotavljamo zdrave prehranjevalne navade, z upoštevanjem priporočil smernic zdravega prehranjevanja. Zdrav življenjski slog skozi vse življenje je dobra naložba za zdravo, kakovostno in polno življenje v starosti, kar postaja vedno bolj pomemben vidik celostnega pristopa k reševanju ekonomskih, zdravstvenih in socialnih problematik, ki so posledica staranja družbe in pri tem ima medicinska sestra pomembno vlogo.

Ključne besede: starostnik, prehranjevalne navade, smernice zdrave prehrane, promocija zdravja, občina Slovenske Konjice

SUMMARY

The introduction: Healthy food alongside the active lifestyle are basic conditions for maintaining health, better well-being and life quality in the elderly age. Nutritional needs and nutritional state of elderly people are highly influenced by physiological, psychological and social factors. Health education is a part of health promotion and disease prevention strategy in which the role of a nurse and the role of the local community are of utmost importance. The aim of the research project was to present the eating habits of the elderly residents in the municipality of Slovenske Konjice.

The method: The research project was based on the quantitative research method, using the descriptive and explicative work method. Data were gathered with the survey technique in which the instrument used was a questionnaire, formed on the basis of literature reviewed. Statistically non-convenience and random samples were used in which forty elderly people in the municipality of Slovenske Konjice were included. The condition for participation in the survey was the participants' age over 65 and their self-sufficiency in old age. 40 surveys were given back which represents 100% sample realisation. Data were gathered and processed with the programme Microsoft Office Excel 2016.

The results: 75% of elderly people eat three to four meals a day, 20% eat five or more meals a day and 92,5% always eat breakfast. 92,5% of elderly people cook for themselves and 97,5% of elderly people state that cooking is their most common food preparation. 54% of elderly people drink 1 to 1,5 litres of liquid a day, water being the most common liquid. 75% of elderly people are satisfied with their eating style. 57,5% of elderly people consider mass media as the most common source of information about the healthy food and eating habits. 20% of them consider that health staff is their most valuable source of information. 97,5% of elderly people consider that the role of a nurse as a health educator and healthy food promotor is important or even very important. All elderly people included in the survey assessed the quality of instructions regarding the healthy eating habits, given by a nurse, as good or as very good.

The discussion and the conclusion: The research findings show that two thirds of elderly residents of Slovenske Konjice estimate their health is good. The research shows that elderly people have healthy eating habits and that they follow the healthy nutrition guidelines. Healthy lifestyle throughout all life stages is a good investment for a healthy, high-quality and full life in the old age. It is also becoming an increasingly important principle in the integrated approach of solving economical, health and social problems which result from the population ageing, the social phenomenon, where a nurse has an important role.

Key words: elderly people, eating habits, healthy nutrition guidelines, health promotion, the municipality of Slovenske Konjice