

Applicant

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Project Title

Examining the relationship between oral health, nutrition, and frailty in older adults

Project Summary

As our population ages, the effect of oral health on healthy ageing will become more relevant. One main aspect of oral health is dental function and chewing ability. It has been shown that chewing ability is associated with food choices, such that people with fewer teeth tend to eat less crunchy or tough foods, for example fruits, vegetables, and meats. Fewer teeth has also been associated with weight loss. How dental function and nutrition are associated with frailty, both separately and as they interact with each other, has not been well explained. Frailty is an important indicator of illness, injury, and mortality, particularly as we age. The purpose of this study is to describe oral health in older adults and then to explore the interdependent relationships between tooth loss, food choice, weight loss, and frailty. This understanding may play an important role in promoting oral health and avoiding ageing problems.

Keywords

Oral health, edentulism, nutrition, frailty