

## Association between Salt Intake and Arteriosclerosis for the Japanese Elderly —Relevant of Lifestyle-Related Diseases

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### Summary

So we hypothesized that although salt intake is associated with hypertension, increases or decreases in salt intake may not directly affect diseases associated with vascular obstruction such as ischemic diseases. The purpose of this study was to estimate the salt intake actually taken by the elderly from urination, and to evaluate the risk factors of ischemic heart disease (arteriosclerosis status, blood pressure control status), nutritional status (undernutrition, standard, obesity). Trend, physical activity (low/high), sleep, dietary survey (most recent month), It is also necessary to clarify the correlation with salinity and other factors, with the arteriosclerosis state as an outcome. Explain the purpose of the research to the elderly aged 65 and over who are participating in a care prevention class in a local government. The following survey was conducted on 149 people who agreed. Interviews were conducted on height, weight, arteriosclerosis state, muscle mass, urine collection, daily physical activity survey, sleep time, eating habits for the last month, and whether or not medication was taken.

As a result, among the elderly people aged 65 and over who participated in the care prevention class, 123 women and 22 men could collect urine. The average BMI for females was  $22.45 \pm 3.02$  and the average BMI for males was  $23.1 \pm 2.30$ . The average daily salt intake for women was  $9.41 \pm 2.17$  (g), which was estimated from urination. The daily salt intake for men was  $10.4 \pm 2.10$  (g). Moreover, the measured value of the arteriosclerosis state showed the arteriosclerosis state according to age. The arteriosclerosis state was age-appropriate, regardless of the daily salinity, cholesterol, and saturated fatty acid contents estimated from the last month.

There is a possibility that there is no relation between the degree of arteriosclerosis associated with vascular occlusion and the amount of salt intake in the elderly 65 years or older who participate in the care prevention class in this municipality. This time, the test subjects are paying attention to their health, such as participating in care prevention classes on a daily basis.