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제 목	식품 부족 (Food insecurity)과 식품 지원 프로그램(food assistance programs)이 미국 노인들의 영양 및 건강 상태에 미치는 영향 Impact of food insecurity and food assistance programs on nutrition and health outcomes in the US elderly population				
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<p>This research examined the relationship between need and help-seeking behavior over time in elders, looking at the pattern of food insecurity and program participation, which are a part of need and help-seeking behavior. Then, it assessed how a help-seeking behavior (i.e., participation in food assistance programs) among elders in need (i.e., food insecure elders) affected multiple outcomes such as obesity, depression, and health service utilization. For addressing these research questions, secondary data analysis was done using two longitudinal data sets: Health and Retirement Study (HRS, 1996-2002) and the Asset and Health Dynamics Among the Oldest Old (AHEAD, 1995-2002).</p> <p>The finding on patterns of food insecurity and participation in food assistance programs over time showed that need and help-seeking behavior were changeable but the variation over time was small. The relationship between them was monotonic and increasing. Food insecurity was a useful indicator of need for participation in food assistance programs and previous experience of participation was an important indicator of help-seeking behavior. While food insecurity was a part of need for participation in food assistance programs, for health service utilization it appeared to be a barrier that makes food insecure elders be less likely to use health services.</p> <p>While food insecurity increased overweight and depression, participation in food assistance programs had beneficial impacts on poor health outcomes resulting from food insecurity. Food insecure elders who participated in food assistance programs were less overweight, depressed, and admitted to hospital and nursing home than those who did not participate in the programs.</p> <p>Findings of positive impacts on reducing or preventing obesity, depression, and admission to hospital and nursing home implies other benefits of food assistance programs such as decreased health-care expenditures and increased independence of elders, supporting further development of these programs for elders.</p>					