

ABSTRACT

Technology related to maintaining the physical condition of residents in residential facilities is improved. A controller 11 of an information processing apparatus 10 acquires an ingestion history of ingested substances and a change in health level of a resident in a facility, quantitatively analyzes an effect on health level for each ingested substance or combination of ingested substances based on an ingestion history and change in health level of a plurality of residents, and outputs information on the effect on health level for each ingested substance or combination of ingested substances. The change in health level includes at least one of a change in amount of sleep, a change in food intake, a change in accident rate, a change in respiratory rate, and a change in heart rate.