

## University of Glasgow & Eat Well Age Well Research Study – Key Findings Oct 2019

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### Key Finding #1



#### Unintentional Weightloss

### Risk of malnutrition linked with Food Insecurity

*Unintentional weight-loss (therefore risk of malnutrition) was associated with food insecurity, due to lack of money or other resources*



### Key Finding #2



#### Social Connectedness

### Social Connectedness as key to Food Security

*Greater socialisation (with friends, family and others) was linked with better wellbeing, decreased loneliness, lower food insecurity and a lower risk of unintentional weight loss.*



## Key Finding #3



**Older Age**

## **Risk of malnutrition increasing with age**

*The older the adult the greater the risk of malnutrition (measured by unintentional weight loss and family concern)*



## Key Finding #4



**Change in local access to food**

## **Food Security Not Just Down to Financial Barriers**

*For many, food access was also affected by changes in physical health, loss of social support, as well as the changing nature of their high streets (providing their basic needs).*



## Key Finding #5



### **Social Eating**

## **Flexibility in Meal-making & The Importance of Social Eating**

*Decreased opportunities for 'social eating'; eating with friends, family and or others had led to changes in eating and cooking habits. However being flexible and adaptable in how food was cooked and accessed could delay or even prevent perceived food-insecurity (e.g., batch cooking, meal sharing and lunch clubs)*



## Key Finding #6



### **Autonomy to make decisions**

## **Importance of Food Services for Sense of Life Control & Autonomy**

*Although Food Train members reported lower overall well-being, they were more likely to report that use of support services enabled a greater sense of control over their lives.*

