**Executive Research Summary February 2019**

**Title**

Assessing older adults’ nutritional and wellbeing outcomes associated with ageing in place with supported food accessibility: A mixed-methods, biopsychosocial analysis

**Aim**

To explore the impact of the Food Train service for older adults at home, as they relate to outcomes spanning nutritional, physiological, mental wellbeing and social domains.

**Sample**

Older age adults (65+) in receipt of Food Train services (& match controls who are not receiving Food Train services)

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**Survey: What we would like to ask**

- Malnutrition Score
- Food Insecurity
- Mental Wellbeing
- Loneliness
- Social Connectedness

We will use both survey and Interview Methods

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**Plan of Research**

**2019**

- Feb-April: Consult and pilot our survey measures with our stakeholders

- June-August: Data collection in older adult homes with trained research students

- October: Preliminary research findings available for launch at Malnutrition Awareness week

- Dec-Feb 2020: Complete analysis and communication via academic publication & to wider stakeholder groups

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**Malnutrition and Older Adults**

1 in 10 older adults may be experiencing preventable malnutrition

- Social isolation and loneliness are linked to malnutrition
- Food Poverty affects older adults but difficulties in accessing food may not solely due to economic poverty.
- More research is needed!

**Research Team**

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This project has been granted ethical approval from the College of Social Science Ethics committee.