



In partnership with Eat Well Age Well & Food Train



## + 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)

### 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 be due to economic poverty.
- More research is needed!

## + Survey: What we would like to ask



Malnutrition Score



Food Insecurity



Mental Wellbeing



Loneliness



Social Connectedness

We will use both survey and Interview Methods

## + Research Team



**Drs Kate Reid & Catherine Lido**

Health and Social Psychologists

**Ms Krisi Huie**

PhD Student



**Point of Contact**

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

## + 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