

GROUP-BASED NUTRITION PROGRAMS TO PROMOTE HEALTH AND MOBILITY IN COMMUNITY-DWELLING OLDER ADULTS: A SYSTEMATIC REVIEW

31 studies included

Publication years: 2010-2020



Participants

Community-dwelling
Aged 55+ years

Nutrition outcomes explored:

- Food & fluid intake
- Nutrition risk
- Healthy eating knowledge

Mobility outcomes explored:

- Physical activity
- Day-to-day activity

Types of group-based nutrition programs

Nutrition education & tools for change
e.g., goal setting, interactive cooking activities



Passive nutrition education

e.g., lectures, handouts



Food access

e.g., mobile markets, community gardens, food samples



Interactive nutrition education

e.g., workshops, discussions



Key messages/results

- Group-based nutrition education with tools for change (e.g., goal setting, interactive cooking activities) may increase healthy eating and reduce nutrition risk.
- The impact of nutrition programs on mobility outcomes is unclear.
- Overall, the body of evidence was of low quality with great variability in programs and outcomes reported.
- High-quality research in group-based nutrition programs to improve health and mobility for older adults is needed.

Teggart, K., et al. Group based nutrition interventions to promote health and mobility in community-dwelling older adults: A systematic review. 18 August 2021, PREPRINT (Version 1). <https://doi.org/10.21203/rs.3.rs-825757/v1>

Teggart, K., Ganann, R., Sihota, D., Moore, C., Keller, H., Senson, C., Phillips, S.M., Senson C, Adams J, Elliot A & Neil-Sztramko, S.E. (2021). Infographic: Group-based nutrition interventions to promote health and mobility in community-dwelling older adults: A systematic review

<https://achru.mcmaster.ca/research-studies/embolden-trial-partnering-older-adults-and-communities-develop-and-test-community>



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