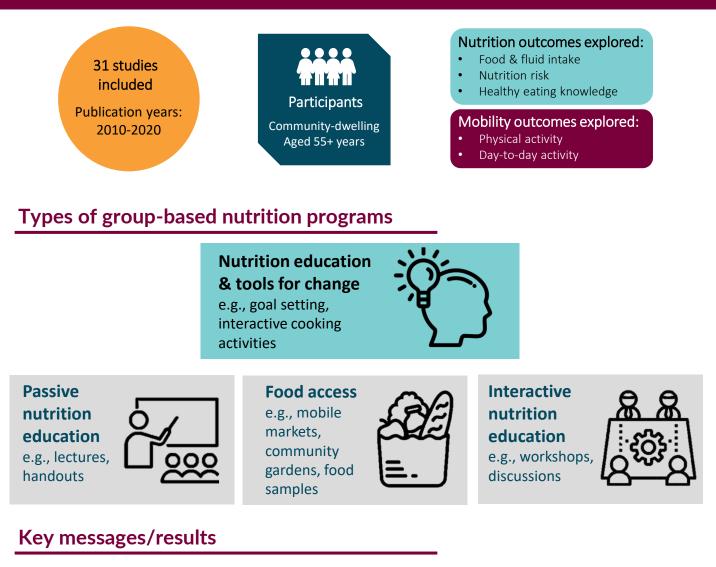
GROUP-BASED NUTRITION PROGRAMS TO PROMOTE HEALTH AND MOBILITY IN COMMUNITY-DWELLING OLDER ADULTS: A SYSTEMATIC REVIEW



- 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). <u>https://doi.org/10.21203/rs.3.rs-825757/v1</u>

- 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

Rebecca Ganann | ganann@mcmaster.ca Caroline Moore | camoore@mcmaster.ca







