

POSTER SESSION 3

Community-dwelling older adults' experience with an educative nutritional intervention

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Purpose Population projections suggest a considerable growth in the older adult population globally, and in Norway (United Nations Department of Economic and Social Affairs, 2017). The prevalence of non-communicable diseases such as type 2 diabetes, hypertension and cardiovascular disease is high in this group, and nutrition is a leading factor in the development of such conditions. The ageing process involves a shift in nutritional requirement, resulting in a need for a more nutrient dense diet (Ellis, 2019). Despite this, health promoting and disease preventing interventions are often designed for the general population (Duplaga et al., 2016). The aim of this study was to 1) develop and deliver a nutritional intervention to community-dwelling older adults and 2) explore and describe the participants experience with the intervention. An intervention was conducted over two days, with a theoretical and practical approach. Presentations and group discussions on nutrition-related topics, and an inspirational cooking session with a chef, was used to convey information, as part of the national Matlyst study. The participants were introduced to "Appetitus", a tool for registration of food and drinks. **Method** All participants (n = 29) were invited to focus group interviews, where seven women and nine men, between the age of 67 and 84, participated. The participants were divided into three groups with 4, 6 and 6 participants, based on age. The focus group interviews followed a semi structured interview guide. Systematic text condensation (Malterud, 2012) was used to analyze the interviews. **Results and Discussion** The participants found the content of the presentations interesting, and transmissible to their everyday life; however, the language was too scientific. The cooking session was valued as inspirational and the participants were left with ideas and motivation. Appetitus was viewed as valuable for individuals who needed follow up. However, the participants did not find use of the app in their everyday life, as it was too time consuming. The participants found the combination of presentations and group discussions, in addition to practical activities, as a beneficial approach to learning.

References

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