

# Co-production for Change: partnering with community organisations to improve nutritional health and ageing in older adults from UK ethnic minority communities

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**TANGERINE** (nutriTional heAlth aNd aGeing in oldER ethnIc miNoritiEs in the UK)

## Project Background

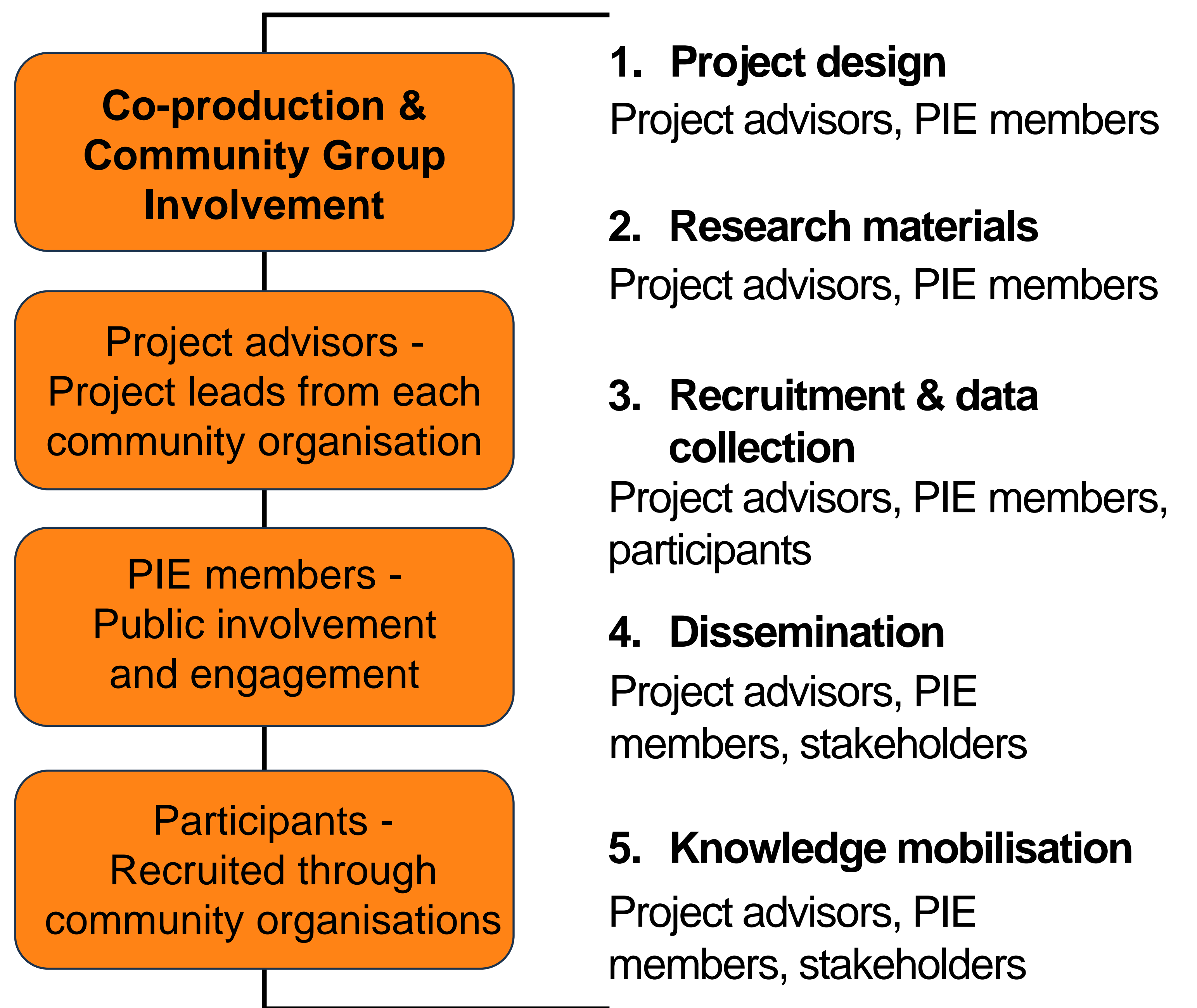
- Increasing ethnic diversity in UK's older population<sup>1</sup>
- Disproportionate health inequalities for ethnic minority communities<sup>2</sup>
- Nutrition across the life course is a key modifiable determinant of health<sup>3</sup>

## Project Aim

Work with UK ethnic minority communities to co-develop sustainable and culturally inclusive food solutions that promote both better nutrition and healthy ageing.

## Methods

- Collaboration with African, Caribbean, Indian, Pakistani, and Bangladeshi community partners
- UK datasets to investigate key determinants of nutrition, dietary behaviour and food insecurity
- Qualitative study with older adults using photovoice to explore dietary practices
- Stakeholder engagement to co-produce a culturally-tailored, food-based toolkit.



## Work to Date

- Using UK Biobank<sup>4</sup> and Understanding society<sup>5</sup>, compared fruit/vegetable intake in adults from ethnic minority groups. Currently comparing other key food groups (e.g., protein sources)
- 50 adults aged ≥ 60 years participated in photovoice study: used interviews, focus groups and photography. Currently being analysed.

## Conclusion

- Engagement through community groups – highly effective in facilitating recruitment
- Fruit/vegetable intake lower in African, Caribbean, Pakistani and Bangladeshi communities compared to White British/Irish
- Next steps: use findings to work with community groups and stakeholders to develop culturally-tailored toolkits of solutions.



TANGERINE website

## References

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