

'Back us and we'll back you': A photovoice study exploring the impact of a community-based food model on the health, wellbeing and social connectedness of older people.

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BACKGROUND

- Older adults living in socially deprived circumstances may experience 20 fewer years of good health compared to those who are less deprived.
- Their health and wellbeing may be reduced by poor diet, limited physical activity, and social isolation, with negative impact on their overall quality of life.
- The LEMONADE (An incLusivE coMmunity fOod model for health wellbeINg and sociAl connectedness of olDer pEople) project is an intervention co-created with older adults in inner-city London to improve health, wellbeing, and social connectedness.

OBJECTIVES

The aim of this study was to explore participants' experience of the LEMONADE project using Photovoice, an innovative, visual participatory method.

ACTIVITIES

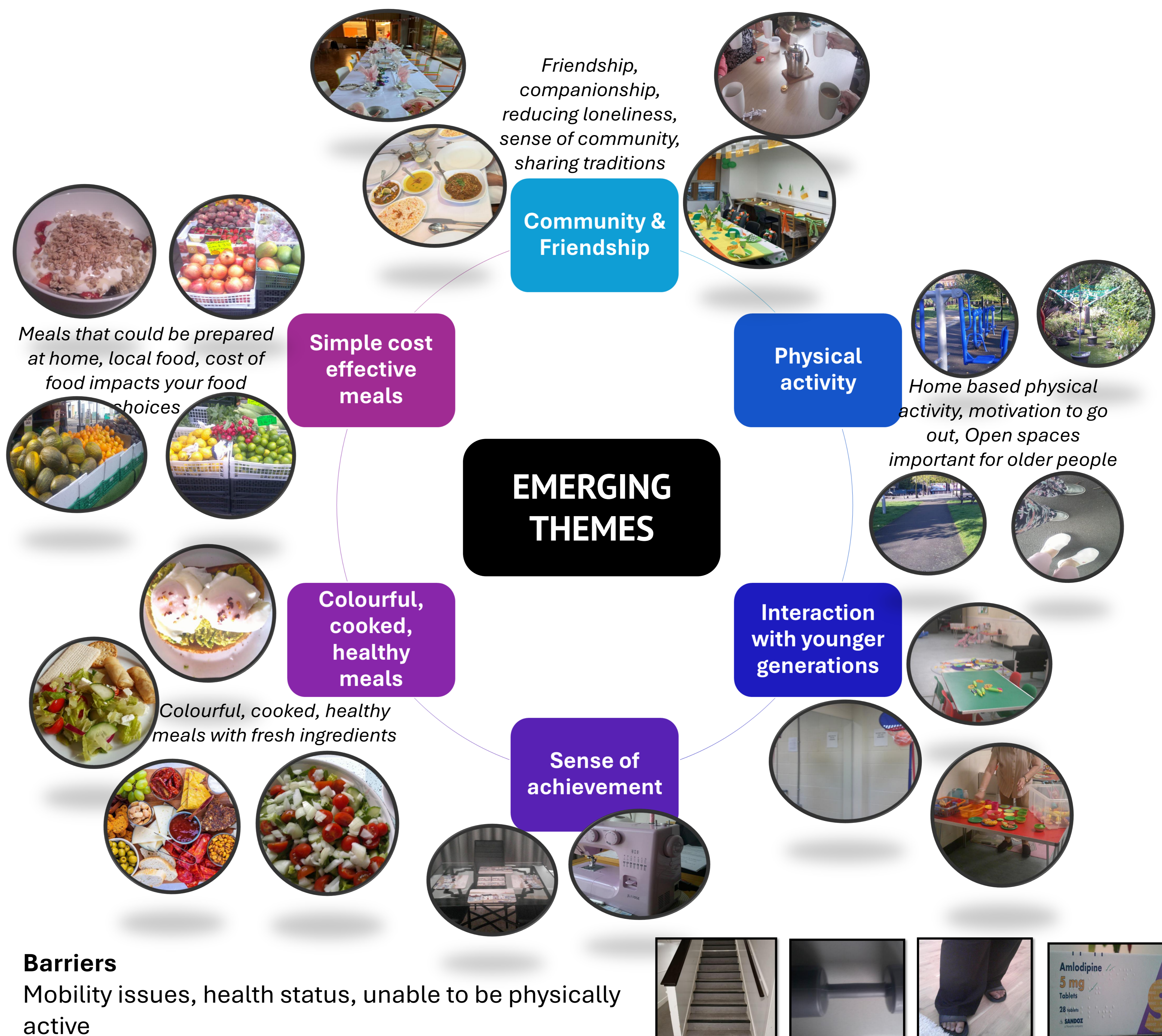


METHOD

- Qualitative data was collected using Photovoice, a visual, community-based participatory research (CBPR) method.
- 15 purposively sampled participants were encouraged to take photos describing their experiences of the project using a pre-specified brief.
- Semi-structured interviews were conducted to gain insights into the photos and to discuss participants' experience of the project.
- Thematic analysis of the photos were conducted to develop themes that described participants' experiences.

RESULTS

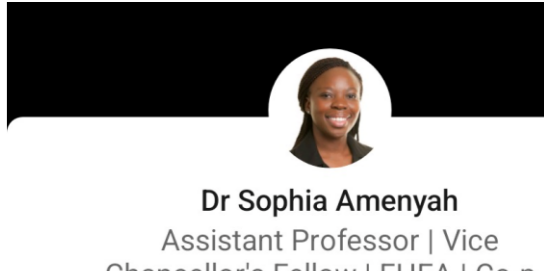
- Included participants were 72.1±6.7 years old, 73% female and 33.3% were married.
- The majority were White (86.7%), had attained compulsory schooling (53.3%), with annual household income less than £20,000 (60%), were living alone (60%) and were Christian (66.7%).



CONCLUSION

- The results indicate benefits of co-produced interventions set within the community on older people's health, particularly around fostering a sense of community and reducing loneliness.
- The findings respond to recommendations from the Older People's Housing Taskforce and the Chief Medical Officer's report 2023, will inform future research and highlight a need for support within community with a focus on prevention to improve quality of life and independence in older age.

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