

Food Security in Older Australians from Different Cultural Backgrounds

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Reference:

Key Words:

food security, nutrition, access, older people, Macedonian, Serbian, Maltese, Anglo-Celtic

Research aim:

To investigate the experiences and barriers to food security of community-dwelling older people.

Results/Conclusion:

Cost and financial considerations, health and physical capacity, transport, intrapersonal factors, and lack of availability of preferred food all emerged as potential barriers to participants accessing nutritious food of their choice. Overall, the quantitative and qualitative data indicated that the changing circumstances that accompany growing older influenced this group's ability to independently shop for, prepare, and eat affordable and nutritious food.

Implications:

Nutrition educators, in conjunction with local government service providers, have the opportunity to play a key role in building upon existing safety nets and innovative initiatives to ensure older people have access to adequate and appropriate food of their choice.

Cultural Group(s):

Anglo-Celtic, Macedonian, Serbian, Maltese

Location of study:

Victoria (Melbourne)

Age group:

58-85

Number included in study:

37

Type of participants:

older people from Anglo-Celtic, Macedonian, Serbian and Maltese backgrounds

Research approach:

Mixed methods

Type of data:

Primary

Secondary data sources used:

Specific scales or analytical techniques used:

Implications/ Recommendations:

Notes:

Do not have full text of this article. This article is related to another article by same authors in 2010