

Meeting the Food Needs of Queensland's Culturally and Linguistically Diverse (CALD) Aged Population: A Review of the Literature

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Reference:

Key Words:

food security, nutrition, older CALD, HACC services

Research aim:

This literature review provides an overview of the evidence available regarding community based aged care services for culturally and linguistically diverse (CALD) older people living in Queensland. It will explore Australia's, and in particular Queensland's, demographic profile of CALD aged persons, existing HACC services (including a focus on food services) and their use by CALD elderly, barriers to aged care and HACC service use for CALD elderly, nutrition and food security status in community-dwelling elderly and explores examples of HACC food services that seek to meet CALD elderly cultural food needs. It will also be used to inform the development of a food assessment checklist for CALD elderly using community-based aged care food services.

Results/Conclusion:

The Malnutrition Screening Tool and the Victorian HACC Nutrition Screening Tool are recommended as they fulfil the requirements of being brief, simple and do not require measurements or calculations. These tools, however, are yet to be validated in the community-dwelling aged population. They are also yet to be validated within specific aged CALD populations. It is recommended that validation of these tools is carried out as a priority. Little is known of the food security status of Australians from CALD backgrounds and in particular of older CALD populations in Australia. One small study of CALD elderly in Australia reported that around one quarter of participants experienced some barriers to accessing food.

Implications:

Little research has been conducted locally that explores the acceptability of HACC food services amongst CALD elderly and the barriers to service uptake. It is suggested that additional research is carried out to explore the acceptability, food service preferences and barriers that CALD elderly experience in relation to HACC food services. This can then inform the appropriate development of culturally appropriate services to meet cultural food needs.

Cultural Group(s):

CALD

Location of study:

Queensland

Age group:

Number included in study:

N/A

Type of participants:

Research approach:

Type of data:

Secondary data sources used:

Specific scales or analytical techniques used:

Implications/ Recommendations:

Notes:

Review of projects, available services HACC services relating to food