

What Influences Food choice for Older Adults in Ireland?



Research shows that appropriate food and nutrition play a key role in healthy ageing processes.

We asked **27 Healthcare Professionals** and **47 adults aged 55+ year** what they think influences food choice for an older person...



- Existing and future health concerns
- Life long habits and personal values
- Convenience, accessibility, affordability
- Advice from health professionals, family, friends
- Food shopping experience & environment

“what is practical and feasible ... to prepare and to get their hands on ... it's so far away from the Food Pyramid”
Dietician

“a lot of what I buy is actually based on health. It's based on different issues that I would be watching.”
Older adult

“I've come this far ... I'm fine up until now and why should I do anything new now?”
Older adult

We must remember that influences are multifactorial, driven by health and personal values, as well as social, cultural and environmental perspectives. Health status varies widely in older age so it can be difficult to define nutrition priorities.



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