



Knowledge and Library Services (KLS)

Impact stories

Title: Evidence from a KLS literature search assisted the Local Authority to consider all the factors which help older people to maintain a healthy diet.

User testimonial: *"We needed to find out what a successful community programme encouraging healthy eating for people over 65 years old looked like. We were particularly interested in the frail, elderly >75 years old, males and females, interventions to support healthy eating, preventing under and over nutrition appropriate to need, amongst elderly people living in the community. We wanted the work to be community focused e.g. people living in their own homes or in sheltered accommodation, where food is not provided and they are catering for themselves. The library staff helped us to define the question and then effectively gave us the search; we would not have completed the work without library support"* **Angela Baker, Deputy Director Health and Wellbeing – SE.**

Challenge: We wanted to support a local authority in redesigning older people services to focus on preventing frailty and therefore reduce the amount of high end social care services required.

Solution: Without the literature review, the Local Authority would not have considered all the factors which affect an older person's ability to eat healthily.

Impact: The paper '[Helping older people maintain a healthy diet: A review of what works](#)' was peer reviewed by colleagues within PHE, went through the Gateway process and was published for use by all Local Authorities. I received over 300 hits on LinkedIn looking at our document and have informal feedback that the document has supported thinking. As a next step, the older people's network in the South East is considering working with Southampton University to run a workshop on what the next steps should be.

Success factors: The work was relevant to partners, it wasn't being done by anyone else and the final document was easy to read and punchy.

Lessons: It takes time to get things through Gateway and as such we had an internal version to share with the primary stakeholder so as not to hold up the work.

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