CALL FOR EVIDENCE

Scientific Advisory Committee on Nutrition (SACN) – review of evidence on the role of nutrition in older adults and its impact on healthy ageing

Background

SACN has convened a working group in 2018 to prepare a position statement on nutrition and older adults. This was a result of horizon scanning in 2016 and discussion of this issue by SACN in March 2017.

Terms of reference

The terms of reference of the group are to:

• To review current evidence on the role of nutrition in older adults and its impact on healthy ageing \(^1\), \(^2\), \(^3\). This will include consideration of:
  i. key nutritional issues relevant to age-related health, including age-related changes in cognition, physical and metabolic function
  ii. current dietary intake and patterns compared to current UK government advice
  iii. evidence according to chronological age: 65-74 years, 75 years and above.

• To draw conclusions on the state of the evidence in relation to existing advice and make recommendations where possible.

\(^1\) Excludes older adults who are living in residential care or nursing homes
\(^2\) New evidence will not be sought where SACN have already published relevant conclusions and/or recommendations for these age groups
\(^3\) For more information, see inclusion and exclusion criteria

More information about the working group is available on the SACN website.
Evidence to be considered by the working group

A systematic literature search has been undertaken to identify relevant systematic reviews and meta-analyses published since COMA\(^1\) reviewed the evidence on *The Nutrition of Elderly People*\(^2\) in 1992.

**Inclusion criteria**

- Systematic reviews and meta-analyses of randomised controlled trials and prospective cohort studies
- Published from 1990 onwards
- Peer-reviewed papers published in scientific or medical journals
- English language publications
- Publications that include studies in older adults aged 65 years and over
- Publications that include studies in healthy older adults

**Exclusion criteria**

- Any type of study that does not meet the inclusion criteria (e.g. primary research studies)
- Publications which include studies conducted in residential care or nursing homes
- Publication which focus on management or treatment of conditions
- Published abstracts; grey literature such as dissertations; conference proceedings; magazine articles; books / book chapters; opinion pieces; information from websites; reports and other non-peer reviewed articles

**What you are invited to do**

Annex A of this document lists the studies we have identified through our literature search. You are invited to make us aware of publications which satisfying the inclusion and exclusion criteria set out above and which are not listed in Annex A.

**To note:** The WG’s remit is limited to scientific assessment of the evidence. The WG will not be considering practical implications and issues such as delivery of public health advice.

**Closing date for submission of evidence**

Citations to published studies should be emailed to sacn@phe.gov.uk by 5pm on 5 February. At this time, we will not consider any other types of submission.

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1 SACN succeeded COMA in 2000.
ANNEX A: Studies identified through our literature search

Embase, Medline, Cochrane and Scopus databases were searched for relevant systematic reviews and meta-analyses. After de-duplication, 4854 publications were identified. Of these, 47 publications were considered to be relevant and have been included in the list below.


