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An observational study of food supply to older adults

Submission date 07/01/2026	**Recruitment status** Recruiting	[ ] Prospectively registered [ ] Protocol [ ] Statistical analysis plan [ ] Results [ ] Individual participant data [X] Record updated in last year
Registration date 17/04/2026	**Overall study status** Ongoing	
Last Edited 17/04/2026	**Condition category** Nutritional, Metabolic, Endocrine	

Plain English summary of protocol

Background and study aims

Nutritional status and social eating affect care needs and quality of life in older adults. Isolation, loneliness and increased food expenses may be of importance for the food intake of older adults. This study plans to identify nutritional status, including weight loss, malnutrition and pathologically low muscle mass in this population, as these conditions are associated with lower quality of life and increased risk of mortality. However, research is limited regarding food supply for home-dwelling older adults in Norway. The measurements and assessments selected for data collection will provide relevant information to investigate the association between food supply and nutritional status in this population.

Who can participate?

Older adults over 65 years of age who live at home.

What does the study involve?

The current study will investigate home-dwelling older adults' living situations, distance to grocery stores, use of food delivery services and food preparation, using a food supply questionnaire. Further, it will assess nutritional status, quality of life and cognitive function using validated tools, and measure height, weight, mid-upper arm circumference (MUAC), triceps skinfold thickness (TSF), hand grip strength (HGS) and body composition using bioelectrical impedance analysis (BIA).

Interested participants will be invited to the study center located at the Research Unit for Health Surveys (RUHS) in Bergen, Norway. An initial screening will be conducted to evaluate whether participants are eligible for inclusion. Those fulfilling the inclusion criteria will be asked to provide informed consent to the Food supply study.

What are the possible benefits and risks of participating?

Benefits for the individual participant/patient: During the visit, the study will provide participants with feedback on nutritional status based on measurements of weight, height and calculated BMI.

Benefits for the group: Elderly people represent a vulnerable group with a particular risk of having a suboptimal food intake and poor nutritional status. The study will contribute to increased knowledge about conditions associated with nutritional status and will provide opportunities for preventive measures.

Benefits now or in the future for society or science: The growing proportion of elderly people worldwide and in Norway entails a significant burden on the healthcare system in the form of both a shortage of nursing home places and healthcare personnel. This requires that support and facilitate the elderly can live at home for as long as possible - safely, independently and with a good quality of life. The study will be able to contribute to knowledge about how to improve the food and meal service offered for elderly people living at home.

Possible risks. For the individual participant/patient: There is no invasive procedure planned, and therefore, the risk is very low. For the group, there is no risk associated with the project. For society or science, the study poses no risk to society.

Where is the study run from?
University of Bergen, Norway.

When is the study starting and how long is it expected to run for?
December 2025 to December 2026.

Who is funding the study?
Trond Mohn Foundation, Norway.

Who is the main contact?
Dr Zoya Sabir, zoya.sabir@uib.no

Contact information

Type(s)
Principal investigator, Scientific, Public

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Additional identifiers

Study information

Scientific Title
Food supply to older adults: an observational study

Study objectives
The objective of the current study is to investigate the mode of food supply as predictors of malnutrition risk. We will investigate whether factors such as eating alone, distance to the nearest supermarket or dependency on family/friends or municipality for food supply are associated with nutritional status, assessed by body mass index, weight loss, reduced muscle mass, reduced food intake and disease burden, and quality of life.

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 16/09/2025, Regional Committees for Medical and Health Research Ethics (REK South-East D) (Gullhaugveien 1-3, Oslo, 0484, Norway; +4722845821; rek-sorost@medisin.uio.no), ref: 898719

Primary study design
Observational

Secondary study design
Cross sectional study

Study type(s)

Health condition(s) or problem(s) studied
Investigation of the association between food supply and nutritional status in older adults living at home.

Interventions
The current study will investigate home-dwelling older adults' living situations, distance to grocery stores, use of food delivery services and food preparation, using a food supply questionnaire. Further, it will assess nutritional status, quality of life and cognitive function using validated tools, and measure height, weight, mid-upper arm circumference (MUAC), triceps skinfold thickness (TSF), hand grip strength (HGS) and body composition using bioelectrical impedance analysis (BIA).

Interested participants will be invited to the study center located at the Research Unit for Health Surveys (RUHS) in Bergen, Norway. An initial screening will be conducted to evaluate whether participants are eligible for inclusion. Those fulfilling the inclusion criteria will be asked to provide informed consent to the Food supply study.

Intervention Type
Other

Primary outcome(s)
1. Nutritional status measured using body mass index, malnutrition diagnosis, and bioelectrical impedance analysis (BIA) at one time point

2. Quality of life measured using the EQ-5D-5L at one time point

Key secondary outcome(s)

Completion date
31/12/2026

Eligibility

Key inclusion criteria
1. Participants must be 65 years or older
2. Home-dwelling

Healthy volunteers allowed
Yes

Age group
Senior

Lower age limit
65 Years

Upper age limit
100 Years

Sex
All

Total final enrolment
0

Key exclusion criteria
1. Moderate or severe dementia
2. Ongoing cancer treatment
3. Ongoing treatment for severe diseases

Date of first enrolment
11/12/2025

Date of final enrolment
31/12/2026

Locations

Countries of recruitment
Norway

Sponsor information

Organisation
University of Bergen

ROR
https://ror.org/03zga2b32

Funder(s)

Funder type

Funder Name
Trond Mohn stiftelse

Alternative Name(s)
Trond Mohn Foundation

Funding Body Type
Private sector organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
Norway

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Data sharing statement to be made available at a later date