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Developing a novel, food-based intervention to improve nutritional health and ageing in older South Asian and Black African and Caribbean communities living in the UK – co-produced research project

Submission date
27/01/2025

Recruitment status
No longer recruiting

Registration date
30/01/2025

Overall study status
Completed

Last Edited
08/09/2026

Condition category
Other

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol

Background and study aims
Nutrition is an important factor in healthy ageing, and a healthy diet from midlife onwards can improve the quality of life in older age. People from South Asian or Black Caribbean and African communities are affected by a lot of diet-related conditions such as diabetes, high blood pressure and heart disease at earlier stages in their older age than those of White British origin. Certain ways of eating such as following the Mediterranean Diet have been shown to reduce the risk of these diseases. However, people from South Asian or Black Caribbean and African communities may prefer to maintain their traditional diets or adapt the Western diet to include traditional elements. We need to better understand the cultural food habits to be able to develop nutrition approaches that work, specifically targeting these communities and helping people to live healthily for longer. The overall aim of this research project is to work with communities to co-produce a novel food-based intervention to improve nutrition and promote healthy ageing in UK South Asian and Black Caribbean and African older adults.

Who can participate?
Older adults aged 60 years and over from South Asian and Black African and Caribbean backgrounds living in the UK can participate in the qualitative study.

What does the study involve?
This study will use a 'co-production' approach, which is research undertaken by researchers with people who have a direct interest in, or experience of, the issue being researched. We will collaborating with project leads and public involvement/engagement members from four community third-sector organisations, who will be involved in all stages of the research project - from reviewing study materials, undertaking recruitment and data collection, helping to interpret the study findings, and helping to develop the toolkit of recommendations. There will be two methods of data collection and analysis. Firstly, we will analyse large national datasets of

survey data to explore dietary practices. Secondly, through interviews, focus groups and photographs taken by participants, we will explore the day-to-day diets of older adults from these communities. We want to understand which factors help to maintain a culturally based diet and the role of food in maintaining social relationships and traditions, as well as the barriers to achieving these. Using the information collected from this study, we will work with stakeholders and project partners to develop sustainable, culturally inclusive food solutions that promote better nutrition and healthy ageing that can be used by services and policy makers.

What are the possible benefits and risks of participating?
Whilst there are no immediate benefits to you participating in the project, it is hoped that this work will help us understand factors that influence nutrition in different communities and will help us to develop a toolkit to improve nutrition and promote healthy ageing in older adults of South Asian and Black Caribbean and African origin in the UK.
Whilst we do not anticipate any risks in taking part in this study, there is a possibility that talking about experiences with food and health may generate emotional responses.

Where is the study run from?
Bournemouth University (UK)

When is the study starting and how long is it expected to run for?
September 2023 to September 2026

Who is funding the study?
Medical Research Council - UK Research and Innovation

Who is the main contact?
Pooja Shah, shahp@bournemouth.ac.uk

Contact information

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Public, Scientific

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Additional identifiers

Study information

Scientific Title
TANGERINE - nuTritional heAlth aNd aGeing in oldER ethnIc miNoritiEs

Acronym
TANGERINE

Study objectives
There is limited data exploring factors influencing healthy dietary practices and a dearth of well-designed nutrition interventions specifically targeting ethnic communities. Through co-production, we aim to:
1. Investigate the key determinants (e.g. socio-economic, environmental, psychosocial, and physical) of nutrition, dietary behaviour, and food insecurity during midlife and how these vary between ethnic groups through secondary analysis of key UK national datasets.
2. Use photovoice as a novel approach to qualitatively explore dietary practices in older adults from Black African and Caribbean, Indian, Pakistani, and Bangladeshi communities in Greater Manchester and Bournemouth, Christchurch and Poole.
3. Work with key stakeholders and community and faith groups to co-produce sustainable and culturally inclusive food solutions that promote better nutrition and healthy ageing.

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 19/06/2024, Bournemouth University Research Ethics (Bournemouth University, Fern Barrow, Poole, Dorset, Bournemouth, BH12 5BB, United Kingdom; +44 1202 524111; researchethics@bournemouth.ac.uk), ref: 56768

Primary study design
Observational

Study design
Mixed methods: Secondary quantitative analysis of large national datasets and qualitative visual ethnographic study across multiple sites

Study type(s)
Other

Health condition(s) or problem(s) studied
Dietary practices in older adults from diverse communities

Interventions
Work Package (WP) 1: covers all three aspects of the study hypothesis. Work with community third-sector organisations (project partners) to Identify public involvement and engagement members to advise on research process, materials, and dissemination.

WP2a: Quantitative secondary data analysis of large national datasets (UK Biobank and Understanding Society) to investigate diet quality and factors which influence the diet of South Asian and Black African and Caribbean adults from midlife onwards.

WP2b: Qualitative visual ethnographic study of older (aged 60 years or over) adults from South Asian and Black African and Caribbean communities living in the UK. Focus groups, one-to-one interviews, and photographs will be used to explore current dietary habits and practices.

WP3: Work with stakeholders and community groups to mobilise new knowledge generated from WP1 and WP2 to inform the co-production of sustainable and culturally inclusive food solutions that will be a benchmark for services, policies and practices to support nutritional health and promote healthy ageing in older adults from diverse communities.

Intervention Type
Other

Primary outcome(s)
We will be using a qualitative visual ethnographic approach called ‘Photovoice’, whereby participants will take photographs to document, reflect upon, and communicate issues of concern, while stimulating social change. In the first focus group we will discuss perspectives on food and nutrition, including access to and use of traditional ingredients. Over the next two weeks, participants will be tasked with capturing photographs that tell stories through food. Then, during one-to-one interviews, participants will use the photos to discuss the role of food in their lives. Participants will choose one or two photographs to discuss in the second focus group to create discussion around culture, food choices, and challenges/barriers to accessing food.

Key secondary outcome(s)
There are no secondary outcome measures

Completion date
30/09/2026

Eligibility

Key inclusion criteria

WP2b: Older adults aged 60 years and above from South Asian and Black African and Caribbean communities in the UK.

WP3: Stakeholders from different professions with experience in diet and nutrition in older age: NHS, voluntary/private organisations, commercial organisations, entrepreneurs and policy makers.

Participant type(s)
Health professional, Healthy volunteer, Other

Healthy volunteers allowed
No

Age group
Mixed

Lower age limit
60 Years

Upper age limit
100 Years

Sex
All

Total final enrolment
49

Key exclusion criteria
Does not meet inclusion criteria

Date of first enrolment
01/07/2024

Date of final enrolment
31/07/2025

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Bournemouth University
Poole House
Talbot Campus, Fern Barrow
Poole

England
BH12 5BB

Sponsor information

Organisation
Bournemouth University

ROR
https://ror.org/05wwcw481

Funder(s)

Funder type
Research council

Funder Name
Medical Research Council

Alternative Name(s)
Medical Research Council (United Kingdom), UK Medical Research Council, Medical Research Committee and Advisory Council, MRC

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated and/or analysed during this study will be securely stored in a restricted-access repository at Bournemouth University. The raw data will remain confidential and accessible only to the core research team. Full anonymised study datasets will be accessible only to named members of the immediate research team, and authorised representatives from the Sponsor or host institution for monitoring and audit purposes to ensure regulatory compliance. Personal data will not be shared with any third parties.

IPD sharing plan summary

Stored in non-publicly available repository

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		27/08/2025	08/09/2026	Yes	No
Protocol file		07/05/2024	08/09/2026	No	No
Study website		11/11/2025	11/11/2025	No	Yes