A quick overview of the latest guidance and evidence on current issues such as smoking, sexual health, health inequalities, mental health, obesity, substance abuse, women’s health – in fact anything that you ask for!

Please fill in the survey on our current awareness bulletins at: https://www.surveymonkey.co.uk/r/SGCVSY7

Royal Voluntary Service
Meals on wheels

Malnutrition Taskforce
More than 46,000 older people stripped of their Meals on Wheels service
Meals on Wheels – a cherished service under threat

National Association of Care Catering
Meals on Wheels best practices
THE number of councils providing meals on wheels to vulnerable older people has dropped below 50% for the first time.
Government cuts to councils lead to scrapping of meals on wheels services all over the country.
National Meals on Wheels Week (Nov. 2016; includes links to videos and recent interviews on the state of the service)

British Red Cross
Exploring the difference made by Support at home
The economic impact of care in the home services

Social Care Online
The future for meals on wheels? Reviewing innovative approaches to meal provision for ageing populations
Unmet home care service needs of rural older adults with Alzheimer's disease: a perspective of informal caregivers
Severity and correlates of depressive symptoms among recipients of Meals on Wheels: age, gender, and racial/ethnic difference
Diversification of old-age care services for older people: trade-offs between coverage, diversification and targeting in European countries
Doomed to extinction? The nature and future of volunteering for meals-on-wheels services

NHS Evidence
Promoting safe use of medications: providing medication education to seniors receiving Meals on Wheels
Delivery of a Vitamin D Intervention in Homebound Older Adults Using a Meals-on-Wheels Program: A Pilot Study.

HMIC
The Care Span: Providing more home-delivered meals is one way to keep older adults with low care needs out of nursing homes.
Thomas, Kali S.
Local Government Association

LGA Adult Social Care Efficiency Programme. Final report

Healthier Food Procurement: Case studies

Health Affairs, Vol. 32, no. 10, Oct 2013, p 1796-11802

Web of Science

More Than A Meal? A Randomized Control Trial Comparing the Effects of Home-Delivered Meals Programs on Participants' Feelings of Loneliness
By: Thomas, Kali S.; Akobundu, Ucheoma; Dosa, David
JOURNALS OF GERONTOLOGY SERIES B-PSYCHOLOGICAL SCIENCES AND SOCIAL SCIENCES
Volume: 71 Issue: 6 Pages: 1049-1058 Published: NOV 2016

Provision of Standard and Fortified 'Meals-on-Wheels' Meals to Improve Nutrition, Functional Status, Quality of Life, and Hospitalizations of Community-Dwelling Nutritionally At-Risk Elderly
By: Arjuna, Tony; Chapman, Ian; Soenen, Stijn; et al.
JOURNAL OF AGING AND PHYSICAL ACTIVITY

CHARACTERISTICS OF OLDER ADULTS ON WAITING LISTS FOR MEALS ON WHEELS: IDENTIFYING AREAS FOR INTERVENTION
By: Thomas, K. S.; Dosa, D. M.
GERONTOLOGIST Volume: 55 Supplement: 2 Pages: 501-502 Published: NOV 2015

The Next 'New' Idea: The Challenges of Organizational Change, Decline and Renewal in Australian Meals on Wheels
By: Oppenheimer, Melanie; Warburton, Jeni; Carey, Janene
VOLUNTAS Volume: 26 Issue: 4 Pages: 1550-1569 Published: AUG 2015

Consolidating home meal delivery with limited operational disruption
By: Hewitt, Mike; Nowak, Maciek; Gala, Leo
EUROPEAN JOURNAL OF OPERATIONAL RESEARCH
Volume: 243 Issue: 1 Pages: 281-291 Published: MAY 16 2015

Hospital admissions in poorly nourished, compared with well-nourished, older South Australians receiving 'Meals on Wheels': Findings from a pilot study
By: Luscombe-Marsh, Natalie; Chapman, Ian; Visvanathan, Renuka
AUSTRALASIAN JOURNAL ON AGEING Volume: 33 Issue: 3 Pages: 164-169 Published: SEP 2014

Planning for meals-on-wheels: algorithms and application
By: Yildiz, H.; Johnson, M. P.; Roehrig, S.
JOURNAL OF THE OPERATIONAL RESEARCH SOCIETY Volume: 64 Issue: 10 Pages: 1540-1550
"It could probably help someone else but not me": A feasibility study of a snack programme offered to meals on wheels clients
By: Charlton, K. E.; Walton, K.; Moon, L.; et al.
JOURNAL OF NUTRITION HEALTH & AGING Volume: 17 Issue: 4 Pages: 364-369 Published: APR 2013

What's on the tray? Nutritional intake of Meals on Wheels clients
By: Galea, Sarah Anne; Walton, Karen; Charlton, Karen; et al.
NUTRITION & DIETETICS Volume: 70 Issue: 1 Pages: 79-80 Published: MAR 2013

Blogs and other news

Meals on wheels under threat as more councils drop service due to cuts (Guardian, Nov. 2016)

Meals on wheels provision in England drops by 63% - Labour (BBC, Jan. 2015)