The LiveWell Programme: an integrated suite of interventions to promote health and wellbeing in later life

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Intro: Dietary choices, physical activity and social relationships influence health and wellbeing in later life but there is little evidence about interventions which produce appropriate changes in such behaviours. The LiveWell programme aims to: (i) develop and pilot an integrated suite of interventions to improve the health and wellbeing of people in the retirement transition, and (ii) develop a panel of outcome measures. We report the prototype of an integrated suite of interventions, with a focus on personalisation tools and interventions to promote Mediterranean dietary patterns.

Methods: Integration of four methodologies: (i) systematic reviews (n=3), (ii) qualitative study using methods of grounded theory, (iii) co-design workshops (n=3), (iv) expert consultation event including Delphi survey; (v) pilot testing of interventions (n-of-1 method).

Results: Drawing on the evidence of three methodologies (i-iii above) we produced a prototype personalisation tool designed to: (i) collect relevant personal information from service users, (ii) assist retirement planning and (iii) set achievable goals, (iv) provide feedback on progress towards goals. We have produced prototype tools in each behavioural domain (Mediterranean diet, physical activity, social relationships). In the Mediterranean dietary domain tools were designed to assist with budgeting and shopping for food, meal planning, and running cooking groups with a focus on socialisation and acquisition of skills. An expert consultation event assisted with the identification of suitable outcome measures to test the emerging suite.

Conclusion: Interventions developed through the LiveWell programme hold promise as an effective, acceptable and evidence-based means of improving health and wellbeing in later life.

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