

HomePlate Literature Review

What research tells us about
eating well at home

Literature review prepared by the University of Sydney
with support from the Bernard Curran Foundation for
the Maggie Beer Foundation HomePlate Project.

35 studies reviewed

99 articles identified

8 key issue areas explored

CORE INSIGHTS

1 in 20 older people living at home are malnourished — rising to **1 in 3** for those needing hospital care.

Eating well at home is shaped by health, confidence, connection, culture, food access and support.



WHAT THE RESEARCH SHOWS

- 1 Ageing can change eating**
Appetite, taste, health conditions, chewing, swallowing and mobility can all affect food intake.
- 2 Living alone increases risk**
Eating alone, bereavement and isolation can reduce motivation, enjoyment and food variety.
- 3 Confidence and skills matter**
Cooking skills, food literacy and practical support help older people stay independent.

- 4 Support makes a difference**
Family, carers, community programs and shared meals can help people eat better.
- 5 Access is about more than availability**
Cost, transport, mobility, culture and appropriate services all shape whether people can eat well.

