**Group-based nutrition interventions to promote health and mobility in community-dwelling older adults: A systematic review**

###### Supplementary Material

###### Supplementary Table 1: MEDLINE (Ovid) Search Strategy

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Supplementary Appendix 1: Excluded Studies Following Full-Text Review

**Supplementary Table 1**: MEDLINE (Ovid). Search conducted July 15, 2020

|  |  |  |
| --- | --- | --- |
| **Search** | **Query** | **Records retrieved** |
| #1 | exp Aged OR exp "Aged, 80 and Over" OR exp Elderly OR exp Middle Aged OR Aged OR "Aged, 80 and Over" OR Middle aged OR Elder\* OR Older adult\* OR Older people | 5,270,176 |
| #2 | Community program\* OR Health promotion OR Health education OR Community-based\* or Community health services OR Senior centers OR Congregate din\* OR Shared din\* OR Garden\* OR Community intervention OR Community din\* | 217,769 |
| #3 | Diet OR Nutrition Therapy OR Nutrition OR Diet, healthy OR Food OR Food assistance OR Healthy eat\* OR Food security | 413,356 |
| #4 | #1 AND #2 AND #3 (Limited to 2010-2020, English) | 2,289 |

**Supplementary Table 2**: CINAHL (EBSCO). Search conducted July 19, 2020

|  |  |  |
| --- | --- | --- |
| **Search** | **Query** | **Records retrieved** |
| #1 | MH Aged+ OR MH Aged, 80 and over+ OR MH Elderly OR MH Middle aged OR Elder\* OR Older adult\* or Older people\* | 860,261 |
| #2 | Community program\* OR MH Health promotion OR MH Health education OR Community-based\* or MH Community health services OR MH Senior centers OR Congregate din\* OR Shared din\* OR Garden\* OR Community intervention OR Community din\* | 90,376 |
| #3 | MH Diet OR Nutrition therapy OR Nutrition OR Healthy diet OR MH Food OR Food assistance OR Healthy eat\* OR Food security | 117,323 |
| #4 | #1 AND #2 AND #3 (Limited to 2010-2020, English) | 1,693 |

**Supplementary Table 3**: EMBASE (Ovid). Search conducted on July 15, 2020

|  |  |  |
| --- | --- | --- |
| **Search** | **Query** | **Records retrieved** |
| #1 | exp Aged OR exp "Aged, 80 and Over" OR exp Elderly OR exp Middle Aged OR Aged OR "Aged, 80 and Over" OR Middle Aged OR Elder\* OR Older adult\* OR Older people\* | 3,488,574 |
| #2 | Community program\* OR Health promotion OR Health education OR Community-based\* or Community health services OR Senior centers OR Congregate din\* OR Shared din\* OR Garden\* OR Community intervention OR Community din\* | 257,448 |
| #3 | Diet OR Nutrition therapy OR Nutrition OR Diet, healthy OR Food OR Food assistance OR Healthy eat\* OR Food security | 518,141 |
| #4 | #1 AND #2 AND #3 (Limited to 2010-2020, English) | 2,433 |

**Supplementary Table 4**: PsycINFO (Ovid). Search conducted on July 22, 2020

|  |  |  |
| --- | --- | --- |
| **Search** | **Query** | **Records retrieved** |
| #1 | exp Aged OR exp "Aged, 80 and Over" OR exp Elderly OR exp Middle Aged OR Aged OR "Aged, 80 and Over" OR Middle Aged OR elder\* OR Older adult\* OR Older people\* | 141,630 |
| #2 | Community program\* OR Health promotion OR Health education OR Community-based\* or Community senior cent\* OR Shared din\* OR Congregate din\* OR Garden\* OR Community intervention OR Community din\* | 68,982 |
| #3 | Diet OR Nutrition therapy OR Nutrition OR Diet, healthy OR Food OR Food assistance OR Healthy eat\* OR Food security | 71,245 |
| #4 | #1 AND #2 AND #3 (Limited to 2010-2020, English) | 235 |

**Supplementary Table 5**: Sociological Abstracts (ProQuest). Search conducted on July 22, 2020

|  |  |  |
| --- | --- | --- |
| **Search** | **Query** | **Records retrieved** |
| #1 | Noft (older adult) OR noft (aged) OR noft (old aged) OR noft (older persons) OR noft (65 AND older) OR noft (senior) OR noft (elder\*) | 115,337 |
| #2 | Noft (community program\*) OR noft (aged health promotion) OR noft (education health) OR noft (community-based) OR noft (seniors care) OR noft (community AND health care) | 116,386 |
| #3 | noft (nutrition) OR noft (diet) OR noft (food) OR noft (dining) OR (eat AND healthy) OR noft (Food Security) AND noft (food AND assistance) | 33,150 |
| #4 | #1 AND #2 AND #3 (Limited to 2010-2020, English) | 344 |

**Supplementary Table 6:** JBI Critical Appraisal Checklist for Randomized Controlled Trials

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Q1** | **Q2** | **Q3** | **Q4** | **Q5** | **Q6** | **Q7** | **Q8** | **Q9** | **Q10** | **Q11** | **Q12** | **Q13** | **Score By Study** |
| Francis 2014 | U | U | Y | Y | U | U | U | N | U | Y | Y | Y | Y | **6/13** |
| Geller 2012 | U | U | U | Y | U | U | U | N | Y | Y | Y | N | Y | **5/13** |
| Jancey 2017 | Y | Y | Y | Y | N | N | Y | N | Y | Y | Y | Y | Y | **10/13** |
| Kimura 2013 | U | Y | Y | Y | N | N | U | N | U | Y | Y | Y | Y | **7/13** |
| Lara 2015 | Y | Y | Y | Y | Y | Y | U | Y | Y | Y | U | Y | Y | **11/13** |
| Meethien 2011 | U | U | Y | Y | U | U | U | N | U | Y | Y | Y | Y | **6/13** |
| Mendoza-Ruvalcaba 2015 | U | U | Y | U | U | U | U | U | U | Y | Y | Y | Y | **5/13** |
| Salehi 2011 | U | U | N | Y | U | U | U | U | Y | Y | U | Y | U | **4/13** |
| Silva-Smith 2013 | Y | Y | N | U | U | U | Y | Y | N | Y | Y | Y | Y | **8/13** |
| Uemura 2018 | Y | U | Y | Y | N | N | Y | Y | Y | Y | Y | Y | Y | **10/13** |
| **Total (%)** | **40** | **40** | **70** | **80** | **10** | **10** | **30** | **30** | **50** | **100** | **80** | **90** | **90** |  |
| Note: Y, yes. U, unclear. N, no. 1. Was true randomization used for assignment of participants to treatment groups? 2. Was allocation to treatment groups concealed? 3. Were treatment groups similar at baseline? 4. Were treatment groups treated identically other than the intervention of interest? 5. Were participants blind to treatment assignment? 6. Were those delivering treatment blind to treatment assignment? 7. Were outcomes assessors blind to treatment assignment? 8. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed? 9. Were participants analyzed in the groups to which they were randomized? 10. Were outcomes measured in the same way for treatment groups? 11. Were outcomes measured in a reliable way? 12. Was appropriate statistical analysis used? 13. Was the trial design appropriate for the topic, and any deviation from the standard RCT design accounted for in the conduct and analysis? | | | | | | | | | | | | | | |

**Supplementary Table 7:** JBI Critical Appraisal Checklist for Quasi-Experimental Studies

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Q1** | **Q2** | **Q3** | **Q4** | **Q5** | **Q6** | **Q7** | **Q8** | **Q9** | **Score By Study** |
| AbuSabha 2011 | Y | U | U | N | N | N | Y | U | Y | **3/9** |
| Beasley 2019 | U | Y | Y | N | Y | Y | Y | Y | Y | **7/9** |
| Brewer 2016 | Y | Y | Y | Y | Y | N | Y | Y | Y | **8/9** |
| Chung 2014 | Y | U | Y | N | Y | Y | Y | Y | Y | **7/9** |
| Gallois 2013 | Y | N | Y | Y | Y | N | Y | Y | Y | **7/9** |
| Hersey 2015 | Y | N | Y | Y | Y | Y | Y | Y | Y | **8/9** |
| Hsu 2010 | Y | N | Y | Y | N | U | Y | U | U | **4/9** |
| Lillehoj 2018 | Y | N | Y | Y | Y | N | Y | Y | N | **6/9** |
| Luten 2016 | Y | N | Y | Y | Y | Y | Y | U | Y | **7/9** |
| MacNab 2017 | Y | Y | Y | N | N | U | Y | N | Y | **5/9** |
| Manafo 2013 | Y | Y | U | N | N | N | Y | U | Y | **4/9** |
| Moreau 2015 | N | Y | Y | N | N | N | Y | U | Y | **4/9** |
| Murayama 2020 | Y | N | Y | Y | Y | Y | Y | U | Y | **7/9** |
| Pogge 2013 | Y | Y | Y | N | N | N | Y | U | Y | **5/9** |
| Schwingel 2017 | Y | Y | Y | N | Y | U | Y | Y | Y | **7/9** |
| Smith 2015 | Y | Y | Y | N | Y | N | Y | U | Y | **6/9** |
| Smith 2020 | Y | N | Y | Y | Y | N | Y | U | Y | **6/9** |
| Strout 2017 | Y | Y | Y | N | N | Y | Y | U | U | **5/9** |
| Thomas 2010 | Y | N | U | N | N | N | Y | N | N | **2/9** |
| Turk 2016 | Y | Y | Y | N | N | Y | Y | U | Y | **6/9** |
| Wunderlich 2011 | Y | Y | U | N | N | N | Y | U | N | **3/9** |
| **Total (%)** | **90.5** | **52.4** | **81.0** | **38.1** | **52.4** | **33.3** | **100.0** | **33.3** | **76.2** |  |
| Note: Y, yes. U, unclear. N, no. 1. Is it clear in the study what is the “cause” and what is the “effect” (i.e., there is no confusion about which variable comes first)? 2. Were the participants included in any comparisons similar? 3. Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest? 4. Was there a control group? 5. Were there multiple measurements of the outcome both pre and post the intervention/exposure? 6. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed? 7. Were the outcomes of participants included in any comparisons measured in the same way? 8. Were outcomes measured in a reliable way? 9. Was appropriate statistical analysis used? | | | | | | | | | | |

**Supplementary Appendix 1: Excluded Studies Following Full-Text Review**

1. Aburrow A., Wallis K., Steward K., Cholet A., Murphy J.L. Managing malnutrition (as undernutrition) and caring for older people living in the community: The development and publishing of a new workbook and training videos for staff working in community teams (e.g. nursing, integrated and therapy teams). Clinical Nutrition ESPEN 2020;35:247-248.

*Reason for exclusion*:Wrong patient population

1. Ahn J., Park J., Kim C. Effects of an individualised nutritional education and support programme on dietary habits, nutritional knowledge and nutritional status of older adults living alone. Journal of Clinical Nursing 2018;27(9-10):2142-2151.

*Reason for exclusion*:Wrong intervention

1. Ajala O., Erqou S., Bambs C., Sharbaugh M., Althouse A., Aiyer A., Kip K., Reis S. Ideal cardiovascular health metrics in couples: A community-based population study. Journal of the American College of Cardiology 2017;69(11):1810.

*Reason for exclusion*:Wrong study design

1. Alemu, F., Mecha, M., Medhin, G. Impact of permagarden intervention on improving fruit and vegetable intake among vulnerable groups in an urban setting of Ethiopia: A quasi-experimental study. PloS one 2019;14(12):e0213705.

*Reason for exclusion*:Wrong patient population

1. Ali N.M., Shahar S., Kee Y.L. Norizan A.R., Noah S.A.M. Design of an interactive digital nutritional education package for elderly people. Informatics for Health & Social Care 2012;37(4):217-29.

*Reason for exclusion*:Wrong setting

1. An R. Association of home-delivered meals on daily energy and nutrient intakes: Findings from the National Health and Nutrition Examination Surveys. Journal of Nutrition in Gerontology and Geriatrics 2015;34(2):263-272.

*Reason for exclusion*:Wrong study design

1. Anderson A.L, Netterville L.L., Sahyoun N.R. "Food safety on the go": A course for home-delivered meal programs. Journal of Nutrition Education and Behavior 2014;46(2):148-150.

*Reason for exclusion*:Wrong setting

1. Apovian, C.M., Singer M.R., Campbell W.W., Bhasin S., McCarthy A.C., Shah M., Basaria S., Moore L.L. Development of a Novel Six-Month Nutrition Intervention for a Randomized Trial in Older Men with Mobility Limitations. The Journal of Nutrition, Health & Aging 2017;21(10):1081-1088.

*Reason for exclusion*:Wrong intervention

1. Arcury T.A., Nguyen H.T., Sandberg J.C., Neiberg R.H., Altizer K.P., Bell, Ronny A, Grzywacz J.G., Lang W., Quandt, S.A. Use of Complementary Therapies for Health Promotion Among Older Adults. Journal of Applied Gerontology 2015;34(5):552.

*Reason for exclusion*:Wrong intervention

1. Astley S. Exploitation of European Union Framework Programme results in food, health and wellbeing by small‐ and medium‐sized enterprises: The ‘Quantify Life – Feed Yourself’ (QuaLiFY) project. Nutrition Bulletin 2018;43(2):195-201.

*Reason for exclusion*:Wrong study design

1. Aure C.F., Kluge A., Moen A. Promoting dietary awareness: Home-dwelling older adults' perspectives on using a nutrition application. International Journal of Older People Nursing 2020;15(4):e12332.

*Reason for exclusion:* Wrong setting

1. Austin B., Royster J. Exploring the Use of Skype Technology for Teaching Food, Nutrition and Health to African American Elders in Seattle, Washington: A Pilot Program. Journal of the Academy of Nutrition & Dietetics Supplement 2016;116(9):A80.

*Reason for exclusion*:Wrong study design

1. Ayala G.X., Baquero B., Pickrel J.L., Mayer J., Belch G., Rock C.L., Linnan L., Gittelsohn J., Sanchez-Flack J., Elder J.P. A store-based intervention to increase fruit and vegetable consumption: The El Valor de Nuestra Salud cluster randomized controlled trial. Contemporary Clinical Trials 2015;42:228-38.

*Reason for exclusion*: Wrong patient population

1. Bahl M., Francis S.L., Yap L., Montgomery D., Lillehoj C. Fresh Conversations, a SNAP-ed program for older adults: Feedback from program facilitators. Journal of Nutrition Education and Behavior 2019;51(4):486-491.

*Reason for exclusion*: Wrong study design

1. Ball K., McNaughton S.A., Mhurchu C.N., Andrianopoulos N., Inglis V., McNeilly B., Le H.N.D., Leslie D., Pollard C., Crawford D. Supermarket Healthy Eating for Life (SHELf): protocol of a randomised controlled trial promoting healthy food and beverage consumption through price reduction and skill-building strategies. BMC Public Health 2011;11(1):1-11.

*Reason for exclusion*: Wrong patient population

1. Bandayrel K., Wong S. Systematic literature review of randomized control trials assessing the effectiveness of nutrition interventions in community-dwelling older adults. Journal of Nutrition Education and Behavior 2011;43(4):251-62.

*Reason for exclusion*: Wrong study design

1. Barnfield A., Savolainen N., Lounamaa A. Health promotion interventions: Lessons from the transfer of good practices in CHRODIS-PLUS. International Journal of Environmental Research and Public Health 2020;17(4):1281.

*Reason for exclusion*: Wrong study design

1. Basu S., Gardner C.D., White J.S., Rigdon J., Carroll M.M., Akers M., Seligman H.K. Effects Of Alternative Food Voucher Delivery Strategies On Nutrition Among Low-Income Adults. Health Affairs 2019;38(4):577-584.

*Reason for exclusion*: Wrong patient population

1. Bech-Larsen T., Kazbare L. Spillover of diet changes on intentions to approach healthy food and avoid unhealthy food. Health Education 2014;114(5):367-377.

*Reason for exclusion*: Wrong study design

1. Begley A., Paynter E., Butcher L.M., Dhaliwal S.S. Effectiveness of an Adult Food Literacy Program. Nutrients 2019;11(4):797.

*Reason for exclusion*: Wrong patient population

1. Bertram A.G., Burr B.K., Sears K., Powers M., Atkins L., Holmes T., Kambour T., Kuns J.B. Generations learning together: pilot study for a multigenerational program. Journal of Intergenerational Relationships 2018;16(3):243-255.

*Reason for exclusion*: Wrong intervention

1. Besdine R.W., Wetle T.F. Improving health for elderly people: an international health promotion and disease prevention agenda. Aging Clinical and Experimental Research 2010;22(3):219-30.

*Reason for exclusion*: Wrong intervention

1. Bhurosy T., Jeewon R. Effectiveness of a theory-driven nutritional education program in improving calcium intake among older mauritian adults. Scientific World Journal 2013;750128:1-16.

*Reason for exclusion*: Wrong patient population

1. Bhurosy T., Jeewon R. Effectiveness of a theory-driven nutritional education program in improving calcium intake among older mauritian adults. Scientific World Journal 2014;750128:1-16.

*Reason for exclusion*: Wrong patient population

1. Bihan H., Mejean C., Castetbon K., Faure H., Ducros V., Sedeaud A., Galan P., Le Clesiau H., Peneau S., Hercberg S. Impact of fruit and vegetable vouchers and dietary advice on fruit and vegetable intake in a low-income population. European Journal of Clinical Nutrition 2012;66(3):369-75.

*Reason for exclusion*: Wrong patient population

1. Block G., Azar K.M.J., Romanelli R.J., Block T.J., Palaniappan L.P., Dolginsky M., Block C.H. Improving diet, activity and wellness in adults at risk of diabetes: randomized controlled trial. Nutrition & Diabetes 2016;6(9):e231.

*Reason for exclusion*: Wrong intervention

1. Bobitt J.L. Factors impacting the implementation of evidence-based wellness programs in Illinois senior centers. Dissertation Abstracts International: Section B: The Sciences and Engineering 2015.

*Reason for exclusion*: Wrong study design

1. Bracher M., Steward K., Wallis K., May C.R., Aburrow A., Murphy J. Implementing professional behaviour change in teams under pressure: Results from phase one of a prospective process evaluation (the Implementing Nutrition Screening in Community Care for Older People (INSCCOPe) project). BMJ Open 2019;9(8):e025966.

*Reason for exclusion*: Wrong intervention

1. Brand T., Pischke C.R., Steenbock B., Schoenbach J., Poettgen S., Samkange-Zeeb F., Zeeb, H. What works in community-based interventions promoting physical activity and healthy eating? A review of reviews. International Journal of Environmental Research and Public Health 2014;11(6):5866-88.

*Reason for exclusion*: Wrong study design

1. Broekhuizen K., Kroeze W., van Poppel M.N.M., Oenema A., Brug J. A systematic review of randomized controlled trials on the effectiveness of computer-tailored physical activity and dietary behavior promotion programs: An update. Annals of Behavioral Medicine 2012;44(2):259-286.

*Reason for exclusion*: Wrong patient population

1. Buman M.P., Winter S.J., Baker C., Hekler E.B., Otten J.J., King A.C. Neighborhood Eating and Activity Advocacy Teams (NEAAT): Engaging older adults in policy activities to improve food and physical environments. Translational Behavioral Medicine 2012;2(2):249-253.

*Reason for exclusion*: Wrong study design

1. Burke D., Jennings M., McClinchy J., Masey H., Westwood D., Dickinson, A. Community luncheon clubs benefit the nutritional and social well-being of free living older people. Journal of Human Nutrition & Dietetics 2011;24(3):278.

*Reason for exclusion*: Wrong study design

1. Burke L., Jancey J., Howat P., Lee A., Kerr D., Shilton T., Hills A., Anderson A. Physical activity and nutrition program for seniors (PANS): protocol of a randomized controlled trial. BMC Public Health 2010;10(1):1-7.

*Reason for exclusion*: Wrong intervention

1. Buys D.R., Locher Julie L What Does the Evidence Reveal Regarding Home- and Community-Based Nutrition Services for Older Adults? Journal of Nutrition in Gerontology and Geriatrics 2015;34(2):81-4.

*Reason for exclusion*: Wrong study design

1. Buys, David R; Marler, Malcolm L; Robinson, Caroline O; Hamlin, Christopher M; Locher, Julie L. Recruitment of volunteers for a home-delivered meals programme serving homebound older adults: a theoretically derived programme among faith communities. Public Health Nutrition 2011;14(8):1473-8.

*Reason for exclusion*: Wrong study design

1. Buyuktuncer Z., Kearney M., Ryan C.L., Thurston M., Ellahi B. Fruit and vegetables on prescription: a brief intervention in primary care. Journal of Human Nutrition and Dietetics: The Official Journal of the British Dietetic Association 2014;27(2):186-193.

*Reason for exclusion*: Wrong patient population

1. Campbell A.D., Godfryd A., Buys D.R., Locher J.L. Does participation in home-delivered meals programs improve outcomes for older adults? Results of a systematic review. Journal of Nutrition in Gerontology and Geriatrics 2015;34(2):124-167.

*Reason for exclusion*: Wrong study design

1. Carney P.A., Hamada J.L., Rdesinski R., Sprager L., Nichols K.R., Liu B.Y., Pelayo J., Sanchez M.A., Shannon J. Impact of a community gardening project on vegetable intake, food security and family relationships: a community-based participatory research study. Journal of Community Health 2012;37(4):874-81.

*Reason for exclusion*: Wrong patient population

1. Carter S.R., Walker A., Abdul-Latif S., Maurer L., Masunungure D., Tedaldi E., Patterson F. Nice to your heart: A pilot community-based intervention to improve heart health behaviours in urban residents. Health Education Journal 2015;75(3):306-317.

*Reason for exclusion*: Wrong patient population

1. Cavill J., Jancey J., Howat P. Review and recommendations for online physical activity and nutrition programmes targeted at over 40s. Global Health Promotion 2012;19(2):44-53.

*Reason for exclusion*: Wrong patient population

1. Charlton K.E., Walton K., Moon L., Smith K., McMahon A.T., Ralph F., Stuckey M., Manning F., Krassie J. "It could probably help someone else but not me": A feasibility study of a snack programme offered to meals on wheels clients. Journal of Nutrition, Health and Aging 2013;17(4):364-369.

*Reason for exclusion*: Wrong setting

1. Chastonay P., Weber D., Mattig T. A Nationally Coordinated Health Promotion Program for the Elderly in a Federal State, Switzerland. Journal of Population Ageing 2019;13(3):1-14.

*Reason for exclusion*: Wrong study design

1. Chedraui P., Pérez-López F.R. Nutrition and health during mid-life: searching for solutions and meeting challenges for the aging population. Climacteric Supplement 2013;16(1):85-95.

*Reason for exclusion*: Wrong study design

1. Chen Y., Wu F., Wu Y., Li J., Yue P., Deng Y., Lamb K.V., Fong S., Liu Y., Zhang Y. Development of interventions for an intelligent and individualized mobile health care system to promote healthy diet and physical activity: using an intervention mapping framework. BMC Public Health 2019;19(1):1311.

*Reason for exclusion*: Wrong study design

1. Chiu C., Kuo S., Lin D. Technology-embedded health education on nutrition for middle-aged and older adults living in the community. Global Health Promotion 2019;26(3):80-87.

*Reason for exclusion*: Wrong setting

1. Chojenta C., Mingay E., Gresham E., Byles J. Cooking for One or Two: Applying Participatory Action Research to improve community-dwelling older adults' health and well-being. Health Promotion Journal of Australia 2018;29(1):105-107

*Reason for exclusion*: Wrong intervention

1. Churchill S., Pavey L. Promoting fruit and vegetable consumption: the role of message framing and autonomy. British Journal of Health Psychology 2013;18(3):610-22.

*Reason for exclusion*: Wrong patient population

1. Clark P.G., Blissmer B.J., Greene G.W., Lees F.D., Riebe D.A., Stamm K.E. Maintaining exercise and healthful eating in older adults: the SENIOR project II: study design and methodology. Contemporary Clinical Trials 2011;32(1):129-39.

*Reason for exclusion*: Wrong patient population

1. Clark P.G., Greene G.W., Blissmer B.J., Lees F.D., Riebe D.A., Stamm K.E. Trajectories of Maintenance and Resilience in Healthful Eating and Exercise Behaviors in Older Adults. Journal of Aging and Health 2019;31(5):861-882.

*Reason for exclusion*: Wrong intervention

1. Coberley C., Rula E.Y., Pope J.E. Effectiveness of health and wellness initiatives for seniors. Population Health Management 2011;14(1):S45-50.

*Reason for exclusion*: Wrong intervention

1. Cohen A.J., Lachance L.L., Richardson C.R., Mahmoudi E., Buxbaum J.D., Noonan G.K., Murphy E.C., Roberson D.N., Hesterman O.B., Heisler M., Zick S.M. "Doubling Up" on Produce at Detroit Farmers Markets: Patterns and Correlates of Use of a Healthy Food Incentive. American Journal of Preventive Medicine 2018;54(2):181-189.

*Reason for exclusion*: Wrong patient population

1. Conneely M., Andrews S., Axelrod C., Bevier W., Chavez E., Swartzentruber J., Kerr D. Ocho Pasos A La Buena Salud (eight steps to better health): A successful community group education program for Latino adults with or at risk for type 2 diabetes. Diabetes 2017;66(1):A173.

*Reason for exclusion*: Wrong patient population

1. Connell C.L., Thomson J.L., Huye H.F., Landry A.S., Crook L.B., Yadrick K. Mississippi Communities for Healthy Living: Implementing a nutrition intervention effectiveness study in a rural health disparate region. Contemporary Clinical Trials 2015;42:196-203.

*Reason for exclusion*: Wrong patient population

1. Contrady, A.; Francis, S.; Montgomery, D. Fresh Conversations: Helping Older Adults Make Lifestyle Changes...Food & Nutrition Conference & Expo, 26-29 October 2019, Philadelphia, PA. Journal of the Academy of Nutrition & Dietetics Supplement 2019;119(9):A69-A69.

*Reason for exclusion*: Conference abstract only

1. Cook R.F., Hersch R.K., Schlossberg D., Leaf S.L. A Web-based health promotion program for older workers: randomized controlled trial. Journal of Medical Internet Research 2015;17(3):e82.

*Reason for exclusion*: Wrong intervention

1. Corcoran M.P., Nelson M.E., Sacheck J.M., Reid K.F., Kirn D., Fielding R.A., Chui K.K.H., Folta S.C. Efficacy of an Exercise and Nutritional Supplement Program on Physical Performance and Nutritional Status in Older Adults With Mobility Limitations Residing at Senior Living Facilities. Journal of Aging & Physical Activity 2017;25(3):453-463.

*Reason for exclusion*: Wrong intervention

1. Corcoran M.P., Nelson M.E., Sacheck J.M., Reid K.F., Kirn D., Fielding R.A., Folta S.C. Recruitment of Mobility Limited Older Adults Into a Facility-Led Exercise-Nutrition Study: The Effect of Social Involvement. The Gerontologist 2016;56(4):669.

*Reason for exclusion*: Wrong study design

1. Costa A.I.A., Jongen W.M.F. Designing new meals for an ageing population. Critical Reviews in Food Science and Nutrition 2010;50(6):489-502.

*Reason for exclusion*: Wrong study design

1. Cotter E.W., Teixeira C., Bontrager A., Horton K., Soriano D. Low-income adults' perceptions of farmers' markets and community-supported agriculture programmes. Public Health Nutrition 2017;20(8):1452-1460.

*Reason for exclusion*: Wrong study design

1. Curbach J., Warrelmann B., Brandstetter S., Lindacher V., Rueter J., Loss J. Empowering senior citizens for healthy nutrition in Germany: A pilot study. Health & Social Care in the Community 2018;26(5):675-684.

*Reason for exclusion*: Wrong study design

1. Cuthbert E.M.E. Garden-based nutrition education to increase older African Americans' consumption of fresh fruits and vegetables. Dissertation Abstracts International Section A: Humanities and Social Sciences 2016.

*Reason for exclusion*: Conference abstract only

1. Dapp U., Neumann L., Golgert S., Klugmann B., Profener F., Von Renteln-Kruse W., Minder C. Long-term effects of the intervention "active health promotion in old age" over a 13 year period-results from the LUCAS cohort study (prolong health). European Journal of Epidemiology 2016;31(1):S39.

*Reason for exclusion*: Wrong intervention

1. de Souto Barreto P., Rolland Y., Maltais M., Vellas B. Associations of Multidomain Lifestyle Intervention with Frailty: Secondary Analysis of a Randomized Controlled Trial. American Journal of Medicine 2018;131(11):1382.

*Reason for exclusion*: Wrong intervention

1. Dexter A.S., Pope J.F., Erickson D., Fontenot C., Ollendike E., Walker E. Cooking Education Improves Cooking Confidence and Dietary Habits in Veterans. The Diabetes Educator 2019;45(4):442-449.

*Reason for exclusion*: Wrong patient population

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*Reason for exclusion*: Wrong patient population

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*Reason for exclusion*: Wrong study design

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*Reason for exclusion*: Wrong patient population

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*Reason for exclusion*: Wrong intervention

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*Reason for exclusion*: Wrong patient population

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*Reason for exclusion*: Wrong intervention

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*Reason for exclusion*: Wrong study design

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*Reason for exclusion*: Wrong patient population

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*Reason for exclusion*: Wrong patient population

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*Reason for exclusion*: Wrong study design

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*Reason for exclusion*: Wrong study design

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*Reason for exclusion*: Wrong study design

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*Reason for exclusion*: Wrong patient population

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*Reason for exclusion*: Wrong study design

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*Reason for exclusion*: Wrong study design

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*Reason for exclusion*: Wrong study design

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*Reason for exclusion*: Wrong patient population

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*Reason for exclusion*: Wrong intervention

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*Reason for exclusion*: Wrong intervention

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*Reason for exclusion*: Wrong language

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*Reason for exclusion*: Wrong patient population

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*Reason for exclusion*: Wrong study design

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*Reason for exclusion*: Wrong study design

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*Reason for exclusion*: Wrong patient population

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*Reason for exclusion*: Wrong study design

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*Reason for exclusion*: Wrong study design

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*Reason for exclusion*: Wrong patient population

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*Reason for exclusion*: Wrong patient population

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*Reason for exclusion*: Wrong patient population

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*Reason for exclusion*: Wrong patient population

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*Reason for exclusion*: Wrong intervention

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*Reason for exclusion*: Wrong study design

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*Reason for exclusion*: Wrong patient population

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*Reason for exclusion*: Wrong patient population

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*Reason for exclusion*: Wrong patient population

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*Reason for exclusion*: Wrong study design

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