

# Bridge Builders Network – a Nordic multidisciplinary research network on healthy aging viewed from a food and nutrition perspective

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# Introduction

Nordic region - challenges of an aging population

- ↑ malnourished
- ↑ suffering from loneliness



challenges on retail and foodservice sector

- access to food products and meal solutions



pressure on the welfare state resources

- rehabilitation welfare technology solutions
- sustainable food products for an increasing aging population

# Introduction

Challenges demand

- new scientific knowledge
- professionals from the areas of food, nutrition, sustainability, health care, social and health services working together
- multidisciplinary approach to address healthy aging

→ Establishment of Bridge Builders network\* 2020

\*Funded by the Nordic Joint Committee for Agricultural and Food Research



# Method & design

Participants of the network have interdisciplinary competences (Table 1), with different professional background and different expertise in research and development from

- University College Copenhagen, Denmark
- South-Eastern Finland University of Applied Sciences, Finland
- University of Stavanger, Norway and
- Linnaeus University, Sweden

Focus  Sustainable healthy aging

# Participant's research & teaching

Institutions	Institute	Degree Programme	Research background
Linnaeus University	Center for Collaborative Palliative Care, Department of Health and Caring Sciences		Palliative care
	Department of Chemistry and Biomedical Sciences	Nutrition and Food Science (BSc)	Nutrition and Food Science
Stavanger University	Faculty of Social Sciences – Norwegian School of Hotel Management	Bachelor in Hotel management Bachelor in tourism management Master in Service Leadership in International Business	Meal knowledge Restaurant Management and Meal Sciences
Copenhagen University College	Department of Nursing and Nutrition	Bachelor's degree Nutrition and Health Nursing	Food Science Nutrition
South-Eastern Finland University of Applied Sciences - Xamk	Department of Tourism, Hospitality Management and Youth Work Department of Social Services and Promotion of Functional Ability RD focus area/ Sustainable Wellbeing	Bachelor and Master in Hospitality Management Bachelor of Social Services and Health Care (Elderly care)	Nutrition Consumer behaviour Aging changes Food service processes



# Research topics and expertise at Linnaeus University



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## Linnaeus Knowledge Environment Sustainable Health



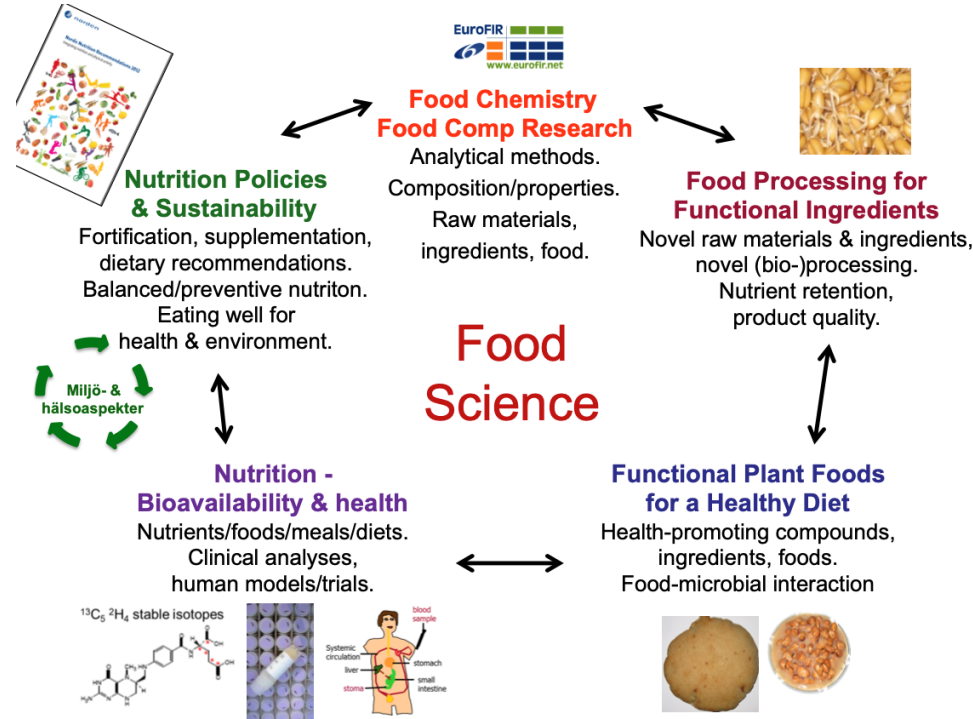
# Food Science & nutrition



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## New legume foods

**Aim:** Innovative healthy & sustainable legume-based ingredients and foods

- Versatile legume flours
- Meat & cheese analogues

# Creating caring spaces - mealtime interventions in nursing homes



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The aim is to explore mealtime environments within nursing homes from a multidimensional perspective, and to develop and implement interventions in the mealtime environments. Additionally, to explore how these interventions are associated with indicators of 'good care' for the residents.

The project has a participatory action research design and based on the Five Factor Meal Model (FAMM). Residents and their family members, together with professionals involved in care and mealtime situations or in the meal control system, are engaged in the research process.

The project consists of three phases: descriptive phase, decision and implementation phase and an evaluative phase.

A manual for clinical use guiding improvements of mealtime environments will be developed.





# Breakfast Clubs in Nursing homes- Involving residents in food related activities



Lise Justesen  
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The aim is to explore how a dynamic hospitality approach towards institutional meals be utilized as

--a rehabilitative strategy to contribute to resident's food-related functionality and quality of life?

and

-as the basis for new educational activities targeting Health Care Professionals

The project is an intervention project, based The Hospitable Meal Model. Residents becomes part of a breakfast club were they on shift are host of the day and together with other residents and other Health Care Professionals cook and have a breakfast meal together.

The project consists of three phases: I: Planning phases, II: Breakfast Clubs and III: Implementing Dynamic hospitality as everyday meal practices.



# Homeliness in Nursing homes

## Building a mobile kitchen



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Aim to Involve residents and relatives in the development and implementation of a mobile kitchen that enables a host function and supports the creation of communities and more homeliness

The project is an intervention project, based The Hospitable Meal Model. Residents becomes part of a community group with a quest to develop and to implement the use of a mobile kitchen in the different department in a nursing home.

The project consists of three phases:

I: Developing the mobile kitchen, II: Implementing the mobile kitchen, III: Evaluation



# Research topics and expertise

## University of Stavanger, Norway



Kai Victor Hansen  
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Topic	Target group	Design/ Methods	Partners
Meal knowledge Reduce malnutrition / undernutrition Meal experiences	Elderly people living at home and/or in nursing homes People above 55+	Explorative design Interventions and Action research Qualitative methods	Government departements, Care homes, Municipalities

### Completed projects:

- Porcelain for all – to increase food intake among people (2018)
- Loneliness among elderly people (2020)
- Food and meals among 60+ (2021)

# Research topics and fields of expertise South-Eastern Finland UAS



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Topic	Target group	Design/ Methods	Partners
Food related services for elderly	Aging people living at home	Service desing Co-Creation	Stakeholders
Project examples:			
<ul style="list-style-type: none"><li>• Multiform food related services to promote older people's sense of community and functional capacity - Ikäruoka 2.0</li></ul>			
<ul style="list-style-type: none"><li>• Food service provision for older adults in a chancing environment</li></ul>			

# Research topics and expertise South-Eastern Finland UAS

**Multisectoral development  
Service design**



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## **Food related services**

- Accessibility
- Acceptability
- Availability
- Usability



## **Local food environment**

- Rural – Urban areas

## **Education**

- Social Services and Health Care
- Hospitality Management

## **Ongoing project:**

Multiform food related services to promote older people's sense of community and functional capacity. The project aims to:

- support older adults' healthy eating, ability to function and sense of community.
- develop multiform food related services for older adults living at home.
- promote multisectoral regional collaboration to develop local food related service.



# Results & discussion

## Activities

- Monthly online meetings on research & education related to healthy eating and aging
- Workshop “Lets’ learn from each other - workshop on older adults nutrition and healthy eating”
- Reports to NKJ
- Erasmus+ exchange between several partners
- Articles & conference contributions

## Needed complementing competencies

- Technology, art, design & culture, social & behavioural sciences

## Planned activities

- Public seminars
- Applications for funding for future research and development projects
- Teaching
- Networking

# Future themes for research applications

- **Educational activities** targeting **professionals** in the social-health care area and the foodservice sector.
- **Digital welfare technologies** to enable involvement of elderly in sustainable food related activities.
- **Healthy aging.**
- **Mealtime situation** at different care context and at home e.g., using theoretical framework FAMM.
- **Collaboration** and organization of municipalities, public and private food service providers to support **access to healthy food and self-independent food activities.**
- **Meal communities** to support appetite and social interaction.

# Conclusions

## The Bridge Builders network

- brings **together** researchers and developers with different expertise
- interlinks & efficiently uses knowledge generated from **academia & practice**
- improves our knowledge and understanding of how to best address the challenges which the **aging population** faces
- would benefit from **complementing competences** to promote healthy aging in a holistic perspective

Welcome to join the network!



# Thank you for your attention!

Present at the conferens for any queries are:



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<https://www.xamk.fi/en/research-and-development/bridge-builders/>

