Healthy Ageing Current Awareness update

March 2020

Welcome to the monthly Healthy Ageing Current Awareness Update (HACAU), produced by PHE Knowledge and Library Services and the Life Course Team. The purpose of this update is to provide you with the latest, best evidence about healthy ageing and dementia risk reduction, to help you make informed decisions.

To receive these Current Awareness Updates regularly, sign-up here.

Please note that not all the articles and resources referred to in this alert are freely available. Some articles may require an Athens username and password, and for PHE and the NHS staff, these can be obtained from https://openathens.nice.org.uk/. If you do not work for Public Health England, please contact your local library service who will be able to help you obtain articles.

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• Health Risk Factors and Dementia Prevention
• Living Well with Dementia
• Mental Health and Ageing
• Physical Activity and Ageing
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• Musculoskeletal Health, Falls Prevention, and Ageing

Health Risk Factors and Dementia Prevention

New horizons in supporting older people's health and wellbeing: is social prescribing a way forward?

Related Articles New horizons in supporting older people's health and wellbeing: is social prescribing a way forward? Age Ageing. 2020 Feb 21;: Authors: Hamilton-West K, Milne A, Hotham S Abstract Older people’s health and care needs are changing. Increasing numbers live with the combined effects of age-related chronic illness or disability, social isolation and/or poor mental health

New horizons in appetite and the anorexia of ageing.

oral nutritional intake. Its regulation is complex, influenced by physiology, hedonism (the reward of eating) and learning from external cues within a person’s society and culture.

Living Well with Dementia

Factors associated with self- and informant ratings of quality of life, well-being and life satisfaction in people with mild-to-moderate dementia: results from the Improving the experience of Dementia and Enhancing Active Life programme.

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Mental Health and Ageing

Symptoms of mood disorders in family carers of older people with dementia who experience caregiver burden: a network approach.

Symptoms of mood disorders in family carers of older people with dementia who experience caregiver burden: a network approach. Age Ageing. 2020 Feb 22.; Authors: França AB, Gordon AL, Samra R, Rodolfo Duarte ES, Jacinto AF Abstract BACKGROUND: informal carers of people with dementia are at greater risk of anxiety and depressive disorders if they find caregiving to be a burden.

Loneliness and social isolation interventions for older adults: a scoping review of reviews.


Physical Activity and Ageing

Non-pharmacological interventions for fatigue in older adults: a systematic review and meta-analysis.

Non-pharmacological interventions for fatigue in older adults: a systematic review and meta-analysis. Age Ageing. 2020 Feb 26.; Authors: Ho LYW, Ng SSM Abstract BACKGROUND: Non-pharmacological interventions are widely used to treat fatigue in clients with specific diseases but the findings may not be applicable to older adults experiencing fatigue, which also relates to the

Status and contents of physical activity recommendations in European Union countries: a systematic comparative analysis.


Physical activity interventions for adults who are visually impaired: a systematic review and meta-analysis.

Physical activity interventions for adults who are visually impaired: a systematic review and meta-analysis. BMJ Open. 2020 Feb 12;10(2):e034036 Authors: Sweeting J, Merom D, Astuti PAS, Antoun
M. Edwards K, Ding D Abstract OBJECTIVES: Compared with sighted individuals, people with visual impairment have a higher prevalence of chronic conditions and lower levels of physical

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Related Articles Primary care interventions to address physical frailty among community-dwelling adults aged 60 years or older: A meta-analysis. PLoS One. 2020;15(2):e0228821 Authors: Macdonald SH, Travers J, Shé EN, Bailey J, Romero-Ortuno R, Keyes M, O'Shea D, Cooney MT Abstract INTRODUCTION: The best interventions to address frailty among older adults have not yet been fully defined, and the

Employment, Volunteering, and Ageing


Musculoskeletal Health, Falls Prevention, and Ageing

Inpatient hip fractures: understanding and addressing the risk of this common injury.

Inpatient hip fractures: understanding and addressing the risk of this common injury. Age Ageing. 2020 Feb 10:: Authors: Singh I, Hooton K, Edwards C, Lewis B, Arwar A, Johansen A Abstract INTRODUCTION: The impact and outcome of hip fractures are well described for people living in the community, but inpatient hip fracture (IHF) have not been extensively studied

Sitters as a Patient Safety Strategy to Reduce Hospital Falls: A Systematic Review.

Sitters as a Patient Safety Strategy to Reduce Hospital Falls: A Systematic Review. Ann Intern Med. 2020 Feb 04:: Authors: Greeley AM, Tanner EP, Mak S, Bogashaw MM, Mlake-Lye IM, Shekelle PG Abstract Background: Bedside "sitters" are often used for patients at high risk for falls, but they are expensive and their effectiveness is unclear

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