

HOME-DELIVERY MEAL: A KEY STAKEHOLDER TO TACKLE UNDERNUTRITION AMONG DEPENDENT SENIORS?

"It was at the convalescent center, when I was considering my return home, that social services offered me a home-delivery meal service. The doctor saw that I could no longer do my shopping, so they contacted the meal-on-wheel services at the town hall."

"For a very long time, I was the best can opener in the department... Now I get by with support for a very simple reason: I love to eat but not cook at all. So, we had to play a bit with comfort, and comfort means meals delivered to your home. "

In France, meal-on-wheel service concerns 80,000 people. For 3 years, Ségolène Fleury carried out investigations and interviewed many older people benefiting from a home-delivery meal service around a central question: how this actor in taking care of dependence can play a key-role in the prevention of undernutrition in the older population?

On Thursday March 4, 2021, Ségolène defended thesis work and provide answers to the following questions:

- How does a home-delivery meal service fit into the life story of an elderly person?
- What's about eating behavior and nutritional status of older people benefiting from such a service?
- How this service can be improved to help dependent older people meet their nutritional needs while maintaining the pleasure of eating?

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