



# Research gaps in health-promotion concerning foreign-born older adults

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■ **TAKE HOME MESSAGE:** Foreign-born older adults are an under-prioritised group in research concerning health-promotion and prevention. More research is needed in order to present evidence-based interventions for this group.

■ **BACKGROUND:** Ethnic disparities in health and healthcare is an important area to explore as foreign-born older adults are at high risk of developing poor health and are but often face different barriers to healthcare. Therefore, the aim of the present review was to review RCT publications to describe the content of, and present the effects of, existing health promoting and preventive programmes for foreign-born older adults.

## ■ METHOD

A systematic literature review. The analysis took on a narrative approach with inspiration from iterative synthesis. This since meta-analysis was not considered appropriate.

## ■ RESULTS

- Five out of in total eight included RCT publications presented statistically significant outcome measures on:
  - ★ Physical and social activity
  - ★ Health perception
- The quality of evidence was rated from very low to moderate
- Key elements of interventions:





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**INTRODUCTION:** Designing effective health-promoting interventions for older adults is a public health priority, but foreign-born older adults are an exposed and vulnerable group.

**AIM:** To review randomised controlled trial (RCT) publications to describe, and present the effects of health promoting programmes for foreign-born older adults.

**METHODS:** A systematic literature review was conducted. Inclusion criteria: RCT, elderly, immigrants/ethnic minority groups, health-promotion, prevention, reported in English. Exclusion criteria: disease prevention. The analysis took on a descriptive approach with inspiration from iterative synthesis.

**RESULTS:** Eight RCT publications were included. Key elements of the interventions were: activity and participation, person-centred approach, health-information, cultural modifications, provider education and theoretical foundation. Statistically significant outcome measures on health-perception, physical and social activity were presented. The quality of evidence ranged from very low to moderate.

**CONCLUSION:** Foreign-born older adults are an under-prioritised group in research concerning health-promotion. More research is needed to present evidence-based interventions for this group.

**Keywords.** Emigrants and immigrants, delivery of health care, healthcare disparities, randomised controlled trials.