

Appendix A. Search terms used in 8 databases to identify potentially eligible records for inclusion

Concept	Search terms (“/” indicating “or”)
Food	Diet/ food habit*/ food choice*/ eating/ food purchasing behavior*/ food purchasing choice*/ food preference
Influence(s)	Economic*/ finance*/ income/ resource/ wealth/ socioeconomic/ financial resource*/ financial circumstance*/ job/ money/ employment/ pension/ security/ retire*/ debt/ poverty
Change	Change/ reduc*/ stress/ strain/ constrain*/ loss/ transition/ fall/ instab*/ fluctuat*/ decrease/ increase/ improve*
Population	Ag?ing/ senior/ pensioner/ old* adult/ elder*/ aged AND NOT school/ youth/ adolescent/ child

## Appendix B. Quality assessment of included studies

Quality criteria	Davies et al 1986[37]	Steen et al 1988[38]	Lauque et al 1998[39]	Lundberg et al 2003[40]	Nooyens et al 2005[41]	Smith 2006[42]	Chung et al 2007[43]	Abusabha et al 2011[44]	Helldán et al 2012[45]
<b>Question:</b> Does the paper address a clearly focused issue? (i.e. clear statement of research questions & objectives)	YES	YES	NO	NO	YES	YES	YES	YES	YES
<b>Design:</b> Was study design described?	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>Design:</b> Was method chosen & data sources appropriate to the research question?	YES	YES	Can't tell	Can't tell	YES	YES	YES	YES	YES
<b>Design:</b> Was data collection & analysis described?	YES	YES	YES / NO	YES	YES	YES	YES	YES	YES
<b>Design:</b> Was exposure to change being considered clearly defined and ascertainment operationalised?	Can't tell	YES	Can't tell	YES	YES	YES	YES	YES	YES
<b>Design:</b> Was a control group used to compare outcomes?	NO	NO	NO	NO	YES	NO	YES	NO	YES
<b>Representativeness:</b> Was group exposed representative of elderly in the community (i.e. not based on convenience sample, occupation-specific, etc.)?	NO	NO	NO	YES	Can't tell	YES	YES	Can't tell	NO
<b>Representativeness:</b> Were those not exposed also drawn from the same community (vs. a different source)?	NO	NO	NO	NO	YES	NO	YES	YES	YES
<b>Sampling:</b> Was sampling strategy clearly defined & justified	NO	YES	NO	YES	YES	NO	YES	YES	Can't tell
<b>Comparability:</b> Did the study control for bias (e.g. secular trends)?	NO	NO	NO	NO	YES	YES	YES	NO	YES
<b>Comparability:</b> Were factors possibly related to both exposure and outcome identified?	NO	NO	Can't tell	YES	YES	YES	YES	NO	YES
<b>Comparability:</b> Were groups comparable at baseline?	Can't tell	NO	NO	Can't tell	Can't tell	NO	Can't tell	NO	YES
<b>Completeness:</b> Was follow-up long enough for study objectives?	YES	Can't tell	YES	YES	YES	YES	Can't tell	NO	YES

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<b>Quality criteria</b>									
<b>Completeness:</b> Could all likely effects have appeared in the study's timescale?	YES	YES	YES	YES	YES	NO	Can't tell	Can't tell	YES
<b>Completeness:</b> Could the effect be lasting/ not transitory?	NO	NO	Can't tell	Can't tell	Can't tell	Can't tell	Can't tell	NO	YES
<b>Completeness:</b> Was follow-up sufficiently complete (ideally, >80% participants accounted for)?	YES	Can't tell	NO	YES	YES	Can't tell	YES	NO	YES
<b>Results:</b> Were main findings reported & do they address the research question?	YES	YES	Can't tell	YES	YES	YES	YES	YES	YES
<b>Results:</b> Was the choice of statistical analysis appropriate?	YES	YES / NO	Can't tell	YES	YES	Can't tell	YES	YES	YES
<b>Results:</b> Was the primary outcome measure valid and reliable?	YES	YES	YES	Can't tell	YES	YES	YES	YES	YES
<b>Results:</b> Were tables/ graphs usefully labelled/ understandable?	YES	NO	NO	NO	YES	YES	YES	YES	YES
<b>Conclusions:</b> Were results compared with those of other studies, even if contradictory?	YES	YES	YES	NO	YES	YES	YES	NO	YES
<b>Conclusions:</b> Is the interpretation appropriately based on results & alternative explanations explored?	YES	YES / NO	Can't tell	YES	YES	YES	YES	NO	YES
<b>Conclusions:</b> Do the findings support the conclusions?	YES	YES	NO	YES	YES	YES	YES	NO	YES
<b>Generalisability:</b> Can results be applied to other settings?	NO	NO	NO	YES	Can't tell	YES	YES	NO	NO
<b>Generalisability:</b> Were all important outcomes/ results considered?	YES	YES	NO	NO	YES	NO	NO	NO	YES
<b>OVERALL ASSESSMENT</b>	Medium	Medium	Low	Medium	High	Medium	High	Medium	High

SOURCE: Adapted from Effective Public Health Practice Project and the Newcastle-Ottawa scales as best quality assessment tools[36]