

# Prevention Of Malnutrition In Senior Subjects in the EU (PROMISS)



The EU's Horizon 2020 research and innovation programme has funded PROMISS for the next five years. The PROMISS consortium aims to improve our understanding of protein energy malnutrition in seniors and ultimately prevent it. PROMISS will contribute to improvements in active and healthy ageing. The consortium contains worldwide expertise in a wide range of academic disciplines. It builds on strong collaborations with the food industry and small/medium enterprises. Dietary and physical activity strategies and food products will be specifically developed with the involvement of older consumers in order to meet their needs and fit their preferences. In close collaboration with stakeholders, PROMISS will translate these strategies into practical recommendations to guide policy and health professionals at EU and Member States level. Dissemination and implementation will take place using partners operating on a European level and linked to national networks across Member States. The work in the project will be undertaken in 10 Work Packages (WP). EFAD is included in WP9 (Dissemination and Implementation), together with other organisations, such as ESPEN (European Society for Clinical Nutrition and Metabolism), and is led by AGE (Age Platform Europe).



The project kick-off meeting was held in June 2016 and consortium members are shown here. In addition to a general assembly, each WP had its own meeting. In the WP9 meeting we agreed a timeline for work to be able to produce the requested deliverables on time. WP9 has asked each WP to report on their progress regularly. These reports will be available on the website and in the newsletters. Some of the work already undertaken includes the following:

- AGE has built a website [www.promiss-vu.eu](http://www.promiss-vu.eu) that links to EFAD and other Consortium partners.
- EFAD contributed to the dissemination and exploitation plan in 2016, as well as checking and commenting on the PROMISS website.
- AGE has also designed a logo as well as publishing an attractive [leaflet](#) on time.
- The PROMISS e-newsletter will be published this month and will include a report on progress and first results.
- WP9 activities in 2017 will include symposia and presentations in the conferences of EUGMS (EU Geriatric Medicine Society), ESPEN and also EFAD.

In order to facilitate dissemination of the project concept and already available results, in the upcoming EFAD Conference entitled "The Future is Now" (Rotterdam, September 2017) there will be a session introduced by Marjolein Visser, with the following presentations about PROMISS:

- Development and validation of a short food questionnaire to assess low protein intake in community-dwelling older adults (Hanneke Wijnhoven)
- Poor diet quality and long-term risk of incident protein-energy malnutrition in community-dwelling older adults (Linda Hengeveld)
- Protein intake pattern over the day and the risk of low total protein intake in Dutch older adults (Jolanda de Boer)

From these presentations, dietitians will gain insight on a hot topic for the ageing society of Europe. Moreover, members of individual WPs will present their early results.

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<http://efadconference.com/>