

EFAD

The European Federation of
the Associations of Dietitians

THE VOICE OF EUROPEAN DIETETICS

Practical implications on daily protein intake in older adults

PROMISS Research Project Findings

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PROMISS

Nutrition for healthy ageing



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Welcome message

Dear Webinar Attendees,

We are delighted to welcome you to this webinar which is organized by the European Federation of the Associations of Dietitians (EFAD) and the PROMISS Research Project.

During this webinar, our speakers will share their practical insights and research experience relating to the protein intake and nutritional needs of older adults. This webinar aims to provide all the latest information and research outcomes of the PROMISS Research Project about the Practical implications on daily protein intake in older adults."

As a member of the ESDN on Older adults, I would like to emphasize the importance of the work provided by dietitians across Europe in nutritional support of older adults and our unique contribution in supporting seniors living with a good quality of life across different settings. We provide measurable, effective, timely and realistic nutritional interventions for all older adults living independently in their own homes, but also in ambulant care, respite care, residential care and also other various housing models and support services now available. Incorporating the practical insights and research experience of the PROMISS Research Project in our everyday practice would be a positive step in improving our dietetic services.

Amalia Tsagari

RD, PhD, member of ESDN Older Adults

Dear participants of our EFAD-PROMISS webinar,

We are very excited to welcome you on the 27th of April to our PROMISS webinar, in which we will share with you the results of 5 years of collaborative research to malnutrition of older adults.

We as research coordinator from the VU Amsterdam are very pleased not only to share our results but also engage with you all in the Q&A session at the end of our webinar.

Rob Wullems

EU Project Manager at Vrije Universiteit Amsterdam



Amalia Tsagari

RD, PhD, member of ESDN Older Adults

BIO

Dr Amalia Tsagari lives in Athens, Greece. She is married and the mother of two children. She is a registered dietitian nutritionist since 1999. In 2008 she fulfilled her PhD in Kapodistriako University of Athens, Medical School, on the field of protein energy malnutrition in patients with osteoporotic hip fractures. The last 18 years she is working as a clinical dietitian at General Hospital KAT.

Dr Tsagari's research interests are in the area of malnutrition, diabetes, sarcopenia, frailty and osteoporosis.

She is a member of the ESDN Older Adults since 2014.

Rob Wullems

EU Project Manager at Vrije Universiteit Amsterdam



BIO

Rob Wullems, EU Project Manager at VU Amsterdam.

He has been working in EU collaborative projects for almost 20 years now, with a particular focus on Health Science projects in the past 10 years.

EFAD – PROMISS WEBINAR

PRACTICAL IMPLICATIONS ON DAILY PROTEIN INTAKE IN OLDER ADULTS

SCIENTIFIC PROGRAM**April 27th, 19:00 – 20:00 CEST**

19:00 OPENING

Host: Dr. Amalia Tsagari, EFAD ESDN Older Adults

Introduction: Rob Wullems, EU Project Manager, Vrije Universiteit Amsterdam



19:10 CHRISTINE YUNG HUNG

PhD, Department of Agricultural Economics, Ghent University

Practical implications based on behavioural, physiological and social factors shaping protein intake in older adults.



19:20 ILSE REINDERS

PhD, Department of Health Sciences, Vrije Universiteit Amsterdam

The (cost-)effectiveness of personalized dietary advice to increase protein intake on change in physical functioning in older adults with lower habitual protein intake – A Randomized Clinical Trial



19:35 RIIKKA NISKANEN

M.Sc., Department of General Practice and Primary Health Care, University of Helsinki

Practical experiences on increasing protein intake among older people – A dietitian's perspective



19:50 Q&A SESSION

Moderator: Dr Amalia Tsagari

Panel: Ilse Reinders, Christine Yung Hung, Riikka Niskanen



Speakers



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Practical implications based on behavioural, physiological and social factors shaping protein intake in older adults.

Christine Yung Hung

PhD, Department of Agricultural Economics, Ghent University

BRIEF SUMMARY

Considering the prevalence and negative consequences of protein malnutrition among older adults, it is crucial to shift the paradigm from treatment to prevention. This study derived insights from 2,500 community-dwelling older adults in Finland, Poland, Spain, the Netherlands, and the United Kingdom using an online survey and data-driven machine learning. It investigates and prioritizes the determinants that potentially shape protein intake in older adults, in order to provide practical implications that take into account the complex and inseparable nature of human behaviour, physiology and social environment.

BIO

Dr. Christine Yung Hung is a senior lecturer and researcher at Ghent University in Belgium. She is a trained nutritionist and food scientist who currently works at the research unit Agro-food Marketing and Consumer Behaviour. Her areas of expertise include behavioural science, communication and marketing strategies, data-driven machine learning, food product innovation, experimental economics and public health nutrition policies. Her research work contributes to solving food and diet challenges from seeds to needs, aiming to improve public health, environmental sustainability and consumer well-being. With ample experience in European projects, she is currently a work package leader for three EU Horizon 2020 projects 'PROMISS', 'SEAFOODTOMORROW' and 'ProFuture', and an EFSA funded project 'RASCS'.



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The (cost-)effectiveness of personalized dietary advice to increase protein intake on change in physical functioning in older adults with lower habitual protein intake - A Randomized Clinical Trial

Ilse Reinders

PhD, Department of Health Sciences, Vrije Universiteit Amsterdam

BRIEF SUMMARY

The PROMISS trial – where they investigated the effect of personalized dietary advice aiming to increase protein intake to 1.2 g/kg aBW/d among 276 community-dwelling older adults – showed that participants who received dietary advice for 6 months improved in physical function and leg extension strength compared to participants who did not receive dietary advice.

BIO

Ilse Reinders is a nutritional scientist at the Department of Health Sciences, Vrije Universiteit Amsterdam, the Netherlands. Her research interests are nutritional and other lifestyle determinants of healthy ageing, with main areas protein-energy malnutrition, body composition and physical activity.



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Practical experiences on increasing protein intake among older people –
A dietitian’s perspective

Riikka Niskanen

**M.Sc., Department of General Practice and Primary Health Care,
University of Helsinki**

BRIEF SUMMARY

In PROMISS trial, we conducted a 6-month nutrition intervention to increase protein intake among community-dwelling older adults. We observed several obstacles and promoting factors, that are important to consider when finding feasible ways to prohibit protein-energy malnutrition.

BIO

Riikka Niskanen is a food scientist, majored in human nutrition. She has worked in the PROMISS RCT since 2018. Currently, she is working on a doctoral dissertation on conducting a nutrition intervention among community-dwelling older people. She has an additional interest on the interaction between social relations, culture, and mental wellbeing. Former barista; passion for coffee and handicrafts.



PROMISS Scientific strategies

1. OPTIMAL PROTEIN INTAKE

All men and women aged 70 and older, irrespective of physical activity level, should:

- eat more than 1.0g of protein per kg adjusted body weight per day as it benefits physical function.
- consume at least 30g of protein in one meal per day and, if possible, in two meals per day

2. SCREENING AND ASSESSING FOR LOW PROTEIN INTAKE

Professionals should use a validated protein screener to rapidly screen older adults for risk of low protein intake

3. INCREASING PROTEIN INTAKE

A dietitian or nutritionist can help to increase protein intake by developing a healthy diet according to individual preferences.

4. PROTEIN-ENRICHED FOODS

Older people should use protein-enriched food products to increase protein intake when appetite is poor or with a vegetarian diet.

5. A SUSTAINABLE PROTEIN DIET

Older people should eat more plant-based protein such as legumes, cereals, nuts and seeds. It is not necessary to go completely vegan or vegetarian.

6. PHYSICAL ACTIVITY

Older adults should be physically active for at least 30 minutes per day, as it benefits physical function and quality of life, and helps to prevent frailty and protein-energy malnutrition

The PROMISS Scientific Strategies leaflet covers several recommendations regarding protein intake and physical activity of community-dwelling older adults, largely based on PROMISS research. **Access/download it [here](#).**

PROMISS Publications

Grasso, A et al. (2021a)

[Protein for a Healthy Future: How to Increase Protein Intake in an Environmentally Sustainable Way in Older Adults in the Netherlands](#)

Tsai, LT et al. (2021)

[Associations between objectively measured physical activity, sedentary behaviour and time in bed among 75+ community-dwelling Danish older adults](#)

Visser, M et al. (2021)

[Protein Knowledge of Older Adults and Identification of Subgroups with Poor Knowledge](#)

Fluitman, K et al. (2021)

[Poor Taste and Smell Are Associated with Poor Appetite, Macronutrient Intake, and Dietary Quality but Not with Undernutrition in Older Adults](#)

Grasso, A et al. (2021b)

[Understanding meat consumption in later life: A segmentation of older consumers in the EU](#)

Reinders, I et al. (2020b)

[Effectiveness and cost-effectiveness of personalised dietary advice aiming at increasing protein intake on physical functioning in community-dwelling older adults with lower habitual protein intake: rationale and design of the PROMISS randomised controlled trial](#)

Chang, M et al. (2020)

[A poor appetite or ability to eat and its association with physical function amongst community-dwelling older adults: age, gene/environment susceptibility-Reykjavik study](#)

Find more PROMISS Publications [here](#).

About PROMISS



PROMISS is a 5-year research project, funded by the European Commission's Horizon 2020 research and innovation programme.

With the European population growing older, the challenge of PROMISS is to keep an increasing number of seniors across all European countries healthy and active. In Europe, more than a quarter of older persons do not meet the protein intake recommendation of the European Food Safety Authority of 0.83g/ kg body weight/day.

PROMISS aims to better understand and ultimately prevent protein-energy malnutrition in seniors. Thereby, PROMISS will contribute to improve active and healthy ageing.



Find more about PROMISS [here](#)



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About EFAD



The European Federation of the Associations of Dietitians (EFAD) is the voice of 35,000 European dietitians in 30 European countries representing more than half the profession in Europe. Through its membership of 33 National Dietetic Associations and 40 Higher Education Institutes, EFAD aims to improve European nutritional health and reduce health inequalities among the populations its members represent.

Our Mission

To support member Associations in developing the role that dietitians have in the improvement of nutritional health in Europe.

Our Vision

EFAD, National Dietetic Association members (NDAs), Education Associate Members and dietitians are the recognised leaders in the field of dietetics and nutrition. To achieve our vision, EFAD:

- supports the highest quality of dietetic education, professional practice, research activity and partnership.
- pro-actively initiates and grows collaborations in order to improve nutritional health, reduce socioeconomic health inequalities and contribute to economic prosperity.

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Nutrition for healthy ageing