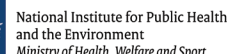


Next steps

The feasibility of increasing protein intake in older persons with a low protein intake, and the potential beneficial effect on relevant clinical outcomes are currently under study in our project.

To disseminate on the final outcomes, PROMISS will also produce:

- a roadmap that outlines the steps, goals, milestones and deliverables for product development.
- a masterclass training course that translates scientific results of PROMISS for the food industry and small and medium enterprises.



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Prevention Of Malnutrition In Senior Subjects

The challenge of malnutrition

With the European population growing older, the challenge is to keep an increasing number of seniors across all European countries healthy and active.

In Europe, between 13.5 % and 29.7 % of older adults living at home are malnourished or at risk of protein energy malnutrition.

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

PROMISS activities

Within **PROMISS**, malnutrition is tackled with a specific focus on the prevention of protein-energy malnutrition.

To do so, **PROMISS** makes use of large scale databases to understand the relationships between food intake, food characteristics, physical activity, the oral and gut microbiota, and poor appetite, malnutrition and poor health among older adults. Preferences and attitudes of older persons with regard to food intake and physical activity are also identified.

Based on the outcomes of this research, **PROMISS** has developed optimised, sustainable and evidence-based dietary and physical activity strategies, which are now being tested for effectiveness and cost-effectiveness in a long-term intervention study.

The project will show whether these strategies together with new food concepts and products will prevent malnutrition and support active and healthy ageing.

First insights

Low protein intake is associated with relevant clinical outcome measures in single studies, such as poorer muscle strength and physical performance (Granic et al. 2017), worse disability trajectories (Mendonca et al. 2019), and a higher risk of developing mobility limitations (Houston et al. 2017) and chronic protein-energy malnutrition (Hengeveld et al. 2019).

According to a multi-country survey, European older adults with a lower level of protein intake are characterized by being lower educated, having financial problems more often, being fussier about food and less knowledgeable about dietary protein (Yung et al. 2019) compared to older adults with higher levels of protein intake.

