

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.



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**PRevention Of Malnutrition In Senior Subjects**

# The challenge of malnutrition

## PROMISS activities

Over 20 million older citizens are at risk of protein energy malnutrition in Europe, and this number is increasing with the ageing of the population.

The health consequences of malnutrition are serious and often irreversible.

Malnutrition is often determined by a poor appetite, caused by multiple factors such as poor mental health, chronic disease, chewing pain, changes in smell and taste, food intake patterns and physical inactivity.

Within **PROMISS**, malnutrition will be 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 will also be identified.

Based on the outcomes of this research, **PROMISS** will develop **optimized, sustainable and evidence-based dietary and physical activity strategies**, which will be 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.

