

# CONFERENCE 'FROM MALNUTRITION TO WELLNUTRITION'

A European Call for Action

22 November 2006  
Le Meridien, Carrefour de l'Europe, Brussels

# wellnutrition



# malnutrition



WellNutrition®  
The European Nutrition for Health Alliance



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### Chair

- **Heidi Hautala**, Member of the Parliament of Finland, former Member of the European Parliament

### Setting The Scene

**10.30**

#### Opening: The Concept of Wellnutrition

#### Social and Economic Impact

##### The BAPEN study

- **Marinos Elia**  
Professor of Clinical Nutrition & Metabolism  
Institute of Human Nutrition, University of Southampton, United Kingdom

#### Clinical Impact

- **Alfonso J. Cruz-Jentoft**, MD, Ph.D.  
Chair European Union Geriatric Medicine Society, Madrid, Spain

#### State of Policies: Reports from Member States

##### Finland

- **Merja Suominen**  
Project Manager, The Central Union for the Welfare of the Aged

##### Belgium

- **Isabelle Laquiere**  
Expert Nutrition  
Federal Public Service of Public Health, Safety of the Food Chain and Environment

#### Empowerment

- **Angela Cluzel**  
Executive Secretary of the European Association for Directors of Care Homes for the Elderly  
Member of the Board of AGE – the European Older People's Platform, France

### Parallel sessions

**11.30**

#### Session I: Community: Social Care, Public Health, Primary Healthcare

Chair: Heidi Hautala

#### Presentations

##### The Role of General Practitioners: best practices

- **Roland Lemye**  
Standing Committee of European Doctors, Belgium
- **Vincenzo Costigliola**  
Member Advisory Committee Health First Europe

##### Opportunities for Health Insurers in Over-/Undernutrition

- **Jan van Emelen**  
Association Internationale de la Mutualité, Director Department of Strategic Studies and Communication  
Mutualités Libres, Brussels, Belgium

##### Amsterdam City Case

- **Jan Arie Dekker**  
CEO of Hollandsch Welvaren, Health Promotion  
Amsterdam, The Netherlands



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### Session 2: Care for Older and Dependent People – Nursing Homes

Chair: **Prof. Jean Pierre Baeyens** Chair European Nutrition for Health Alliance

#### Presentations

- **Mary-Ann Soerensen**  
Honorary Secretary of the European Federation of the Associations of Dietitians  
Chief Administrative Dietitian, Pandrup, Denmark
- **Nicky Hayes**  
European Federation of Nurses Associations, Consultant Nurse for Older People, London, United Kingdom
- **Sabine Henry**  
Vice chair Alzheimer's Europe, Chairperson of the Ligue Alzheimer Belgium, Belgium

### Session 3: Hospitals

Chair: **Mel Read** Member of the European Nutrition for Health Alliance, Former Member of the European Parliament

#### Presentations

- **Prof. Claude Pichard**  
European Society for Clinical Nutrition and Metabolism  
University Hospital of Geneva, Geneva, Switzerland
- **Prof. Michael Hiesmayr**  
European Hospital and Healthcare Federation,  
Department of Cardiac-Thoracic and Vascular Anesthesia and Intensive care, Medical University of Vienna, Vienna, Austria
- **Caroline Lecko**  
European Nursing Directors Association,  
Safer Practice Lead, National Patient Safety Agency, London, United Kingdom
- **Susanna Agostini**  
Member of the ANDID Italian Association of Dietitians Board, Coordinator Dietetics Unit, Gorizia, Italy

#### 13.00

- Lunch

#### 14.00–15.30

- Continuation parallel sessions: discussion and recommendations

#### 15.30

- Tea break – Preparation recommendations by rapporteurs

#### 16.00

##### Plenary session

- Reports by rapporteurs
- Reflection and closing debate with
  - **Ulla Rahkonen** – European Nursing Directors Association
  - **Marcel Smeets** – Association Internationale de la Mutualité
  - EU Commission
  - WHO
- Chaired by Heidi Hautala
- Call for action and next steps

#### 17.00

- Reception

# CONFERENCE

## 'FROM MALNUTRITION TO WELLNUTRITION'

Dear colleague,

### **Please help us to stop malnutrition.**

It is our great pleasure to invite you to our conference "From Malnutrition to Wellnutrition" on 22 November 2006. The conference will take place at Le Méridien Hotel, Carrefour de l'Europe, in Brussels. It is run aligned to the Finnish Presidency of the EU.

This is the second conference hosted by the European Nutrition for Health Alliance. We are delighted to be partnering with the European Nursing Directors Association.

The European Nutrition for Health Alliance brings together a wide group of stakeholders from different areas of health, ageing and nutrition across Europe. We share a common objective: to stop malnutrition and raise awareness of the importance of 'wellnutrition' in all clinical and community settings.

### **Why the focus on malnutrition?**

- Malnutrition is a critical problem of public health, yet it is absent from the European policy agenda
- The burden of malnutrition to our health care systems and society in general is considerable: in the UK, it costs in excess of £ 7,3 billion per year
- Malnutrition is highly prevalent: up to 46 % of all hospitalised patients are malnourished on admission
- Malnutrition is still under-recognised and under-treated by health and social care professionals
- Awareness amongst the general public, and particularly among people at risk (eg. older people), is very low.

Our aim with this conference is to create an interactive forum that allows very diverse stakeholders to come together and discuss the relevance and implications of poor nutrition. We hope that this conference will act as a catalyst to build an active nutrition and health platform and turn recommendations into action at both the EU and national levels.

We very much hope that you will be able to participate. If you cannot attend, please feel free to forward this invitation to a colleague who might be interested in attending on behalf of your organisation.

A draft programme and booking form are provided in attachment. Information may also be found on **[www.stopmalnutrition.com](http://www.stopmalnutrition.com)**.

Attendance of the conference is free, however travel and accommodation are at your expense. We have blocked a number of hotel rooms for the conference at the Méridien. Please be sure to make your reservation directly to the hotel (tel. + (32) (2) 548 4211 and email: [severine.stoquart@lemeridien.com](mailto:severine.stoquart@lemeridien.com)) by 20 October 2006, citing 'Stop Malnutrition'.

We hope to welcome you to this exciting debate.

Sincerely,

**Professor Jean-Pierre Baeyens**



**Professor Claude Pichard**



(Co-Chairs, European Nutrition for Health Alliance)

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### BOOKING FORM

Please complete one registration form per delegate.

Please register the following delegate

Name.....

Position .....

Company .....

Address .....

.....

Tel .....

Email .....

### WORKSHOP SESSION (list in order of preference)

Community: Social Care, Public Health, Primary Healthcare

Care for Older and Dependent People – Nursing Homes

Hospitals

Dietary Restrictions – Please advise .....

Wheelchair access required - Yes  No

Signed.....

### Contact information:

Toni Perez, OSG Communications, PL 280, 28101 Turku, Finland. Email: [toni.perez@ojalasaari.fi](mailto:toni.perez@ojalasaari.fi)

You can also register on web address: [www.stopmalnutrition.com](http://www.stopmalnutrition.com)

# CONFERENCE

## 'FROM MALNUTRITION TO WELLNUTRITION'

### **Please help us to stop malnutrition.**

Malnutrition is a forgotten facet of poor nutrition. The current focus of policymakers, the media and the general public is on obesity and yet malnutrition – and particularly, under-nutrition – is highly prevalent and constitutes a serious public health problem in our modern societies.

On 22nd November, stakeholders from around Europe will gather to discuss how we can move from malnutrition to wellnutrition – and what the responsibility of each of us is to achieve this transition.

#### **What is malnutrition?**

Malnutrition is defined as an imbalance of energy, protein and other nutrients that causes measurable adverse effects on tissue, body form and function as well as clinical outcomes. Malnutrition affects certain groups more than others. Older people, patients with cancer, renal disease, chronic heart failure and patients who have had surgery are particularly at risk (Stratton et al, 2004; Pirlich et al, 2004). In these individuals, malnutrition increases their risk of death, induces longer hospital stays, impairs wound healing and compromises chances of recovery.

Indeed, malnutrition is not only a problem on its own, it has severe clinical consequences in terms of morbidity and mortality. This is reflected in the cost of malnutrition: a UK study estimated that malnutrition cost £7.3 billion per year. This represents approximately 10% of the total expenditure on health in the UK. It is also more than the cost of obesity.

#### **What causes malnutrition?**

It seems unheard of that malnutrition may be so prevalent in our wealthy societies. It is important to understand that the causes of malnutrition are as much social and psychological as they are clinical. In older people for example, depression, poverty, difficulty of access to food, the lack of a companion with whom to enjoy meals – may all contribute to malnutrition.

Much of malnutrition is preventable. Yet solutions must embrace a holistic approach and address the complexity of root causes and manifestations of malnutrition. An intersectoral, integrated approach, that spans across health and social care, that engages the individual and his or her family and that encourages good nutritional habits and offers support to prevent malnutrition, is urgently needed to solve the problems of malnutrition.

Adopting an intersectoral approach is challenging in our decentralized health and social care systems. We need new models of care, new public health approaches, new policies and new actions. And most importantly, dedicated resources and specific training of all personnel involved in the 'malnutrition chain' are critical if we wish to achieve success.

#### **What is being done to tackle malnutrition?**

In the past 5 years, there has been encouraging signs that malnutrition is beginning to be recognized as a serious and urgent public health problem. National policies aimed at addressing malnutrition have taken place in the UK in both hospitals and social care. In Belgium, a national plan on nutrition was implemented in 2003. Finland, the Netherlands have targeted catering of food in hospitals and care homes and made significant strides in improving nutritional standards and practices. At a European level, malnutrition still does not have a place within the European Platform on Diet, Physical Activity and Health. However, discussions are in place to include it in future policy developments.

#### **What next?**

Policy documents provide an important steer; however much remains to be done at a practical level before we can say that we are on a secure path to 'wellnutrition'. Critical questions remain unanswered, such as:

- Who 'owns' and takes charge of malnutrition, particularly in the community?
- Should universal screening for malnutrition of at risk groups be encouraged?
- How can we ensure that we have the resources and treatment pathways to manage malnutrition for everyone in whom it is detected?
- How can the prevention, treatment and management of malnutrition be paid for within our current regulatory and insurance frameworks?
- How can we ensure that all professionals across health, social care and possibly other sectors (eg. housing), have adequate training in promoting good nutrition and preventing malnutrition?

**For further information about the European Nutrition for Health Alliance and the conference, please visit our website, [www.stopmalnutrition.com](http://www.stopmalnutrition.com).**

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 The European  
Nutrition for Health Alliance