D3.4 - Recommendations for European guidelines

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Defining recommendations for screening and prevention of frailty for older adults, with a view to provide these recommendations to the public, carers and health professional bodies across the EU.

NUTRITION

PHYSICAL

COGNITIVE
NUTRITION recommendations

What has been done until now?

For whom and where?

How to harmonize the existent guidelines?
What has been done?
What has been done?

What are the main “weaknesses” ???

Are there imitations????

YES

Some of these documents are not specific for older adults
What should be considered?
Older persons are particularly vulnerable to malnutrition

Nutritional requirements are not well defined

Physiological changes can negatively impact nutritional status
NUTRITION recommendations

Nutrition recommendations

How to evaluate nutritional status of older people?

What are the nutritional needs in older people?
Nutritional status

Tools to evaluate nutritional status

Classifications of body mass index and waist circumference
NUTRITION recommendations

Nutritional needs in elderly

- Vitamins
- Minerals
- Macronutrients
- Other components
# NUTRITION recommendations

| Macronutrients           | • Energy  
|                         | • Proteins  
|                         | • Lipids  
|                         | • Carbohydrates  |
| Vitamins                | • Water-soluble vitamins  
|                         | • Fat-soluble vitamins  |
| Minerals                | • Macrominerals  
|                         | • Trace elements  |
| Other components        | • Water  
|                         | • Salt  |