

D3.4 - Recommendations for European guidelines

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Task 3.4 Recommendations for European guidelines

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

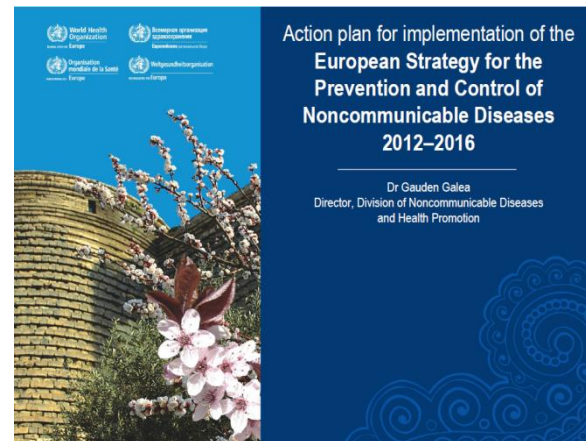
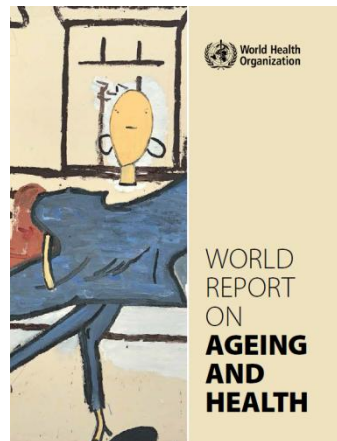
What has been done until now?

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????

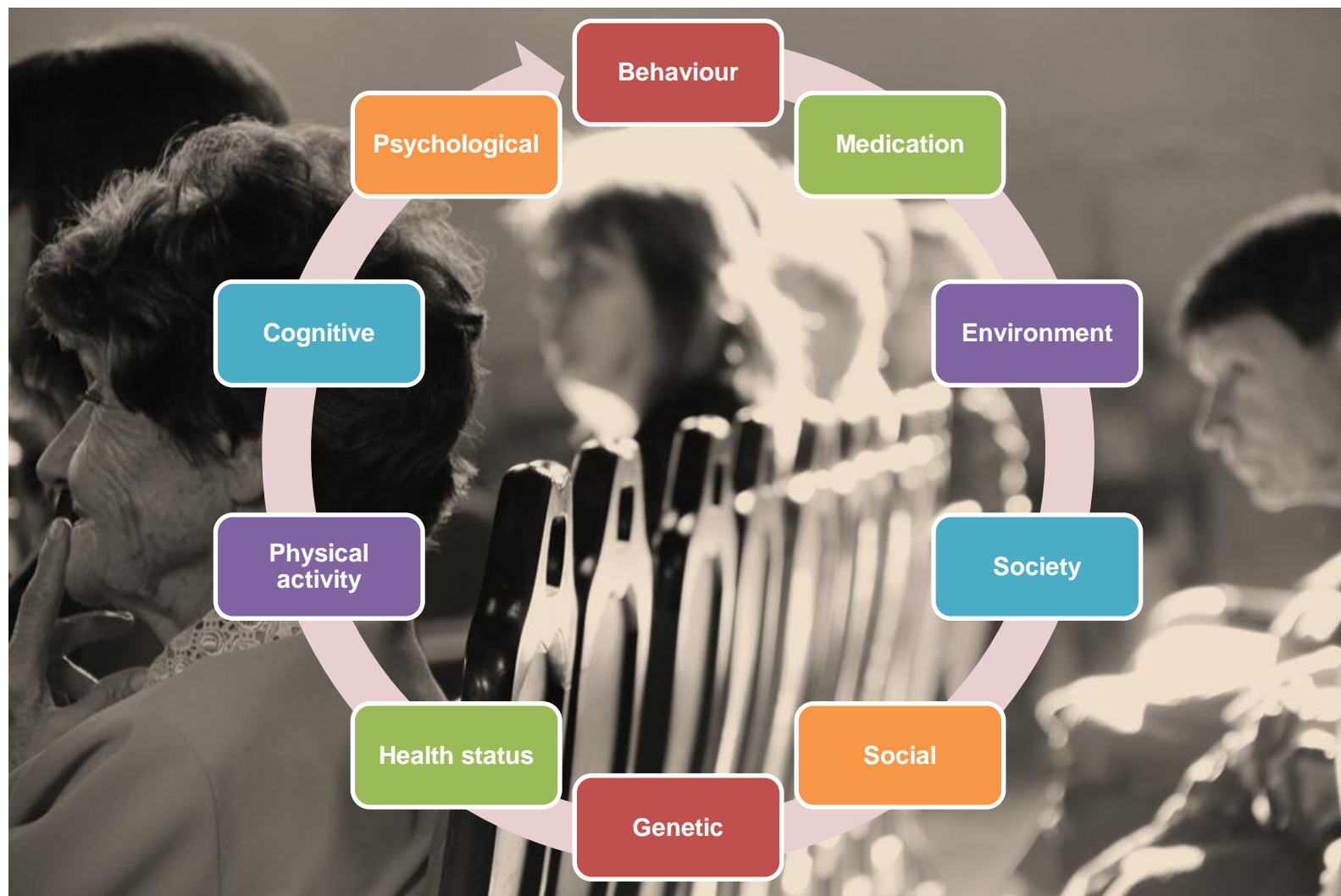


YES



Some of these documents are not specific for older adults

What should be considered?



For whom and where?

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?

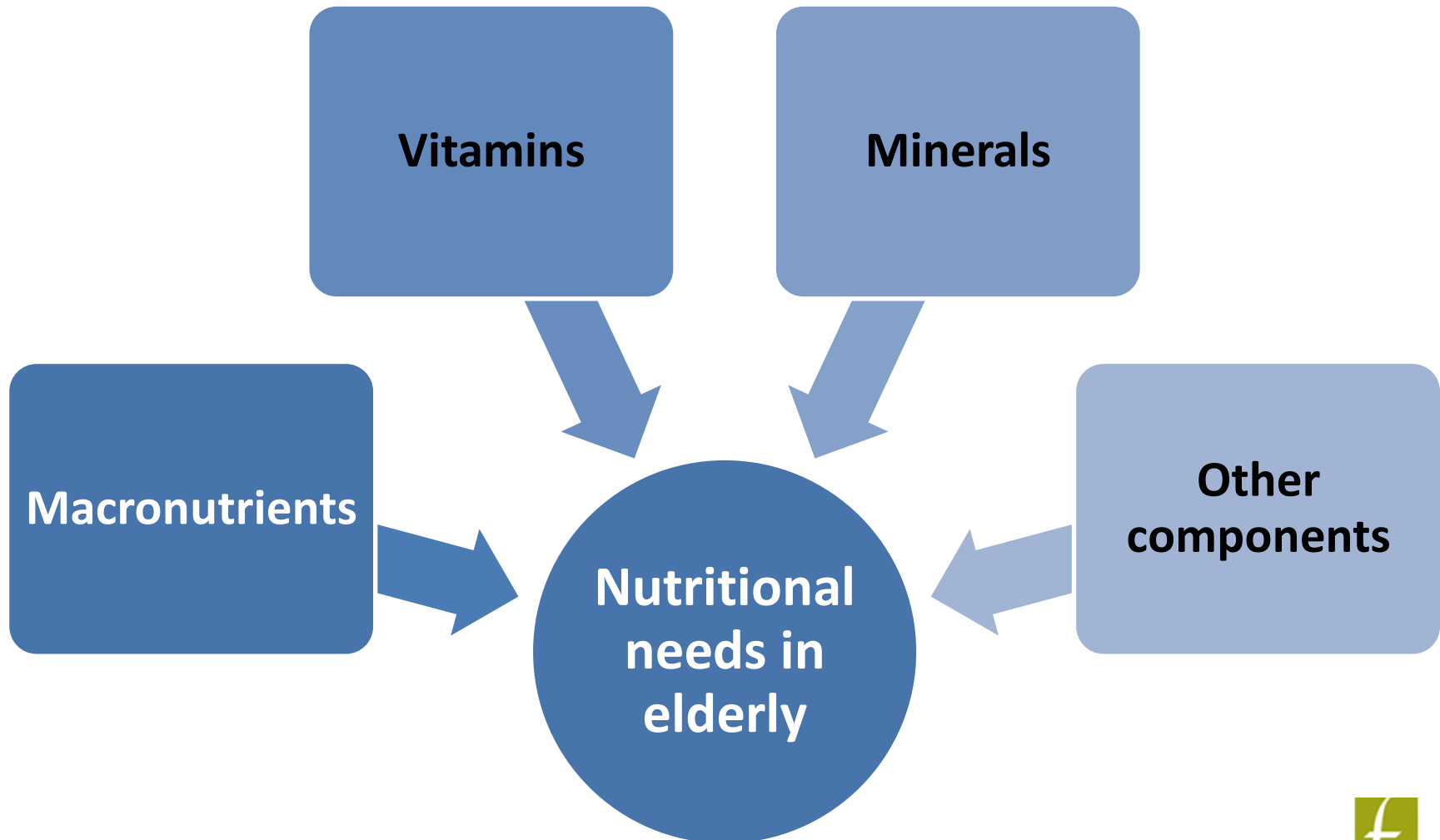
NUTRITION recommendations

Nutritional status

Tools to evaluate nutritional status

Classifications of body mass index and waist circumference

NUTRITION recommendations



NUTRITION recommendations

Macronutrients

- Energy
- Proteins
- Lipids
- Carbohydrates

Vitamins

- Water-soluble vitamins
- Fat-soluble vitamins

Minerals

- Macrominerals
- Trace elements

Other components

- Water
- Salt



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