



PROMISS FINAL ONLINE CONFERENCE

25 June 2021, 14:00 – 17:00 CEST

PROMISS (PRevention Of Malnutrition In Senior Subjects) is an EU-funded research project where science, industry and other stakeholder groups collaborate. By using large scale databases, the project identified the relationships between food intake, food characteristics, physical activity, the oral and gut microbiota, poor appetite, malnutrition and poor health among older adults. Furthermore, the effectiveness of personalized dietary advice to increase protein intake on physical functioning in older adults with lower habitual protein intake was tested in a large trial. Based on the outcomes of this research, PROMISS has developed optimised, sustainable and evidence-based dietary and physical activity strategies.

14.00 Welcome

Marjolein Visser, Professor of Nutrition and Health at Vrije Universiteit Amsterdam

14.05 PROMISS - The importance of protein for older people

Roundtable discussion with input from international experts

- Alfonso Cruz Jentoft, Professor of Geriatrics at Universidad Europea de Madrid
- Tommy Cederholm, Professor of Clinical Nutrition at Uppsala University
- Dorothee Volkert, Professor of Clinical Nutrition in Old Age at Friedrich-Alexander-Universität
- Jürgen Bauer, Professor of Geriatric Medicine at Universität Heidelberg

14.20 Optimal protein intake for older people living at home

Marjolein Visser, Professor of Nutrition and Health at Vrije Universiteit Amsterdam

Plenary Session

What is the optimal protein intake for older people in order to age healthily? There will be a brief introduction to the current protein intake among older people and the relationship between protein, muscles and loss of function in ageing.

15:00 Explanation of the 3 breakout sessions + break



15:15 Breakout session 1-3, round 1

- **Session 1: Eating protein in an environmentally friendly way**
What is the role of food production on the environment, what are sustainable sources of protein and how can you eat sustainably? You will get answers to these and other questions.
- **Session 2: Older adults' perspectives' on protein – consumer insights**
We will look at older people's knowledge of protein, what their preferences are when it comes to protein sources and whether there are differences between different groups.
- **Session 3: Supporting older adults to increase their protein intake**
Questions that will be addressed in this session are: How do you calculate the right protein requirement for different people, what are the potential risks of more protein and what tools are available to help older people make good choices when it comes to protein?

15.45 Break

15.50 Breakout session 1-3, round 2

See Details of the session topics above

16.20 Protein quiz

The quiz will test your knowledge of protein and will be presented live. Will you be the one to win one of the great prizes?

16.30 Wrap-up and concluding words by the PROMISS Coordinator

16.45 PROMISS video

Highlights of the PROMISS experience and an overview of further information materials.

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