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# Catalysts for Advancing Nutritional Care Policies in the European Union

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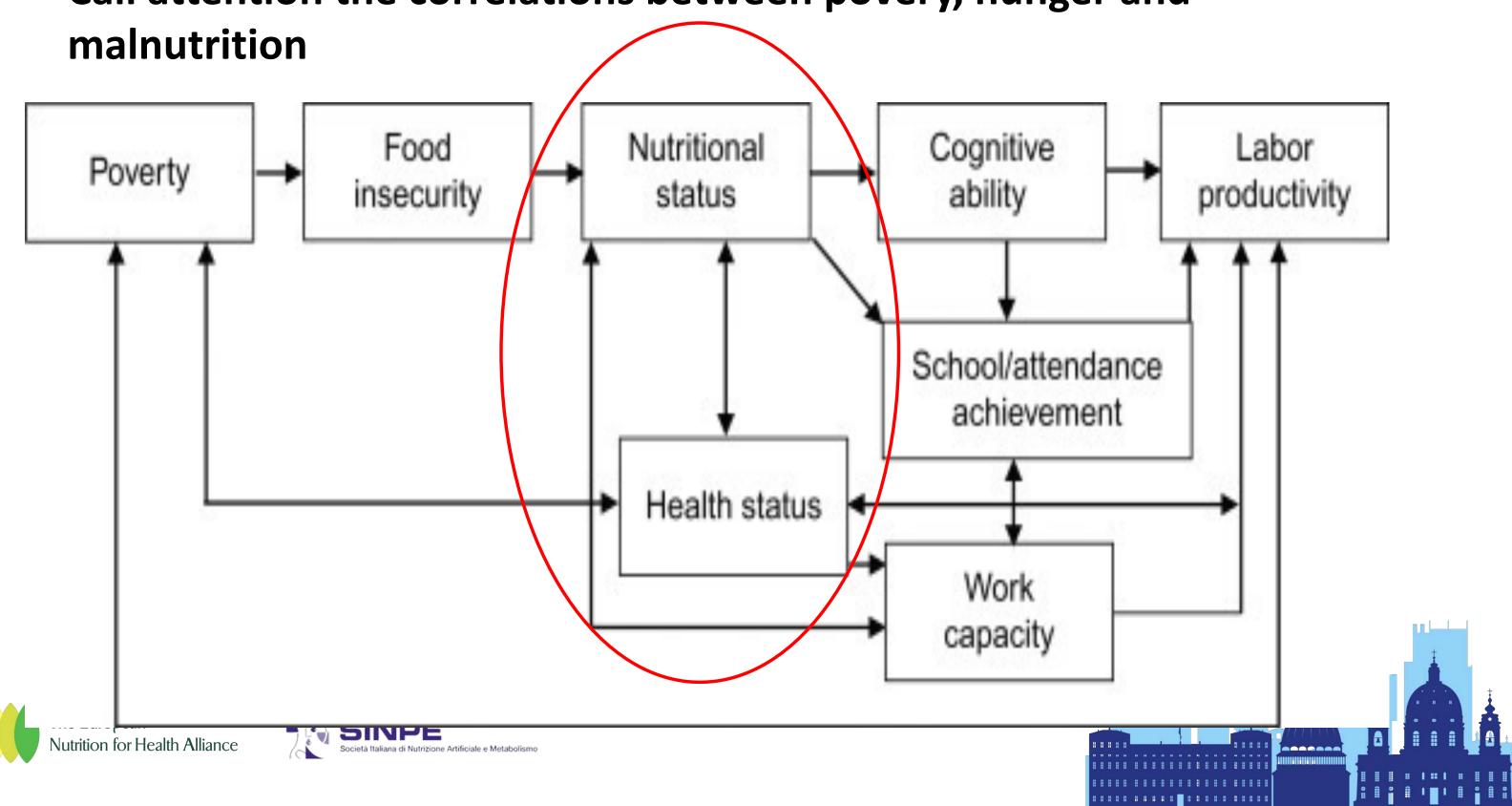








Call attention the correlations between povery, hunger and





#### Increased recognition of the burden of malnutrition

- Raise awareness about the prevalence and devastating impact of malnutrition on health outcomes, quality of life, and healthcare costs.
- Emphasize the fact that malnutrition is not just a problem for older patients, but affects people of all ages and with various diseases.









### Active patient involvement and participation in decision making

- . Encourage active participation of patients and their representatives in the development and implementation of nutrition care policies.
- . Gather patient experiences and perspectives to better understand the barriers and facilitators to quality nutrition care.
- . Be part of the steering committies in macro, meso and micro level, summoned and not invited, with formal participation.









#### Focus on comprehensive care

- Promote a comprehensive approach to nutrition care that integrates assessment, diagnosis, treatment, and follow-up.
- . Emphasize the importance of collaboration among healthcare professionals from various disciplines to provide adequate nutrition care.









#### Implementation of evidence-based policies

- . Advocate for evidence-based policies that support the implementation of effective nutrition care programs in all healthcare settings.
- . Ensure that nutrition care policies are adequately founded and have sufficient resources for successful implementation.







#### **Education and trainings for healthcare professionals**

- Provide high-quality education and training to healthcare professionals on the identification, assessment, and management of disease-related malnutrition.
- Integrate education of nutrition into the curricula of medical schools and other relevant health disciplines.









### **Education and training for patients**

- Disseminate the relevant information of (new) guidelines in national lay language
- Coordinate awareness increasing actions and act on behalf of chronic ill patients









### Increased research and development

- . Support more research on disease-related malnutrition, including effective nutrition interventions and implementation strategies.
- Encourage the development of new tools and technologies to improve the detection, diagnosis, and treatment of malnutrition.









- By addressing these catalysts, patients can play a pivotal role in advocating for stronger nutrition care policies across the European Union incl. local, regional, national and European level
- Better access to quality nutritional care and participation can have a significant impact on their health, well-being, and quality of life.









- Be visible, transparent and (pro)active members of guideline revisiting/developing bodies/teams
- Disseminate the relevant information for general public in lay and national language
- Coordinate awareness increasing actions and act on behalf of chronic ill patients
- Collect and disseminate the unmet needs of nutritional care









- . Add malnutrition to policies' agenda and change the perception of policy makers and healthcare professionals about the patients' perspective.
- . Raise awareness of the role of nutrition and diet in managing long-term health conditions, maintaining optimal health and quality of life
- . Coordinate the patients' perspective and advocate for adaption of different stakeholders' vision on the significance of different sectors' collaboration focusing on nutrition
- Call the general public's attention to the importance of health literacy and informed decision-making concerning nutrition



#### Raising awareness on malnutrition and sustainable development

- Undernourishment
- Stunting
- Wasting
- Underwight
- Overweight incl. children especially under 5 years of age)
- Anemia in women and children
- Micronoutrients deficiencies
- Burden of diet-related NCDs in all age groups









#### Contribute sustainable and healthy diets for improve nutritional outcomes

- Being pro-active in preparing
  - national nutritional policies and monitoring the indicators
  - guidance on policy recommendations and priority actions
- Communicate that the diet-related NCDs and malnutrition in all of its forms cause the high economic, social and human development costs on individuals, households, communities, and countries
- Underline that global burden of diseases and health expenditures are high









#### Actions – good practice

Malnutrition Awareness Week

- Prepare a manifesto with patients' active involvement to call attention of members of the European and national Parliaments, and other policy makers for the high malnutirion risk of people living with chronic illnesses and conditions
- Elaborate a patient journey guidelines for high risk of malnutrtition risky patient



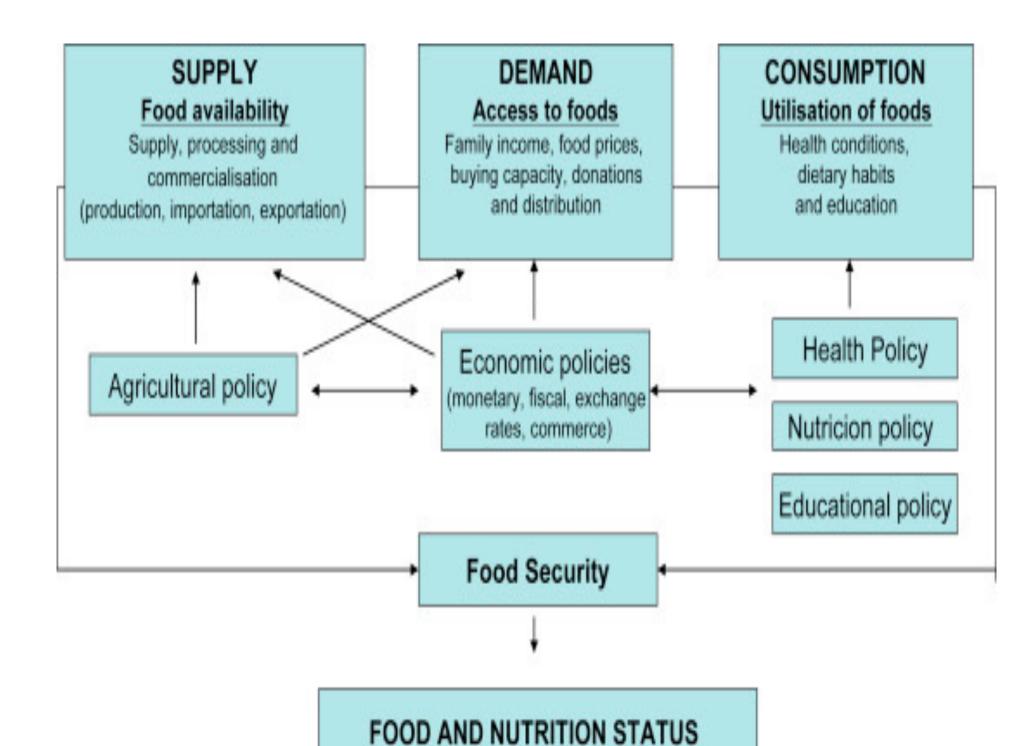






#### Take home message

Realize and communicate the complexity and present the holistic vision of food and nutritional problems from a policy viewpoint, food system factors that impact upon food security, and thus the nutritional status of the population, should be kept in mind.







#### **International Conference Turin 6 & 7 June 2024**







