



International Conference

optimal
nutritional care
for all

MALNUTRITION: FROM AWARENESS TOWARDS CONTROL

A NUTRITIONAL CARE POLICY SUMMIT

Turin 6 & 7 June 2024



Setting the scene: Implementing Nutritional Care for Optimal Health

Andrea Pezzana



*Rete delle strutture di
Dietetica e Nutrizione Clinica*

S.C. NUTRIZIONE CLINICA

ASL CITTÀ DI TORINO



AGENDA

- **Malnutrition: a complex challenge**
- **A “One health approach”**
- **Is the scene changing?**
- **Global, local, personal**
- **Learning from tradition, adopting wise and sustainable innovation**
- **The “Piedmont way”**
- **Conclusions**



GOOD NUTRITION IS...

...necessary for health and wellbeing, and it starts with what we eat.

Eating enough nutritious, safe and a variety of foods every day helps us to grow, stay healthy and live active lives.

Eating, especially with family and friends, is one of the pleasures of life.

WHY DOES IT MATTER?

Foods for a healthy diet are not always available or affordable.

Unhealthy diet is a leading risk factor for disability and death, increasing public health costs.

Malnutrition affects one in three people, and can lead to a cycle of poverty and health problems, with severe consequences on individual's health and productivity and on nations' economic growth and development.

AT A GLOBAL LEVEL

Food consumption and food demand influence food production patterns, shaping food systems and their environmental, social, and economic impacts.

SUSTAINABLE HEALTHY DIETS CAN:

- support a more equitable economic development for all;
- reduce environmental degradation such as land and water, the loss of biodiversity, and the emission of green-house gases that fuel climate change.



FACING THE GLOBAL NUTRITION CHALLENGE

The United Nations Decade of Action on Nutrition (2016-2025) was proclaimed in April 2016 by the UN General Assembly.

**APRIL
2016**

It fosters collaboration among all, with the joint support of the Food and Agriculture Organization of the United Nations and the World Health Organization, in order:

To encourage countries to act upon commitments made at the Second International Conference on Nutrition in 2014.

ICN2

And, to progress on the nutrition, food security and health targets of the 2030 Agenda for Sustainable Development...

2030

To achieve the global targets for nutrition and diet-related non-communicable diseases by 2025.

...with the final aim of eliminating hunger and malnutrition in all its forms, everywhere, leaving no one behind.

**ACTION
AREA 1**

Sustainable, resilient food systems for healthy diets

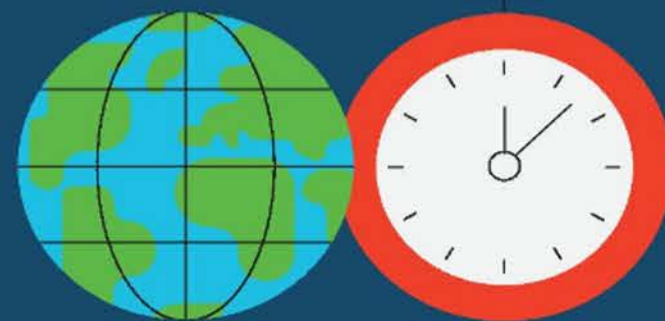
**ACTION
AREA 2**

Aligned health systems providing universal coverage of essential nutrition actions

**ACTION
AREA 3**

Social protection and nutrition education

It is a time-bound framework to spur urgent and sustained action under six cross-cutting Action Areas:



Trade and investment for improved nutrition

**ACTION
AREA 4**

Safe and supportive environments for nutrition at all ages

**ACTION
AREA 5**

Strengthened governance and accountability for nutrition

**ACTION
AREA 6**

Malnutrition - A condition that affects 33 million people in Europe¹

Malnutrition can affect everyone

From premature babies to adults and older people, either in hospital, at home or in care homes.



1 in 5
children admitted to hospitals²



1 in 4
patients in hospital³⁻⁹



1 in 3
cancer patients¹⁰⁻¹²



1 in 3
patients in care homes^{3, 13-16}



1 in 3
older people living independently¹⁴

Malnutrition is associated with:



Negative impact on growth and development impairment in children^{17, 18}



Higher complication rate and risk of infections^{19, 20}



Longer hospital stays^{21, 22}



Increased frailty risk, reduced mobility and independence in older people¹⁷



Increased mortality^{18, 19, 24}

Costs related to Malnutrition



Malnutrition costs an estimated €170 billion a year to European countries¹



The cost of caring for a malnourished patient is 2-3 times higher than a non-malnourished patient^{22, 23}

Recommendations to tackle malnutrition



Screen and monitor patients for malnutrition



Provide nutritional care in a timely manner as per clinical guidelines



Provide equal access to, and reimbursement of, medical nutrition



Implement multidisciplinary teams including a dietitian or qualified nutritionist



Educate healthcare professionals and patient advocates about malnutrition

Malnutrition, also called undernutrition or disease-related malnutrition, is a condition where patients are not getting the right nutrition in the right amount to sustain their health. Malnutrition occurs when patients are not able to meet their nutritional needs via the normal diet due to diseases, ageing and/or side-effects of medical treatment (e.g. cancer).



"Better care through better nutrition: value and effects of medical nutrition - A summary of the evidence base" (2018)
https://medicalnutritionindustry.com/files/user_upload/documents/medical_nutrition/2018_MNI_Dossier_Final_web.pdf



www.medicalnutritionindustry.com



@MNInutrition



The European
Nutrition for Health Alliance



Società Italiana di Nutrizione Artificiale e Metabolismo



DECADE PILLARS FOR NUTRITION ACTION

The Decade calls all Member States to act across six pillars for nutrition action based on the commitments of the Rome Declaration on Nutrition and the recommendations included in the ICN2 Framework for Action:



- Sustainable food systems for healthy diets
- Aligned health systems providing universal coverage of essential nutrition actions
- Social protection and nutrition education
- Trade and investment for improved nutrition
- Enabling food and breastfeeding environments
- Review, strengthen and promote nutrition governance and accountability

THE TRIPLE BURDEN OF GLOBAL MALNUTRITION

The triple burden of malnutrition – undernutrition (underweight, stunted or wasted), micronutrient deficiency, and overweight and obesity (weight that is higher than healthy for height) – is the greatest contributor to disease globally and affects every country.¹



The Triple Burden of Global Malnutrition

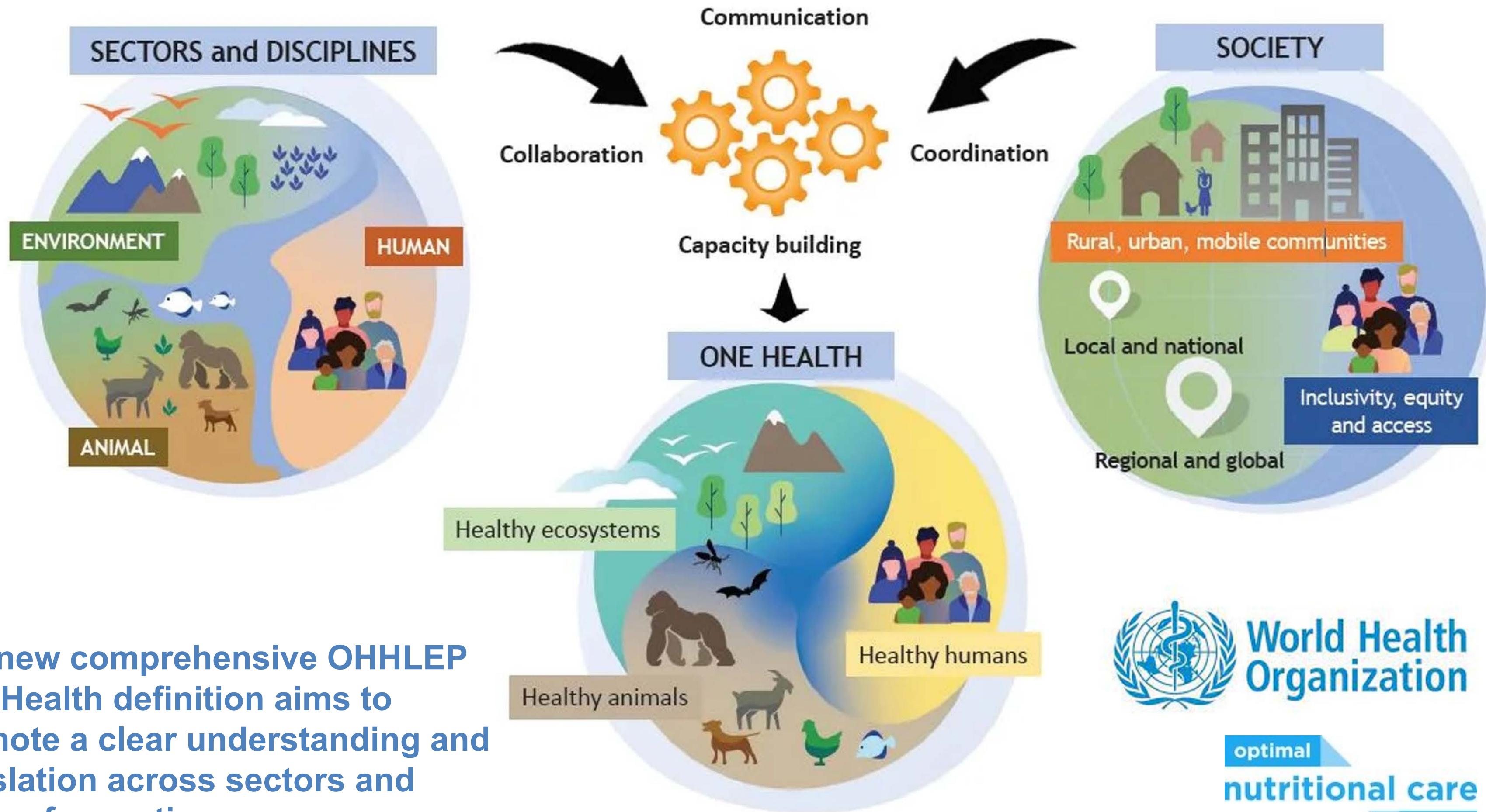
<p>1. Undernutrition Being underweight, stunted (low height-for-age) or wasted (low weight-for-age)⁷</p> <p>~815 MILLION people are undernourished around the globe⁸</p> <p>~3 MILLION childhood deaths (under age 5) globally related to malnutrition⁹</p>	<p>2. Micronutrient Deficiencies Inadequate consumption of vitamins and minerals¹⁰</p> <p>TWO BILLION people are affected by anemia, which is often due to iron deficiency¹¹</p> <p>Vitamin A, iron and iodine are micronutrient deficiencies of greatest public health concern globally¹²</p> <p>Vitamin D, B12, folate, calcium and zinc deficiencies are described as "important"¹³</p>	<p>3. Overweight and Obesity Weight that is higher than what is considered healthy for a given height.¹⁴ Obesity is one of the major risk factors for type 2 diabetes and other metabolic diseases.¹⁵</p> <p>1.9 BILLION adults are overweight or obese globally¹⁶</p> <p>41 MILLION children (under age 5) are overweight or obese globally¹⁷</p>
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Malnutrition within the Sustainable Development Goals

The United Nations' Sustainable Development Goals (SDGs) boldly call for an end to malnutrition in all its forms by 2030.¹⁸

Sustainable Development Goal #2
End hunger, achieve food security, improve nutrition and promote sustainable agriculture¹⁹





The new comprehensive OHHLEP One Health definition aims to promote a clear understanding and translation across sectors and areas of expertise

A systems approach to nutrition

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- Social transfers for child nutrition
- Social transfers for maternal nutrition
- Maternity leave protection and entitlements
- Breastfeeding in the work-place policies
- Family- and nutrition-responsive social protection programmes
- Social behavior change communication

- Nutrition, safe, affordable, and sustainable diets
- Adequate labelling and marketing of foods
- Fortification of complementary foods
- Fortification of staple foods
- Evidence-based food policies
- Evidence-based dietary guidelines



- Counseling and support to breastfeeding
- Counseling on complementary feeding
- Use of micronutrient supplements as appropriate
- Maternal nutrition counseling in ante-natal/post-natal care
- Promotion of physical exercise and active living
- Early detection and treatment of severe malnutrition



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PREVENZIONE, DIAGNOSI PRECOCE, CURA

TRADITION INNOVATION - ESPERIENZE ITALIANE E PIEMONTESE - LA RETE DI NC - LA NAD



March 1974. Journal: Nutrition Today

The Skeleton in the Hospital Closet

As awareness of the role of nutrition in recovery from disease increases, physicians are becoming alarmed by the frequency with which patients in our hospitals are being malnourished and even starved. One authority regards physician-induced malnutrition as one of the most serious nutritional problems of our time.

by CHARLES E. BUTTERWORTH, Jr., M.D.

Clinical Nutrition 34 (2015) 1088–1092



ELSEVIER

Contents lists available at ScienceDirect

Clinical Nutrition

journal homepage: <http://www.elsevier.com/locate/cinu>



Review

Is the skeleton still in the hospital closet? A review of hospital malnutrition emphasizing health economic aspects



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ELSEVIER

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Editorial

Towards optimal nutritional care for all: A multi-disciplinary patient centred approach to a complex challenge



SUMMARY

Keywords:
Health care
Nutritional care
Good practices
Implementation
Malnutrition

Ten years ago, European health care professional societies, health associations and members of the European Parliament convened in Brussels to discuss the necessary and urgent actions needed to improve access, initiation and follow up nutritional care for European citizens. As a response to this, in 2014 the Optimal Nutritional Care for All (ONCA) campaign was launched under the leadership of the European Nutritional for Health Alliance and its members. As of today this campaign has been rolled out in 18 European countries, whereby national multi-disciplinary platforms including patient groups work together to implement national nutritional care programs and develop good practices in care, research, education in order to increase awareness on malnutrition and improve nutritional care. This article describes the making of and evolution of the ONCA campaign, the outcomes and impact created, as well as opportunities to accelerate implementation of personalized nutritional care for all European citizens.
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Science, translation and implementation

The European Society for Clinical Nutrition and Metabolism (ESPEN) has led scientific research, innovation in nutritional care and initiatives to improve clinical implementation across Europe for over four decades. ESPEN has played a key role in bringing together European scientists in medical nutrition and metabolism

evidence is there, the solution is there, but how to make colleagues aware of the urgency and implement change ?

An European-wide investigation was launched and presented in an internal report to the working group that delivered disturbing news:

- Apart from the professionals' societies, none of the key Euro-

The screenshot shows the Council of Europe Committee of Ministers website. The main heading is "COUNCIL OF EUROPE COMMITTEE OF MINISTERS". Below this, it displays "Resolution ResAP(2003)3 on food and nutritional care in hospitals". The resolution was adopted on 12 November 2003. The text of the resolution includes:

- The Committee of Ministers, in its composition restricted to the Representatives of Austria, Belgium, Cyprus, Denmark, Finland, France, Germany, Ireland, Italy, Luxembourg, the Netherlands, Norway, Portugal, Slovenia, Spain, Sweden, Switzerland and the United Kingdom, member states of the Partial Agreement in the Social and Public Health Field,
- Recalling Resolution (59) 23 of 16 November 1959 on the extension of the activities of the Council of Europe in the social and cultural fields;
- Having regard to Resolution (96) 35 of 2 October 1996, whereby it revised the structures of the Partial Agreement and resolved to continue, on the basis of revised rules replacing those set out in Resolution (59) 23, the activities hitherto carried out and developed by virtue of that resolution; these being particularly aimed at:
 - raising the level of health protection of consumers in its widest sense, including a constant contribution to harmonising – in the field of products having a direct or indirect impact on the human food chain as well as in the field of pesticides, pharmaceuticals and cosmetics – legislation, regulations and practice governing, on the one hand, quality, efficiency and safety controls for products and, on the other hand, the safe use of toxic or noxious products;
 - integrating people with disabilities into the community: defining and contributing to the implementation at European level of a model of coherent policy for people with disabilities taking into account the principles of full citizenship and of independent living; contributing to the elimination of all barriers to integration, whether psychological, educational, family-related, cultural, social, professional, financial or architectural;

Global Parliamentary Summit against Hunger and Malnutrition

Madrid, 29-30 October 2018



CFS SIDE EVENT COMMITTEE ON WORLD FOOD SECURITY 14 OCTOBER 2021 12:45-14:15 (CEST) Innovation as a force for good in the fight against climate change and malnutrition

Zitouni Ould-Dada Deputy Director, Office of Climate Change, Biodiversity and Environment, FAO	Ismahane Elouafi Chief Scientist, Food and Agriculture Organization (FAO)	Tom Kelly UK Ambassador and Permanent Representative to the UN Food and Agriculture Agencies in Rome	Thanawat Tiensin Chairperson, CFS and Permanent Representative of Thailand to the UN Agencies in Rome	Philip Thornton Flagship Leader, Priorities and Policies for Climate-Smart Agriculture, CCAFS	Hans Hoogeveen Co-Chair, Global Alliance for Climate-Smart Agriculture	Leah Wanambwa Naess Senior Policy Officer, African Union Commission

Organizers:



in collaborazione con



Giovedì 7 aprile 2022 - ore 11-12.30

Evento Web di lancio della
Formazione a distanza (FAD)

“I sei pilastri della Decade ONU: azioni contro la malnutrizione in tutte le sue forme”





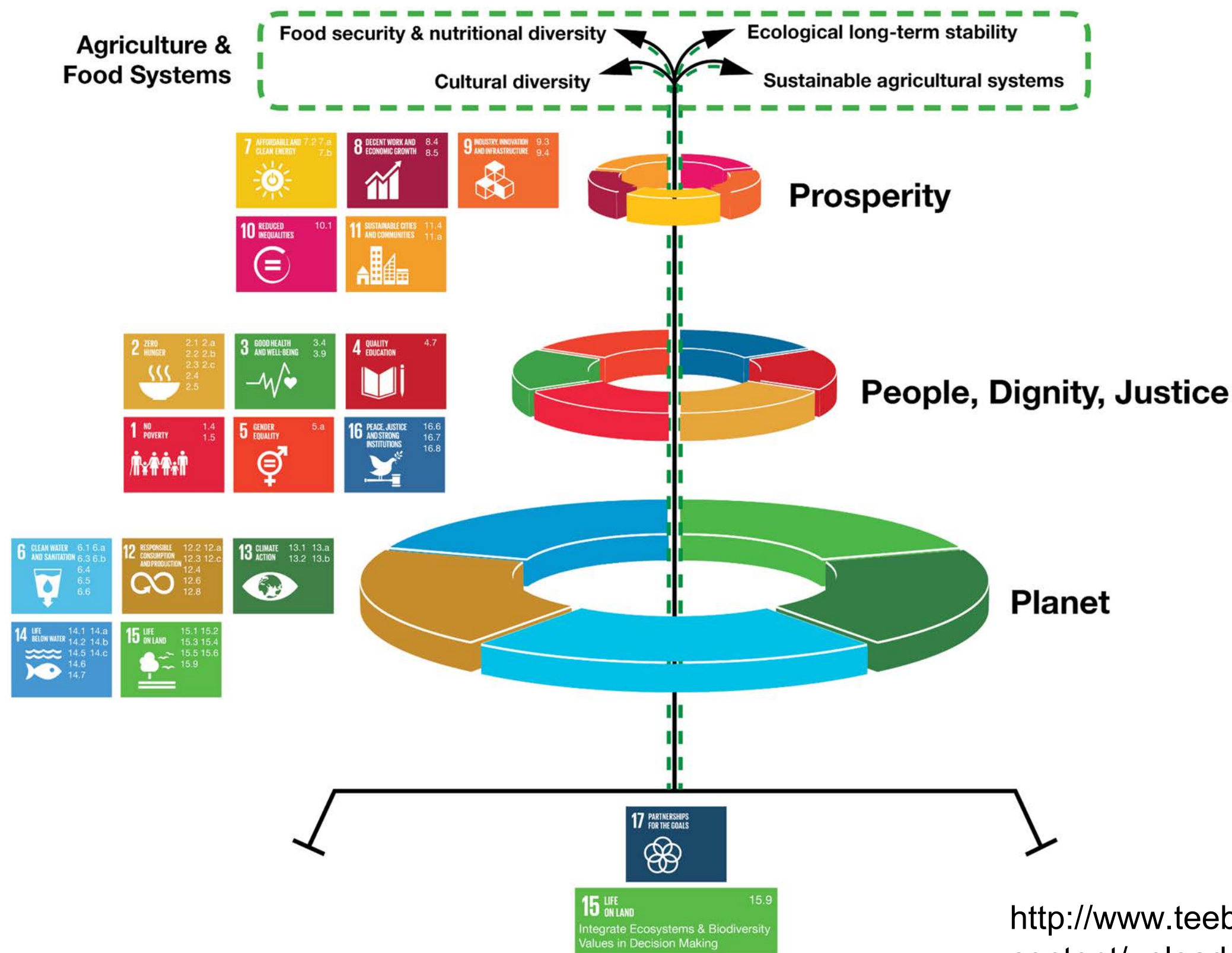
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for all

The right Scenario: every Person being part of a local Environment, in turn being part of a Global Environment Consisting of Humanity as a Whole and the Planet with its Resources.

This approach should also be adopted when talking about Malnutrition



PERSONAL LOCAL GLOBAL



Today's innovation is tomorrow's tradition.

Trends in Food Science & Technology 130 (2022) 32–41



Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Trends in Food Science & Technology

journal homepage: www.elsevier.com/locate/tifs



The role of traditional knowledge and food biodiversity to transform modern food systems

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ARTICLE INFO

Keywords:

Food
Biodiversity
Nutrition
Food systems

ABSTRACT

Background: The current way our food systems operate does not result in healthy and nutritious diets for all, nor are we producing food in a manner that the planet can sustain. Food biodiversity, or the range of animal and plant species used for food is one solution to improve the health of both people and the planet.

Scope/approach: Case studies were used to illustrate current initiatives and programs aimed to bring greater food biodiversity into our food systems. Case studies were developed by subject matter experts and reviewed for demonstrated and potential impact on four food system outcomes: healthy diets and nutrition, agro-ecological resilience, livelihoods and income and socio-cultural wellbeing.

Key findings/conclusion: The six case study examples demonstrate that there are multiple approaches that confer benefits across a range of food system outcomes. The case studies demonstrate contributions to the body of knowledge on food composition, dietary diversification, strategies to prioritize crops that regenerate soil and purify water, require few inputs or can grow in harsh conditions, as well as provide increased income to communities and rebuild cultural knowledge. Some approaches were initiated by government and others at community level; they all demonstrate ways to achieve greater integration of food biodiversity into food systems. This collection of case studies illustrates a fraction of what is currently being done to support biodiverse food production and consumption. The evidence base for how to bring greater food biodiversity back into our food systems should be improved and should not be an isolated occurrence, but rather a continuous process.

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MODELS OF HEALTHY AND SUSTAINABLE DIETS STARTING FROM TRADITIONAL DIETS

CCM PROJECT- CENTRAL ACTION 2019 OF THE MINISTRY OF HEALTH
(General secretary)

PLATFORM TO FIGHT MALNUTRITION IN ALL ITS FORMS
[“triple burden”: overweight and obesity, undernutrition and micronutrient deficiencies]

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ITALIANE E PIEMONTESE - LA RETE DI NC - LA NAD





Ministero della Salute



**CONFERENZA
NAZIONALE
SULLA NUTRIZIONE**

21-23 Febbraio 2023

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Viale Giorgio Ribotta 5, Roma



Ministero della Salute



World Health Organization



Ministero della Salute




**Giornata Mondiale della
Sicurezza Alimentare**



The European
Nutrition for Health Alliance




SINPE
Società Italiana di Nutrizione Artificiale e Metabolismo



Ministero della Salute
Direzione generale per l'Igiene e la sicurezza degli alimenti e la nutrizione
UFFICIO 5

**LINEE DI INDIRIZZO NAZIONALE
PER LA RISTORAZIONE
OSPEDALIERA, ASSISTENZIALE E
SCOLASTICA**



Ministero della Salute

DIREZIONE GENERALE PER L'IGIENE E LA SICUREZZA DEGLI ALIMENTI E DELLA
NUTRIZIONE – Uff. 5 - Nutrizione e informazione ai consumatori

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“Linee di indirizzo rivolte agli enti gestori di mense scolastiche, aziendali, ospedaliere, sociali e di comunità, al fine di prevenire e ridurre lo spreco connesso alla somministrazione degli alimenti”



5 homogeneous area

14 adult units + 2 pediatric units

Piemonte nord-est (4)

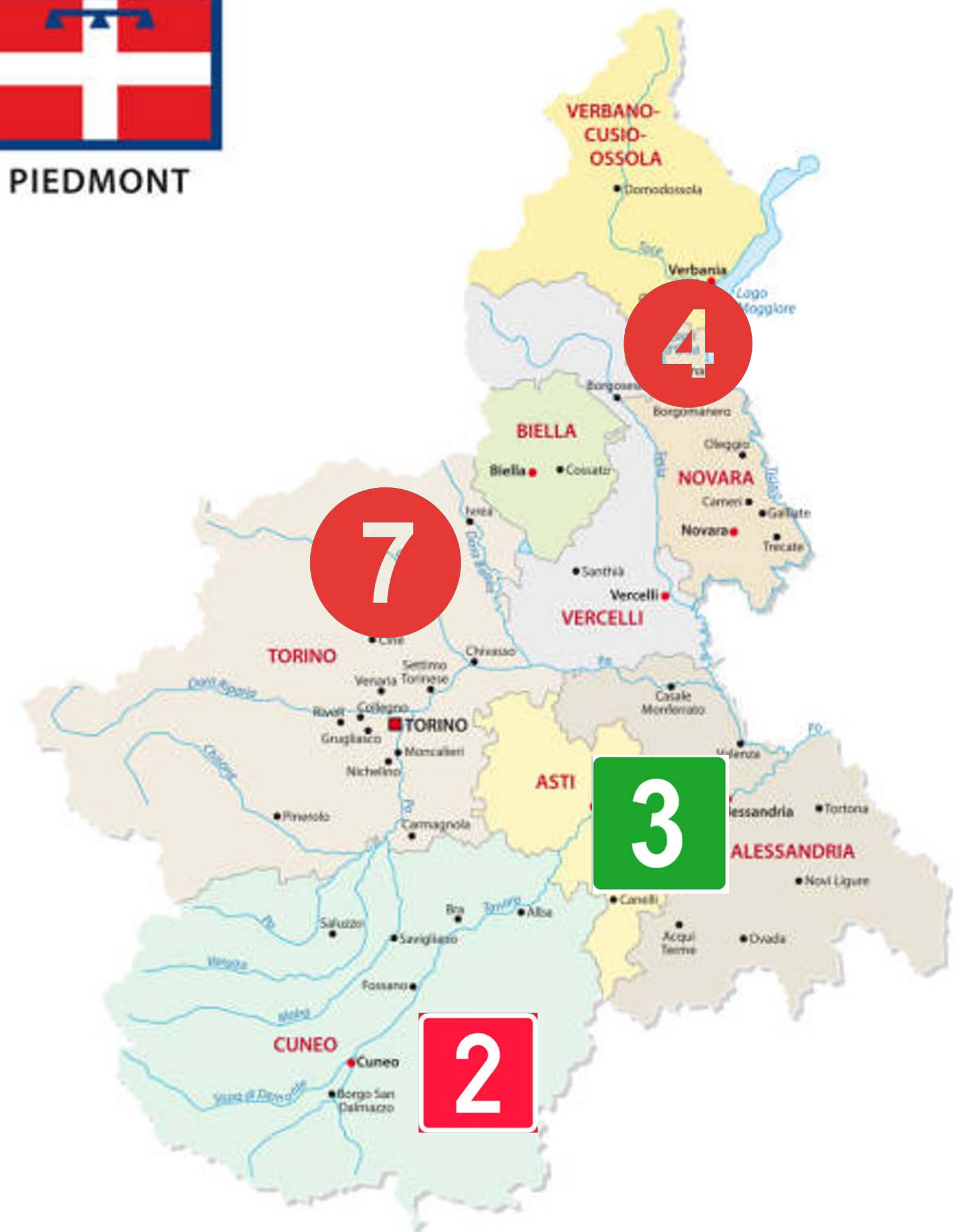
Torino + Torino ovest (6+1)

Piemonte sud-est (2+1)

Piemonte sud-ovest (2)



PIEDMONT



Piedmont Regional Network of Clinical Nutrition

HEN:

545.000 DOT/y

HPN cancer patients: 48.200 DOT/y

HPN (SBS, intestinal failure): 81.000 DOT/y

Dysphagia/malnutrition (ONS): 12.200 PTS/y

Inpatients consultations: 68.600/y

Outpatients visits:

165.000/y





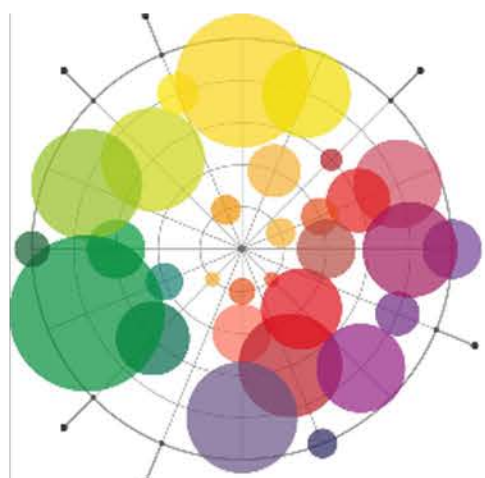
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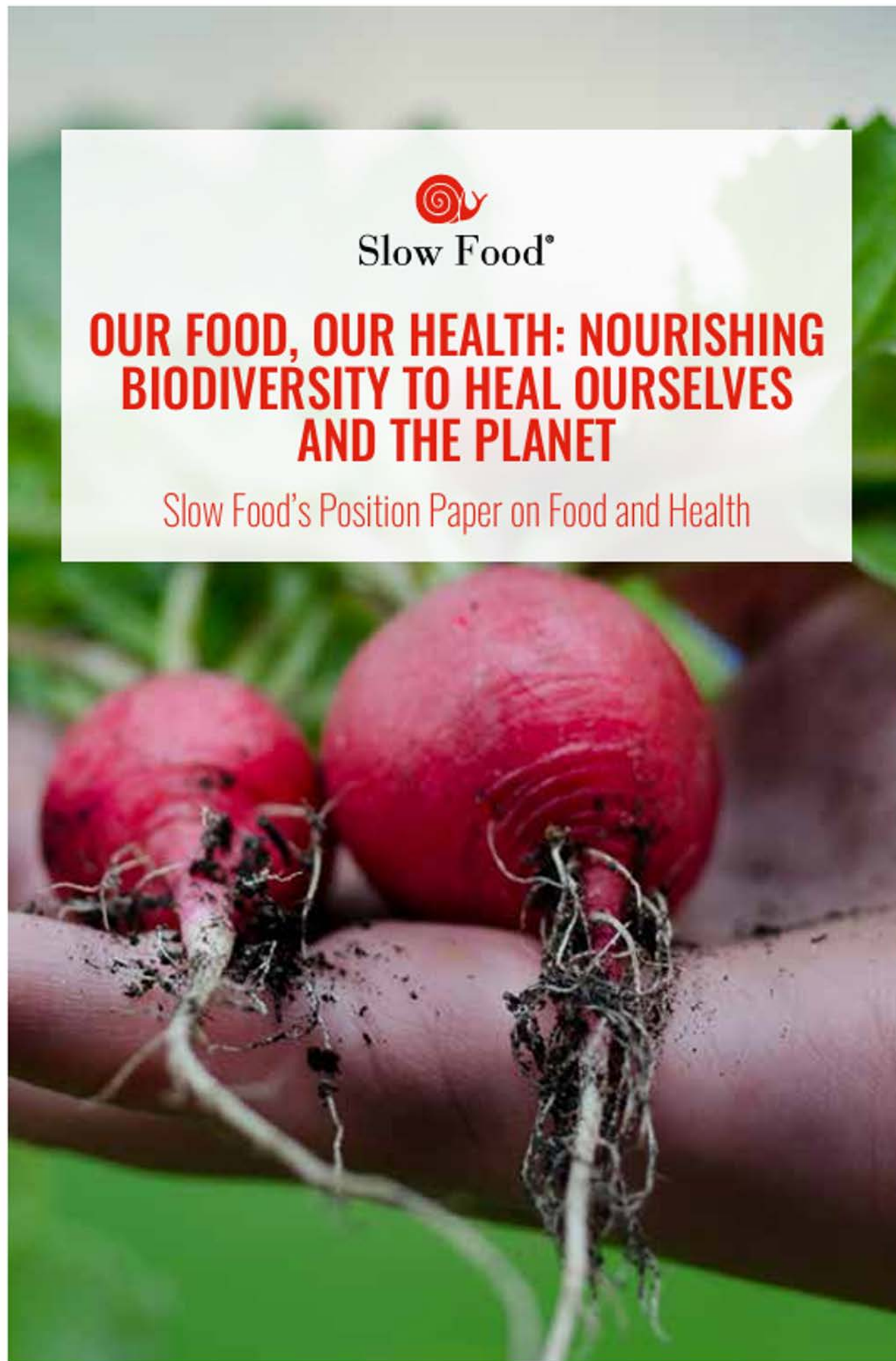
Politecnico
di Torino



UNIVERSITÀ DEL PIEMONTE ORIENTALE



ATLANTE del CIBO di TORINO METROPOLITANA



TERRA Salone del Gusto 2024

MADRE

SEPTEMBER 26-30

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AGENDA - Setting the scene: Implementing Nutritional Care for Optimal Health

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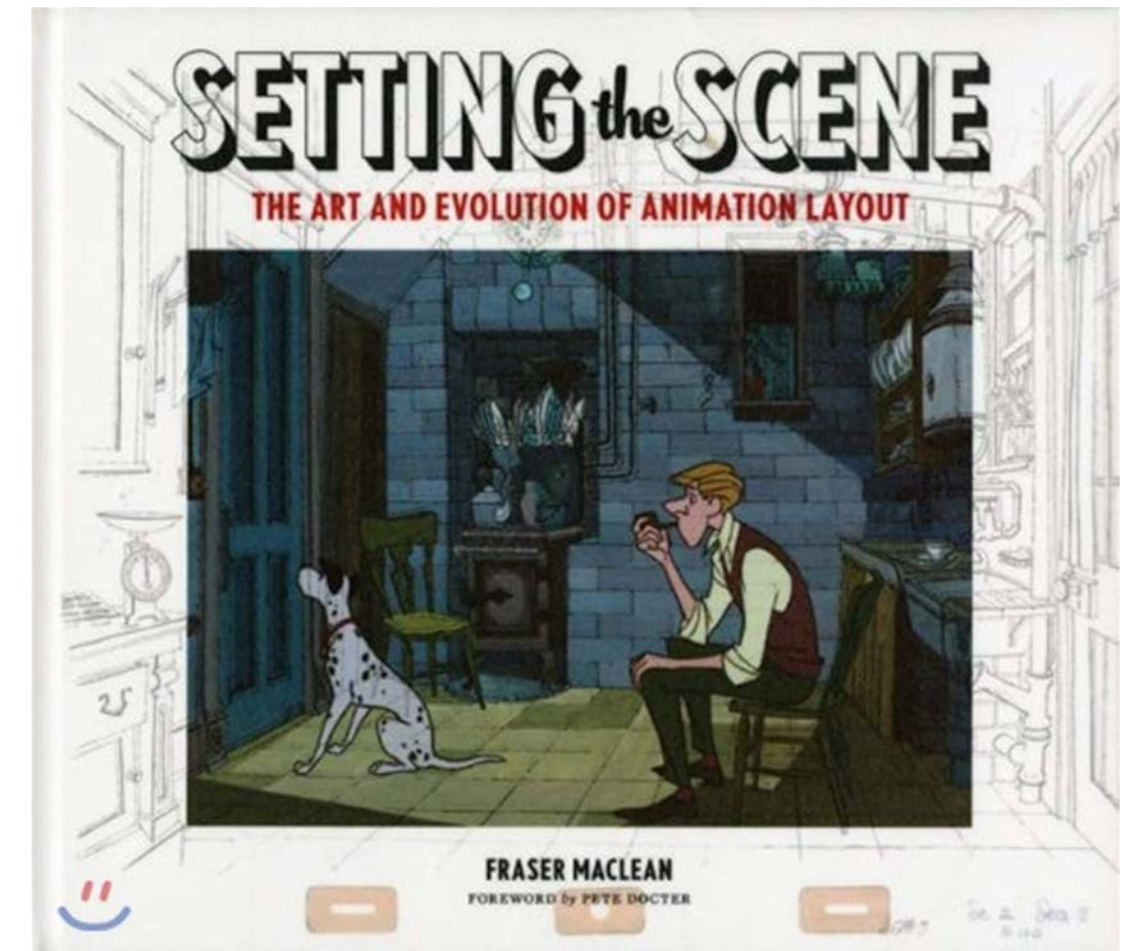




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SUSTAINABLE DEVELOPMENT GOALS





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Malnutrition from awareness towards control



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