



International Conference

optimal
nutritional care
for all

MALNUTRITION: FROM AWARENESS TOWARDS CONTROL

A NUTRITIONAL CARE POLICY SUMMIT

Turin 6 & 7 June 2024



Malnutrition from awareness towards control

Collaborative Initiatives and Declarations: Strengthening Partnerships in WHO Europe

Annemieke van Ginkel-Res, President of the European Federation of the Associations of Dietitians (EFAD)
Rocco Barazzoni, President of the European society for clinical nutrition and metabolism (ESPEN)



Important Milestones for EFAD in EU

- Member Board of directors European Nutrition Health Alliance, partner in ONCA initiatives, EU4 Nutrition Live and Malnutrition Awareness Week
- 2018 Non State Actor member WHO Europe
 - Position statements
 - Invitations to meetings and collaborations
- 2020 Agreement on collaboration with ESPEN
 - To strengthen the working relationship
 - Invite dietitians in working groups on (new) guidelines
 - Knowledge exchange at the ESPEN and EFAD conferences



Important Milestones in EU

- 2023 Vienna Declaration ESPEN: Nutrition as a Human Right



- 2023 EFAD Budapest Resolution:
Action of EFAD members aligned with Vienna Declaration

The Dietitian's Role in Supporting the Human Right to Safe and Appropriate
Nutritional Care for Every European Citizen



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EFAD Budapest Resolution

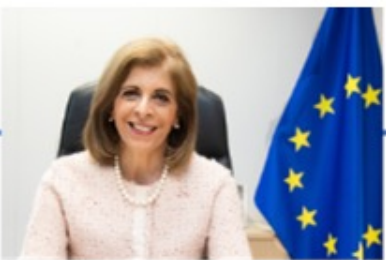
EFAD - FAO meeting on Better Nutrition



Calendar 02 GEG. Ms. Stella Kyriakides holds a videoconference call with representatives of the European Federation of the Associations of Dietitians

Transparency 2023 Stella Kyriakides

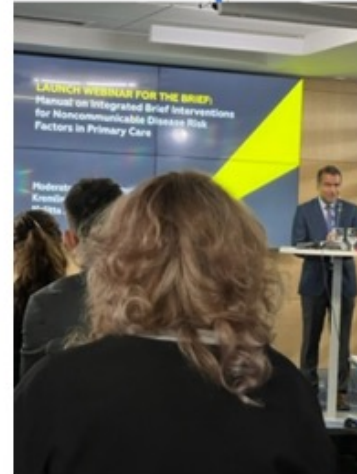
Biography



WHO collaboration BRIEF Interventions in Primary Care



Almaty, Kazakhstan
Nov. 2022



Co-moderators: Melitta Jakab and Margrieta Langins

Panel discussion on the role and competencies of different specialists in primary care for brief intervention delivery

Nina Khazaezadeh (online)
European Forum of National Nursing and Midwifery Associations; Deputy Chief Midwife for London, United Kingdom

Thomas Frese (online)
President-elect, World Organization of Family Doctors, European Region

Wineke Remijnse
Executive Director, European Federation of the Associations of Dietitians

Patients' organization, Kazakhstan



Barcelona, Spain
April 2023

EFAD The European Federation of the Associations of Dietitians



WHO collaboration Nutrition Capacity Tajikistan

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Strategy meetings

Malnutrition from awareness towards control



Obesity
Brussels, January 2023



EU Strategy Workshop

May 4th 2023 | 11.00-15.00 | [Maison des Associations Internationales](#), Room Roma Rue de Washington 40, Brussels, Belgium



Malnutrition, ENHA
Brussels May 2023



Primary Care Statement, ESPEN, EFPC
73RC WHO, Kazakhstan



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Thematic Network



EU4Nutrition stakeholder group





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



Editorial

Clinical nutrition in primary care: ESPEN position paper

Keywords:

- Primary care
- Nutritional care
- Disease related malnutrition (DRM)
- Primary care healthcare professionals (PCHP)

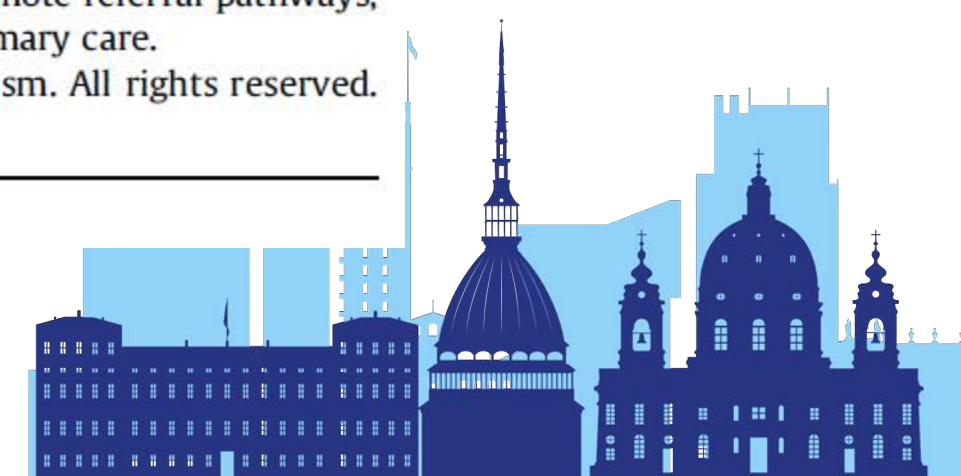
S U M M A R Y

Primary care healthcare professionals (PCHPs) are pivotal in managing chronic diseases and present a unique opportunity for nutrition-related disease prevention. However, the active involvement of PCHPs in nutritional care is limited, influenced by factors like insufficient education, lack of resources, and time constraints. In this position paper The European Society for Clinical Nutrition and Metabolism (ESPEN) promotes the active engagement of PCHPs in nutritional care. We emphasize the importance of early detection of malnutrition by screening and diagnosis, particularly in all individuals presenting with risk factors such as older age, chronic disease, post-acute disease conditions and after hospitalization for any cause.

ESPEN proposes a strategic roadmap to empower PCHPs in clinical nutrition, focusing on education, tools, and multidisciplinary collaboration. The aim is to integrate nutrition into medical curricula, provide simple screening tools for primary care, and establish referral pathways to address malnutrition systematically.

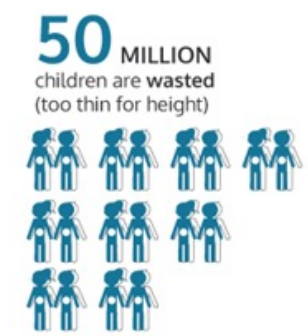
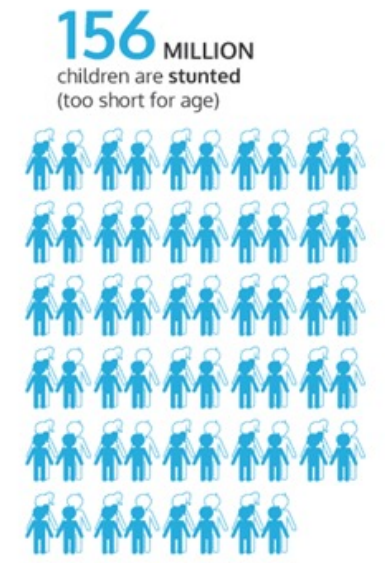
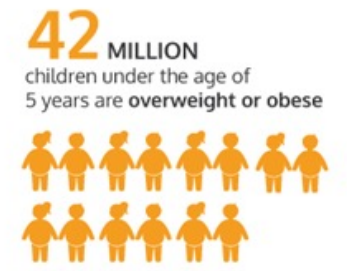
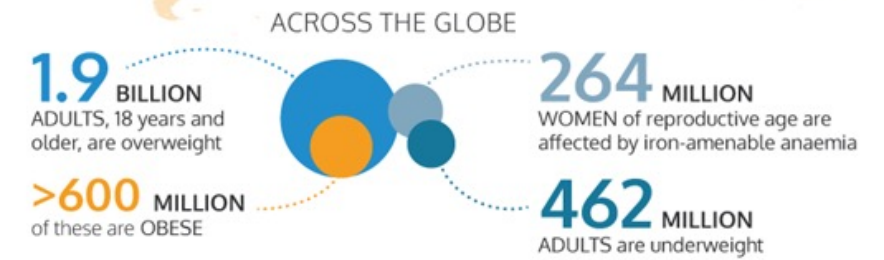
In conclusion, we urge for collaboration with PCHP organizations to raise awareness, enhance nutrition skills, facilitate dietitian accessibility, establish multidisciplinary teams, and promote referral pathways, thereby addressing the underestimated clinical challenge of malnutrition in primary care.

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World Health Organization THE DOUBLE BURDEN OF MALNUTRITION

WHERE



Focus on UNDERNUTRITION?



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Malnutrition from awareness towards control



2019-2024
A strategy to put DRM on the agenda



International Conference Turin 6 & 7 June 2024



EUROPEAN SOCIETY FOR CLINICAL NUTRITION AND METABOLISM

41st ESPEN Congress on Clinical Nutrition & Metabolism

Krakow, Poland | 31 August - 3 September, 2019

Nutrition - A Highway to Health



MOSCOW Dec 2019
First Agenda

Aging-Primary care



NICE ESPEN WINTER MEETING January 2020





ESPEN expert statements and practical guidance for nutritional management of individuals with SARS-CoV-2 infection

Barazzoni, Bischoff, Breda, Wickramasinghe, Krznaric, Nitzan, Pirlich, Singer
Endorsed by ESPEN Council
Clin Nutr 2020



CALL FOR PAPERS

Nutrition and Nutritional Care in COVID-19

↑ EVIDENCE

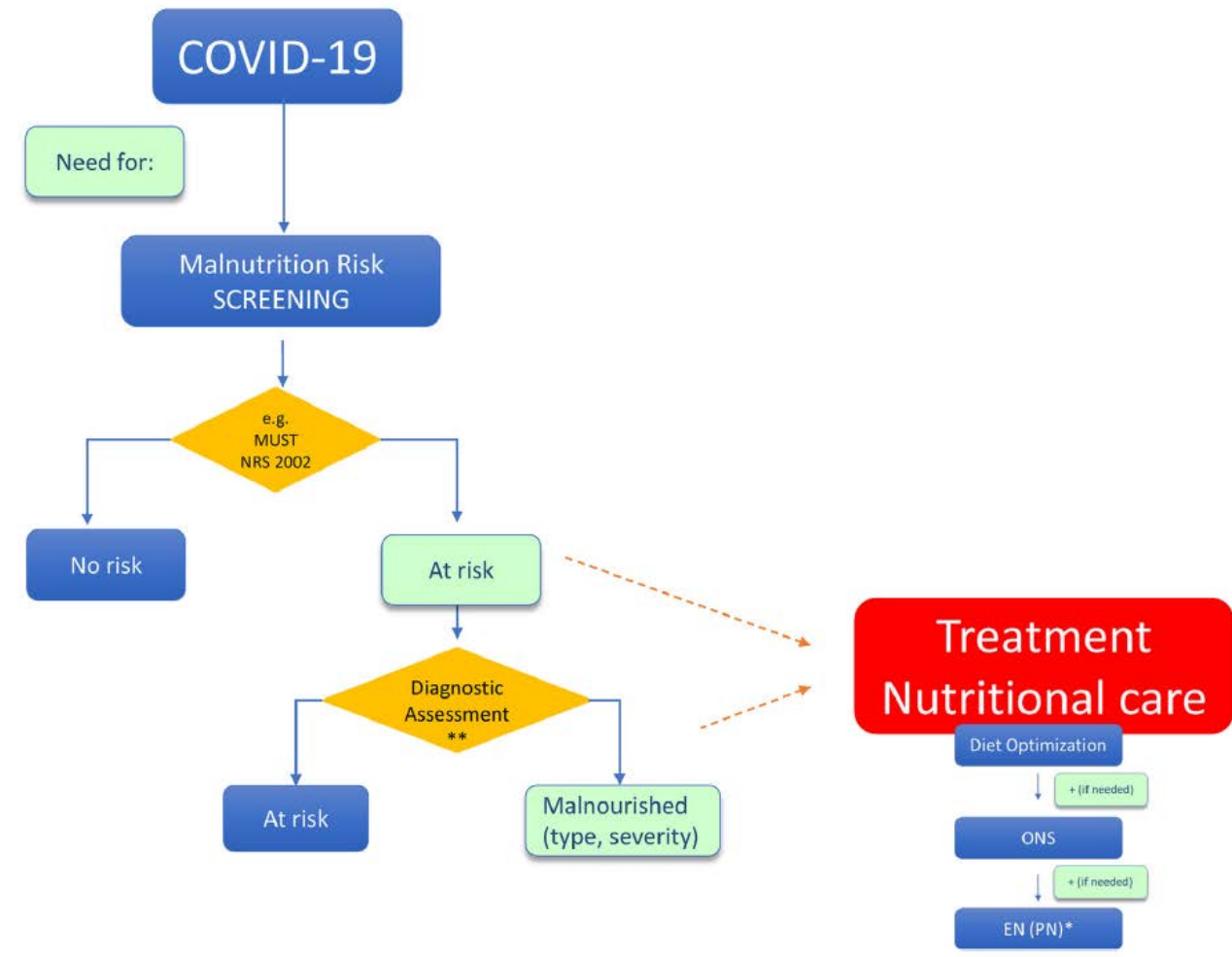
↑ AWARENESS





COVID-19: Lessons on malnutrition, nutritional care and public health from the ESPEN-WHO Europe call for papers

Barazzoni, Breda, Cuerda, Schneider, Deutz, Wickramasinghe
Clin Nutr 2020



Brief interventions for NCDs in Primary care



SHORT PROTOCOLS

- Screening NRS, MUST
- Diagnosis GLIM
- Assessment SGA

ESPEN Liaison

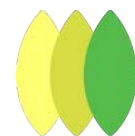
- M Pirlich



THE EUROPEAN
SOCIETY FOR
CLINICAL
NUTRITION AND
METABOLISM

Brief interventions to prevent NCDs and their nutritional complications in primary care setting

Barazzoni, Pirlich, Chourdakis, Cuerda, **Malykh, Jurgutis, Jakab**, Krznaric, Marinho, Schneider, **Wickramasinghe**



The E
Nutrit

Clin Nutr 2023



Malnutrition from awareness towards control



Sarcopenia-Muscle mass
ESPEN Liaison
- R Barazzoni
- M Chourdakis



Original article

Tuberculosis and malnutrition: The European perspective

J. Ockenga ^{a,*}, K. Fuhse ^a, S. Chatterjee ^b, R. Malykh ^b, H. Rippin ^b, M. Pirlich ^c,
A. Yedilbayev ^b, K. Wickramasinghe ^b, R. Barazzoni ^d

Malnutrition CAUSE-CONSEQUENCE

Screening
Diagnosis
Treatment



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The graphic features the WHO European Region logo at the top left. The central text reads "Tuberculosis and malnutrition". The graphic is surrounded by a grid of icons representing various aspects of health, nutrition, and clinical practice. At the bottom right, the ESPEN logo is visible.

WHO Fact Sheet 2024

Malnutrition risk screening

Several validated malnutrition screening tools have been developed. The European Society for Parenteral and Enteral Nutrition (ESPEN) recommends the use of the following setting-specific and population-specific malnutrition screening tools (6,7).

- Community level**
Malnutrition Universal Screening Tool for adults
- Hospital settings**
Nutrition Risk Screening 2002
- Elderly people**
Mini Nutritional Assessment

Malnutrition diagnosis

If the risk screening result is positive, a further diagnostic investigation should be undertaken. To diagnose malnutrition in patients with TB, the framework published by the Global Leadership on Malnutrition (GLIM) is suggested. The diagnosis of malnutrition has been complicated by the lack of widespread adoption of consistent diagnostic criteria and over-reliance on BMI, which can lead to significant underdetection of malnutrition. GLIM have developed a comprehensive definition of malnutrition that considers phenotypic and etiological criteria to ensure the timely identification of malnutrition in patients with normal or elevated BMI (8).



• Regular collaboration

- ESPEN Congress ESPEN-WHO Europe Joint session (since 2020)
- Malnutrition Awareness Week (since 2022)

Graphic for Malnutrition Awareness Week 2022, organized by ESPEN (The European Society for Clinical Nutrition and Metabolism) from November 7-11, 2022. The graphic features a central calendar icon and a list of events with corresponding icons: a person with a microscope for the symposium, a star in a circle for the action plan, a document with a pencil for the sampler, a person with a speech bubble for nutrition day, and a person with a speech bubble for the webinar. The hashtag #NUTRITION MATTERS is prominently displayed, along with #NUTRITIONISAHUMANRIGHT and #ESPENMAW22. A footer provides the website www.espen.org for more information.

SAVE THE DATES

- NOV 7**
ESPEN Symposium
Micronutrients in Clinical Nutrition
- NOV 8**
ESPEN Action Plan 2022
Implementing Vienna Declaration
- NOV 9**
LLL Sampler
ESPEN educational program
- NOV 10**
nutritionDay
Meet the GL expert sampler
- NOV 11**
Policy Webinar
national implementation experience

All info on participation at www.espen.org



Nutritional Care as a HUMAN RIGHT Global Declaration - Vienna September 5 2022



K Wickramasinghe – WHO Europe
Salutation



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WHO - EUROPE



- **September 2022**

- ESPEN acceptance as NON-STATE ACTOR
- ESPEN participation in 72nd Regional Committee Session

Honorable Chair,

Distinguished Director General, Regional Director

Excellencies,

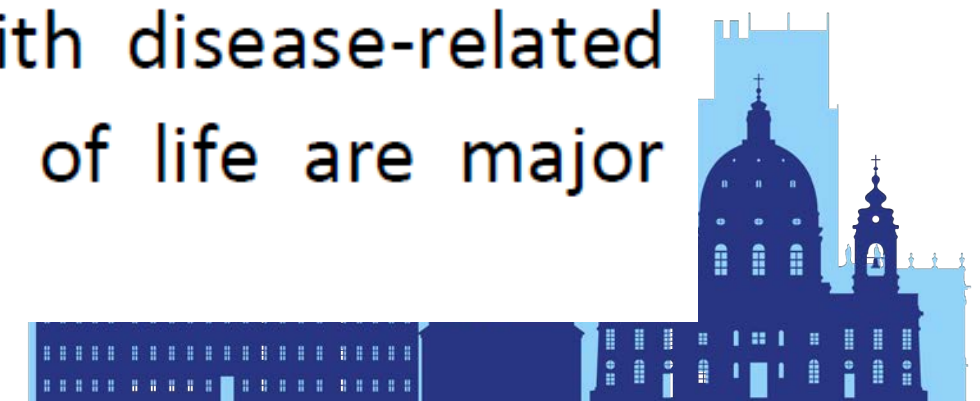
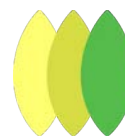
Colleagues,

Croatia aligns with the statement of the EU.



Z Krznaric

On the other hand, **healthy aging** and general prevention of NCDs and their complications should be a growing priority. In older adults, as well as in all persons living with disease at any age, prevention, diagnosis and treatment of disease-related malnutrition to prevent disabilities and poor quality of life should be considered as strategic goals in healthcare systems. Aging of the population and increasing non-communicable diseases, with disease-related malnutrition, frailty and disability leading to poor quality of life are major concerns.





Disease-related malnutrition: a time for action

D Cardenas, R Barazzoni



Screening for
disease-related
malnutrition



Diagnosis and
assessment



Planning and
administration of
nutrition therapy



Monitoring and
evaluating the
effects of nutritional
care and therapy





• Joint PLENARY Session on DRM

Government Rep (Ministry of Health)

- Croatia
- France
- Italy
- Moldova
- Tajikistan



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2024-..
A strategy to put DRM on the agenda..
The road continues





Malnutrition:

- BMI < 18,5 (!)
- Kwashiorkor
- Marasmus



At risk for Malnutrition

- Use validated screening tools



Assessment Criteria

- **Phenotype**
 - Weight loss
 - ↓ BMI (underweight)
 - ↓ Muscle Mass
- **Etiology**
 - ↓ Food intake (or absorption)
 - ↑ Inflammation - Disease



AT LEAST

- 1 Phenotype Criterion
- AND
- 1 Etiology Criterion



Support – RECENT PROGRESS

