



# Public Health Policy Support: Nutrition and Health

**Joint Research Centre**  
*The European Commission's  
in-house science service*

Joint  
Research  
Centre



# **Joint Research Centre**

## **Feasibility study on dietary recommendations for older adults in the European Union**

**WORKSHOP**

**Public Health Policy Support Unit**

[www.jrc.ec.europa.eu](http://www.jrc.ec.europa.eu)

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# Welcome and Introduction

Why are we doing this workshop?

Why are YOU here?

What will we do?

How will we do it?

What will we produce?

23 <sup>rd</sup> October		
Time		Speaker
9:00	Welcome Aims of workshop Participants introduction	Ciaran Nicholl Sandra Caldeira All
Plenary session 1: Promoting nutrition in active healthy ageing		
9:30	The role of nutrients in the prevention and treatment of age-related diseases	Tsz Ning Mak
10:00	Dietary patterns and healthy ageing	Antonia Trichopoulou
10:30	<i>Break</i>	
10:45	Development of DRVs and dietary guidelines in Europe	Anja Brønstrup
11:15	Health literacy in older people	Andrea de Winter
11:45	Questions	
12:15	<i>Lunch</i>	
Feasibility study: Introduction		
13:15	Feasibility study introduction Mapping of dietary recommendations for older adults in Europe	Tsz Ning Mak Flaminia Mussio
Feasibility study: Group discussions		
14:15	Discussion: Is there a demand for dietary recommendations for older adults?	
14:50	Discussion: What are the limitations and/or barriers to introduce or promote dietary recommendations?	
15:30	<i>Break</i>	
16:00	Discussion: Can we identify possible strategies to promote better diet for the elderly?	
17:00	<b><i>End of day 1; Workshop dinner at 19:30</i></b>	
24 <sup>th</sup> October		
9:15	Welcome to Day 2 and recap	Sandra Caldeira
Plenary session 2: Highlights in current nutrition and ageing activities		
9:30	Research & innovation in food, health and ageing	Isabelle de Froidmont-Görtz
10:00	Dietary recommendations implementation: An example from Denmark	Susanne Gjedsted Bügel
10:30	Questions	
11:00	<i>Break</i>	
Feasibility study: the way ahead		
11:15	Discussion: Roadmaps	
12:30	Conclusion	
13:00	<b><i>Lunch and departure</i></b>	

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# Feasibility study on dietary recommendations for older adults in the European Union

## AIMS OF THE WORKSHOP

- Sharing knowledge: up to date findings on Nutrition and active and healthy ageing
- Feasibility study on developing dietary recommendations for the elderly in the EU
- Roadmap to address malnutrition in the elderly
  - Dietary recommendations or
  - Other measures?



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