

Good nutrition is vital to life, like air and water, its a basic need. Let's treat it like one.

Who are we?

We are stakeholders from public health, health and social care united in our aim to highlight the urgent need to tackle malnutrition. We work to raise awareness and build an agenda for action and change in Europe.

AIR, WATER,
NUTRITION
IT'S A BASIC NEED



- Research indicates up to 40% of people are malnourished on admission to hospital.
- Malnourished individuals are less likely to recover from illness or injury, more susceptible to infection, experience increased ill health and have an increased risk of mortality.
- Malnutrition is severely underrecognised in the community, hospitals, nursing homes and is a particular problem in ageing populations.
- Malnutrition in hospitals means longer stays and increased chance of readmission.
- Malnutrition is a significant burden to individuals, carers and society. Public expenditure on disease related malnutrition in the UK in 2007 was estimated at £13bn (€15bn).



Malnutrition is one of the major public health challenges facing Europe in the 21st century. Unnecessary and costly, it often remains under recognised and untreated, impacting on health, dignity and quality of life.

What is Malnutrition?

A condition in which a deficiency, excess or imbalance of food intake, protein and other nutrients causes measurable adverse effects on tissue, body form, function, clinical outcome and quality of life.

Key issues and targets 2009 – 2013

- For individuals: Mandatory risk screening for all patient groups.
- For healthcare professionals: Guidelines for all health and social care professionals, nutritional care in all curricula of health and social care professionals.
- Increased knowledge: Measure the burden of illness and outcome of improved nutritional care across Europe, implementation of change of practice in nutritional care.
- Increased awareness: Malnutrition recognised as a health priority across EU-27, nutritional care plans in all European countries.

Malnutrition must be considered as a disease in its own right or as a consequence of other conditions. In both cases, its impact on public health and society is considerable.



European Parliament plenary votes September 25 + October 9, 2008 White Papers: Nutrition, Overweight and Obesity & 'Together for Health': A Strategy 2008 – 2013

'Calls on Member States, along with regional and local authorities, to use the cooperation mechanism to improve the exchange of best practice; calls on the Commission to be proactive in producing guidelines and recommendations based on such good practice.'

'Urges the Commission to take a more holistic approach to nutrition making malnutrition, with obesity, a key priority in the field of health. It should be incorporated wherever possible into EU-funded research, education and health promotion initiatives and EU-level partnerships.'

Czech EU Presidency Declaration 2009

A joint declaration from the Czech presidency of the EU; medical experts; health care officials; representatives of health insurance groups, ESPEN and the European Nutrition for Health Alliance outlined seven action points needed to address malnutrition in Europe:

- Public awareness and education
- Guideline development and implementation
- Mandatory screening
- Research on malnutrition
- Training in nutritional care
- National nutritional care plans
- Malnutrition should be considered a key issue in forthcoming EU Presidencies



Malnutrition is an urgent public health problem affecting more than 30 million people in Europe and costing an estimated €170billion annually.

Established in 2005, the European Nutrition for Health Alliance, works to raise awareness of the importance and urgency of malnutrition and appropriate nutritional care as well as to build an agenda for action in Europe.

Find out more at: www.european-nutrition.org

Chair

Prof Olle Ljungqvist, Chair, European Society for Clinical Nutrition and Metabolism (ESPEN)

Co-Chairs

Prof Jean-Pierre Baeyens, President of European Region, International Association of Gerontology and Geriatrics (IAGG) & European Union Geriatric Medicine Society (EUGMS).

Members

- European Society for Clinical Nutrition and Metabolism (ESPEN)
- European Union Geriatric Medicine Society (EUGMS)
- International Association of Gerontology and Geriatrics (IAGG)
- Association Internationale de la Mutualité (AIM)
- European Hospital & Healthcare Federation (HOPE)
- European Federation of the Associations of Dietitians (EFAD)
- European Nursing Directors Association (ENDA)
- Medical Nutrition International Industry (MNI)
- International Longevity Centre-UK

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THE EUROPEAN
SOCIETY
FOR CLINICAL
NUTRITION
AND
METABOLISM



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