



## SYMPOSIUM 3

# As time goes by - food for the elderly for the future

**Pre ICCAS Conference**

**Wednesday, July 5, 2017 9:00 – 12:45;**

**AAU Campus, AC Meyersvænge 15, Auditorium 2.1.042**

Ageing of societies is one of modernity's grand challenges. And eating and nutrition in the 3<sup>rd</sup> age has become an important societal issue. This symposium takes a closer look at the factors that influence food consumption and nutritional status of this important demographic group. The effects of ageing on food choice will firstly be discussed, followed by the presentation of the methodology developed and applied in PRONUTRISENIOR, a research project carried out in a community in northern Portugal. This project's holistic approach to the elderly living in the community aimed to unveil the relevance of food and eating to the elderly quality of life and satisfaction with food-related life. The available nutrition recommendations and dietary guidelines for 65+ years people will be presented and discussed. Finally, how to put the recommendations into practice will be addressed by the examples of food classes for the elderly.

### **Program**

#### **9:00 – 9:40**

- Introduction to the symposium. Maria Daniel Vaz de Almeida, Professor, University of Porto. PI of PRONUTRISENIOR
- Role of ageing on food choice. Luís Cunha, Associate Professor, University of Porto

#### **9:40 – 10:40**

- Pronutrisenior – a holistic community nutrition program for the elderly. Maria Daniel Vaz de Almeida, Professor, University of Porto.
  - Let's look at the whole picture - methodology and main findings. Bela Franchini. Assistant Professor, University of Porto.
  - Satisfaction with food-related life in old age. Maria Daniel Vaz de Almeida

#### **10:40 – 11:00 - Coffee Break**

#### **11:00 – 11:30**

- What are the nutrition recommendations for the plus 65. Bryndís Eva Birgisdóttir, Professor, University of Iceland. School of Health Sciences

#### **11:30 – 12:00**

- More than bread on the table – role of classes to promote food and eating by elderly citizens - Agneta Yngve, Professor, Uppsala University.

#### **12:00 – 12:20**

- Discussion and conclusions

#### **12:20**

- Lunch, included