

**Facilitating learning and change in health care institutions.**

Kristian Larsen, Professor,  
Dept of Learning & Philosophy, Aalborg University.

**Abstract:** *Eating, wellbeing and nutrition in aging societies are complex. Elderly people are very vulnerable and malnutrition is frequent among them. Challenges are at many levels, and what can we do? I suggest that improvement requires intervention on transnational, national, community, organizational, cultural and material level. This involves the structures e.g. 'supply and access to healthy food', 'nudging', and 'motivations to improve healthy food' in general. Looking closer – on micro level - at the patient in hospitals, we need interventions on healthcare professions (Nutrition nurses, nurses, dieticians, cooks), on educational level and on the user. We need to question and understand actual practice in order to develop collaboration and trans-disciplinarity, involvement of users, raise 'nutrition-consciousness', improvement of screening, guidelines, dietary-plans, use of apps, educational plans, methods and didactics. Aalborg university are ready for cooperation within research, development and education.*