

# STOP disease-related malnutrition and diseases due to malnutrition!

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## ACTION POINTS

### 1) Public awareness and education

Effective educational campaigns that convey the message that malnutrition is highly prevalent and is mostly preventable are needed to raise awareness amongst the general public.

Campaigns should urge all Europeans to pay closer attention to their own nutrition as well as that of their relatives and their close ones, and to take advantage of the pathways for care available to them.

Government agencies, the EU, the media, civil society, patient groups and professional societies must work together to ensure that the right messages are delivered to all Europeans, and in particular to populations at risk of malnutrition.

### 2) Guideline development and implementation

Concerted efforts must be made across all care settings to ensure that all individuals are offered the best nutrition and nutritional care possible. A European system of nutritional care guidelines must be developed and implemented for prevention and for priority disease areas. These guidelines should be subject to regular audit and review.

### 3) Mandatory screening

All individuals in community care, hospitals, nursing and all other care homes should be screened for malnutrition. Systematic screening and monitoring of nutritional status should become a mandatory component of quality improvement and standards of good practice in all these settings in Europe.

### 4) Research on malnutrition

Further research is urgently needed on malnutrition, its role in European society, public health and healthcare. European funding, in particular Structural Funds, must support such research initiatives.

### 5) Training in nutritional care

All health and social care professionals, including those involved in primary care (general practitioners and nurses), should as a requirement have nutritional care on their curriculum. This training should become a compulsory component of both their initial and continuing education.

### 6) National nutritional care plans

Appropriate prevention, care and follow-up of malnutrition must be integrated into national nutritional care plans across the EU.

These care plans must be endorsed by policymakers, financiers, professional societies, clinical experts, regulatory agencies and patient groups to ensure that the appropriate levers and policies are in place to secure their implementation and funding across all care settings.

### 7) Swedish and forthcoming EU Presidencies

Malnutrition, its prevention and care, should be considered a key topic for the Swedish EU Presidency and for subsequent Presidencies. Indeed, the issue of 'healthy and dignified ageing', one of the five health priorities of the Swedish EU Presidency, provides the ideal context for further discussion and action to address malnutrition.

