



## Report on PROMISS Project



### **Background of the Project:**

PROMISS (PREvention Of Malnutrition In Senior Subjects in the EU) is a multi-country project aiming to turn the challenge of tackling malnutrition in community-dwelling older persons into an opportunity for healthy ageing for the future. The PROMISS consortium contains worldwide expertise in epidemiology, clinical trials, geriatrics, nutrition, physical activity, microbiomics, as well as in behaviour, consumer, sensory and computer sciences. It builds on strong collaborations with food industry and SMEs to strengthen innovation of the European agri-food sector and their market position. Existing data from scientifically well-established prospective aging cohorts and national nutritional surveys from Europe and 'third countries' will be combined with new data from short- and long-term intervention studies in older persons at risk. Its holistic approach will provide insight in the causality of the links between diet, physical activity, appetite and malnutrition and underlying pathways, thereby providing the necessary evidence to develop optimal, sustainable and evidence-based dietary and physical activity strategies to prevent malnutrition and enhance active and healthy aging. PROMISS will also deliver food concepts and products as well as persuasive technology to support adherence to these strategies. The dietary and physical activity strategies and food products will be specifically developed with older user involvement to meet the needs and fit the preferences of older consumers. In close collaboration with stakeholders, PROMISS will translate these strategies into practical recommendations to guide policy and health professionals at EU- and Member States level. Dissemination and implementation takes place through strong dissemination partners operating on an European level and linked to national networks across Member States. PROMISS promises prevention of malnutrition, additional healthy life years and a strengthening of EU's food industry.

**Length of the Project:** The project will run for 5 years.

### **Role of EFAD:**

EFAD is partner in workpackage 9, Dissemination and exploitation together with AGE (Lead), ESPEN, EUGMS, Vives University, FAU.



2016 September: Kick-off meeting was held in Amsterdam on 6-7 June. MT, EN and RK attended. First draft of the communication plan was sent from AGE and RK is working on it. Next payment would arrive in project month 18, following the 1<sup>st</sup> Report. EN with backup from RK would represent EFAD in the General Assembly of the project.

2016 October: Project's website on air (<http://www.promiss-vu.eu/>). Link to EFAD website included. Dissemination and exploitation plan finished, Logo and [Leaflet](#) published. This work covers Tasks 9.1 and 9.3 with D9.1 and D9.4 finished on time. Organisation of a virtual meeting in WP9 is under organisation.

First WP9 virtual meeting was held in December 2016. One action point is relevant to EFAD: All WP9 partners to fill in the template of [dissemination report](#) by February 6<sup>th</sup>. This template should be filled continuously by each partner to enable WP9 to report on dissemination.

To help dissemination of the PROMISS project concept and already available results, in the upcoming EFAD Conference entitled „The Future is now” in Rotterdam, September 2017 there will be a session with presentations about **the PROMISS project itself** (Marjolein Visser); **Development and validation of a short food questionnaire to assess low protein intake in community-dwelling older adults** (Hanneke Wijnhoven); **Poor diet quality and long-term risk of incident protein-energy malnutrition in community-dwelling older adults** (Linda Hengeveld) and **Protein intake pattern over the day and the risk of low total protein intake in Dutch older adults** (Jolanda de Boer).

WP9 decision in the virtual meeting on 21.03.2017: Newsletter was postponed to May or June to have some results in it. The infographic that would be made by AGE would be included into it. PROMISS General Assembly would be organised right before the EUGMS Congress in Nice on 19-20 September. Flying in necessary on 18.09.2017, because the meeting would start in the morning of 19.09.2017. Next WP9 meeting was planned to June, but because of holiday season was cancelled. The first financial report was due by 30 September (month 18). Bid was amended, but it didn't affect EFAD.

### **Activities until October 2017**

#### *Contribution to WP9 documents:*

D9.1 Plan for communication, dissemination and exploitation of results: the first draft was written by AGE, and commented by WP9 partners, including EFAD. Both Elke Naumann and Reka Kegyes Bozo were involved.

As dissemination activity, an article about the project was written for the EFAD Newsletter.

The first [PROMISS e-newsletter](#) was due in June as planned in March. An article about EFAD and upcoming conference was written for it.

Writing WP9 Periodic Report 1

#### *Activities related to financial issues*



Hungarian Horizon2020 NCP was contacted with questions about hourly rate for the Project Officer (Reka Kegyes Bozo)

**Deliverables that were due in the first reporting period, until M18**

- D 9.1** Plan for communication, dissemination and exploitation of results (M6)
- D 9.4** Classical dissemination: project leaflet (M12)
- D 9.8** Online dissemination: Twitter/Facebook in place (M6)
- D 9.11** Project identity and website (M4)

**Deliverables that would be due in the second reporting period, until M36**

- D 9.6** Classical dissemination: press release project findings (M24)
- D 9.9** Online dissemination: e-newsletter project findings (M36)

**Deliverables that would be due in the fourth reporting period, until M60**

- D 9.2** Final report on PROMISS communication, dissemination and exploitation activities (M60)
- D 9.3** Specific dietary and physical activity recommendations for all different stakeholders (M57)
- D 9.5** Classical dissemination: strategies leaflet (M54)
- D 9.7** Classical dissemination: press release project conclusions (M60)
- D 9.10** Online dissemination: e-newsletter strategies (M54)