

Author

Visser, Marjolein
Department of Health Sciences
Faculty of Science, Vrije Universiteit Amsterdam
Amsterdam
The Netherlands

Title

Low protein intake in older persons and clinical outcomes: results of the PROMISS project.

Abstract

After a very brief summary of the PROMISS project, several recent results of the project will be presented. This will include the prevalence of a low protein intake (using different cut-points and according to different strata) in older persons across Europe using a multi-cohort approach. Secondly, characteristics of protein intake in older persons will be discussed. Finally, the association between low protein intake and relevant clinical outcomes, including development of malnutrition and mobility limitations, will be presented.

Key references

- Hengeveld LM, Wijnhoven HAH, Olthof MR, Brouwer IA, Harris TB, Kritchevsky SB, Newman AB, Visser M; Health ABC Study. Prospective associations of poor diet quality with long-term incidence of protein-energy malnutrition in community-dwelling older adults: the Health, Aging, and Body Composition (Health ABC) Study. *Am J Clin Nutr.* 2018 Feb 1;107(2):155-164. doi: 10.1093/ajcn/nqx020.
- Houston DK, Toozé JA, Garcia K, Visser M, Rubin S, Harris TB, Newman AB, Kritchevsky SB; Health ABC Study. Protein Intake and Mobility Limitation in Community-Dwelling Older Adults: the Health ABC Study. *J Am Geriatr Soc.* 2017 Aug;65(8):1705-1711. doi: 10.1111/jgs.14856. Epub 2017 Mar 17.
- Mendonça N, Granic A, Mathers JC, Hill TR, Siervo M, Adamson AJ, Jagger C. Prevalence and determinants of low protein intake in very old adults: insights from the Newcastle 85+ Study. *Eur J Nutr.* 2017 Sep 25. doi: 10.1007/s00394-017-1537-5. [Epub ahead of print]

Key messages

- The prevalence of older persons with a low protein intake (<0.8 g/kg body weight/d) across Europe
- Groups of older persons at high risk of a low protein intake can be identified
- How low protein intake is associated with poor clinical outcomes

