

Invited Speaker Abstract

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Title:

New approaches for tomorrow's patients' dinner

1. Abstract

Since 2012 and coordinated by the European Patients' Forum (EPF), European patient groups, work together in the 'Optimal Nutritional Care for All' programme (ONCA) of the European Nutrition for Health Alliance. A short overview of this work will be given. For the future and crossing the boundaries of nutritional care so far, we at EPF believe that more focus is needed on two urgent topics:

1) More focus on the long-term consequences of chronic diseases and far more earlier focus on prevention through life-style advice in the area of nutrition and (where possible) physical activity. To enable the long-term financing of health care, also patient groups should look for opportunities to lower the number of people with chronic diseases and comorbidities. For future generations, this will guarantee the access to care as well as the necessary and often expensive new generations of drugs and treatments. This will imply the future lower intake of energy, salt, sugar and fat. Therefore, not only nutritional advice needs to be available, but also more education in cooking techniques at schools, universities, etc.

2) Related to this issue is a change in the food supply in hospital and nursing institutions. For instance in the Netherlands, some hospitals have positive experiences with smaller, more frequent meals during the day (6 instead of 3) with in-between protein-enriched small snacks for people with cancer or otherwise protein-undernourished. The next step in these hospitals would be to make substantial changes in the food supply for visitors and their own personnel. This implies the absence of fast food, soft drinks, etc. A practical example is also the supply at home of special food packages for people on renal dialysis and appropriate recipes to prepare that food.

2. key references:

- EPF/EGAN/ENHA (2013) Patient Perspectives on Nutrition. Available from http://www.eu-patient.eu/contentassets/3998bf037bca4ddc890b934a3d1b460d/patient_perspectives_on_nutrition_-_1.pdf
- EPF (2018) EPF position statement on information to patients on food and nutrition. Available from <http://www.eu-patient.eu/globalassets/policy/nutrition/epf-position-statement---nutrition.pdf>
- EPF (2018) Clinical nutrition guidelines and summaries for patients. Available from http://www.eu-patient.eu/globalassets/policy/nutrition/final_epf_clinical-nutrition-guidelines-and-summaries-for-patients_30102018.pdf

3. key messages

- Better and early nutritional advice for people with chronic diseases and comorbidity
- A change in the food supply of hospitals and nursing institutions
- Where needed, home delivery of food packages to support compliance