

 @AgeingFit #AgeingFit2020

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# How to develop a precision-based approach to nutrition and nutrient intakes considering the diversity of the older adults' population?





## The right nutrition and exercise is crucial for a healthy aging!

We know that the wrong diet and lack of exercise can result in health problems such as malnourishment, cancer, diabetes, obesity and mental health which lead to a great human suffering and a very high societal cost.

However, the numbers of elderlies with these maladies do not decrease.

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The issue is very complex!

- The problem exists in all European countries
- There are differences in knowledge, competence and infrastructure of how to prevent, cure and nurture

To solve the problem we must identify:

- The key challenges in Europe
- The capabilities we have to face these challenges and solve the problems
- How we can work together in Europe, across geographical and professional borders to find common solutions?