1. Background

Dementia

Umbrella term for diseases affecting memory, including:

- Alzheimer’s Disease
- Vascular Dementia
- Lewy body dementia
- Frontotemporal Dementia
- Other/ mixed dementia

A Public Health Challenge affecting 1 million people in the UK.

Current UK burden:

- Estimated cost £25 billion
- £47 billion by 2050

Undernutrition identified as a potential modifiable risk factor for dementia.

The Mediterranean diet

> Palatable, transferable & nutrient dense

associated with nutritional adequacy.

Weight loss precedes a Dementia diagnosis by at least a decade.

30–40% increase in dementia risk due to weight loss

By addressing undernutrition, could we delay, or prevent, the onset of dementia?

Adequate energy & protein intake is crucial for preventing undernutrition.

2. Research Question:

Can a PROtein-enriched MEDiterranean Diet, with or without EXercise, improve nutritional status and memory in nutritionally at-risk older adults presenting with subjective memory decline?

3. The PROMED-EX Trial

Inclusion:

✓ Aged 60+
✓ High nutritional risk
✓ Subjective memory decline

Recruitment (n=105)

Group 1. PROMED-EX (n=35)
Protein enriched Mediterranean diet and Exercise intervention

Group 2. PROMED (n=35)
Protein enriched Mediterranean diet intervention

Group 3. CONTROL (n=35)
Standard care healthy eating diet sheet

4. Cross-sectional analysis

Aim:
Determine baseline nutritional adequacy in the sample.

Methods:
1. 4-day food logs-entered into Nutritics.
2. Nutritional adequacy determined by comparing sex- and age-specific UK DRVs
3. Protein also compared to higher recommended DRV for older adults.

5. Results

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Meeting Recommendation (%)</th>
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<tbody>
<tr>
<td>Energy</td>
<td>64%</td>
</tr>
<tr>
<td>Protein</td>
<td>36%</td>
</tr>
<tr>
<td>Micronutrients</td>
<td>64.4%</td>
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</tbody>
</table>

Figure 3: Percentage of sample meeting (green) and not meeting (blue) the recommended intake for each nutrient

6. Implications:

The nutrient-dense PROMED-EX intervention may be beneficial for this at-risk population with suboptimal nutrient intake.

7. Next Steps

The Global Brain Institute, TCD, Ireland & UC, San Francisco, USA

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Let’s link up! @NicolaAnnWard