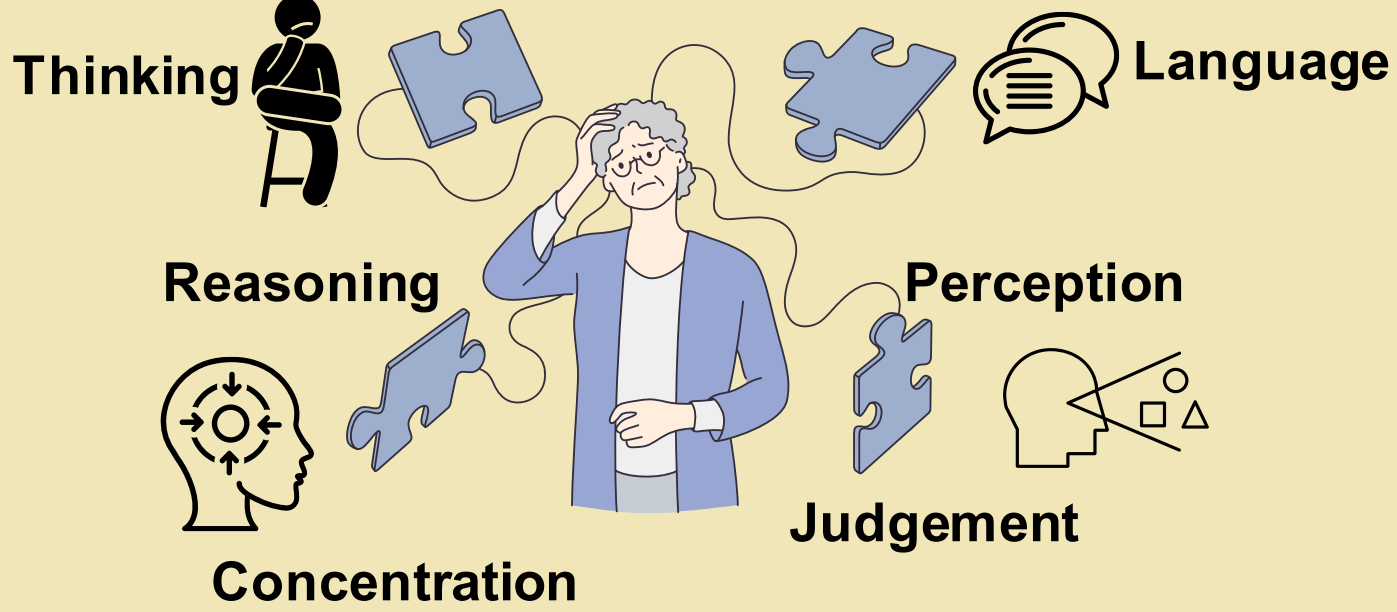
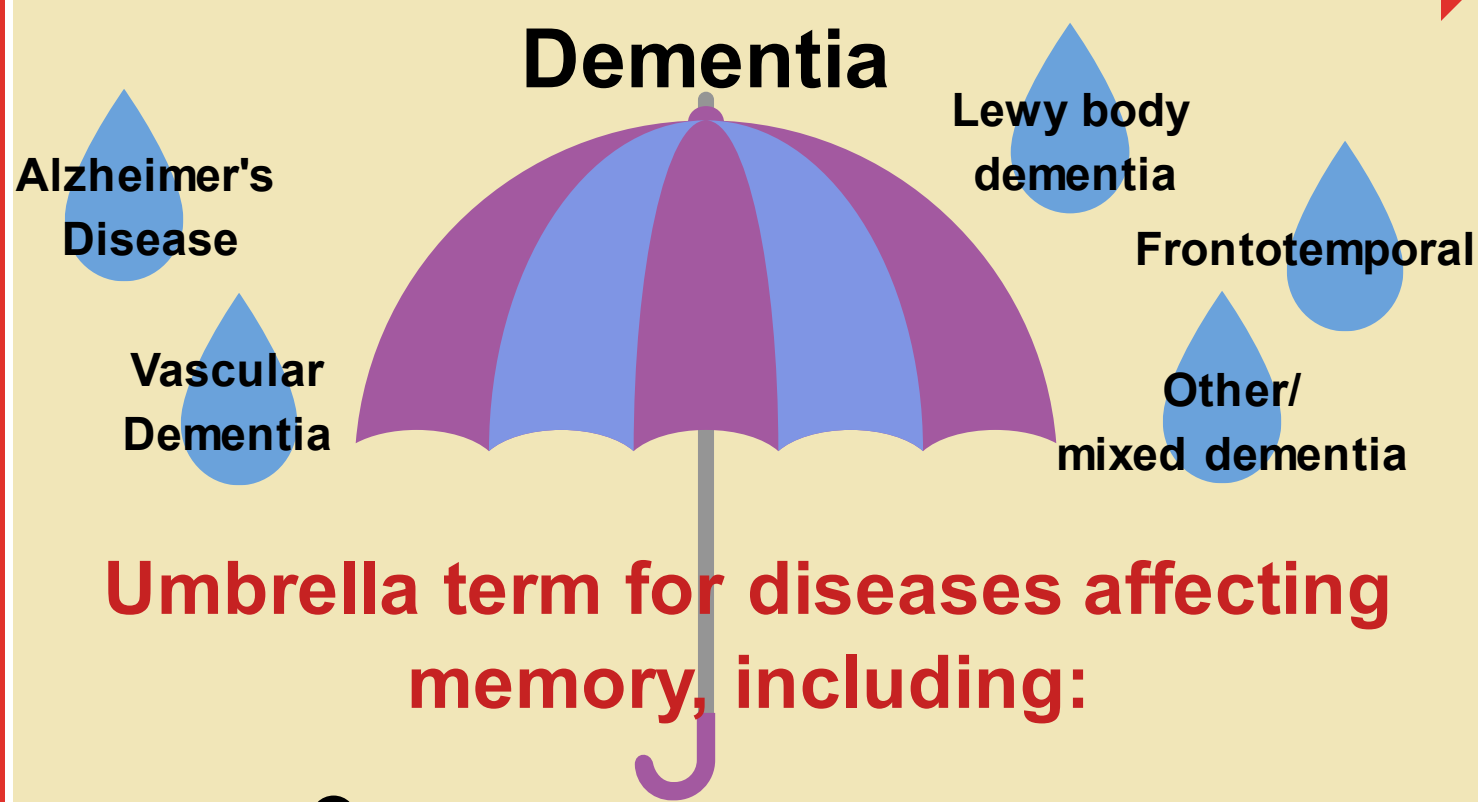


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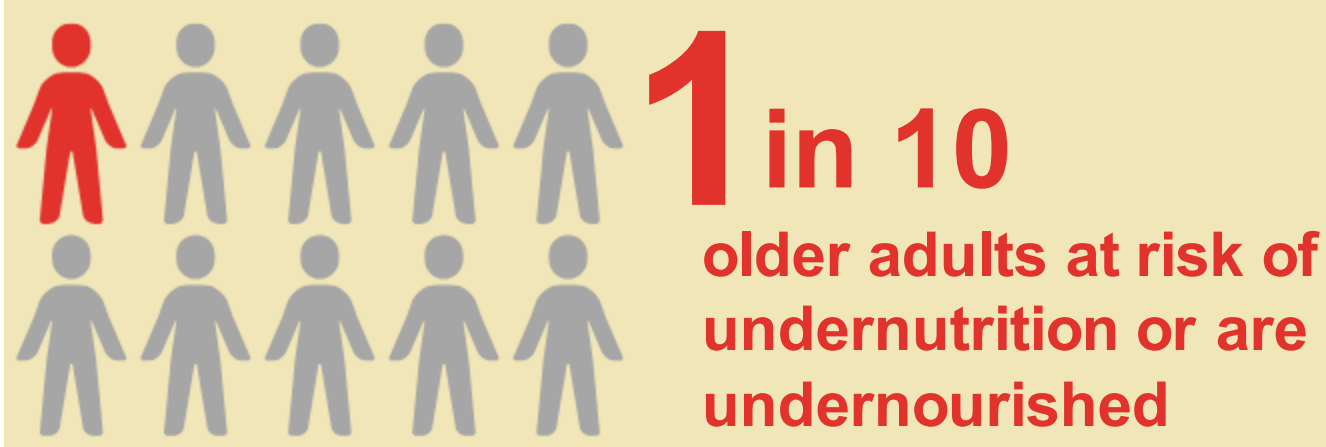
1. Background



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

Current UK burden: **£47 billion**
 Estimated cost **£25 billion** by 2050

Undernutrition identified as a potential modifiable risk factor for dementia.



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.

The Mediterranean diet

➤ **Palatable, transferable & nutrient dense**

- 🍏 associated with nutritional adequacy.
- 🧠 linked with favorable changes in brain biomarkers, slower cognitive decline & dementia risk.



UK reference protein intake (0.75g/kg/day) may not meet older adults needs.

1.2 g/kg/day of protein may be optimal.

PROMED-EX

Protein-enriched, Mediterranean diet, Exercise

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)

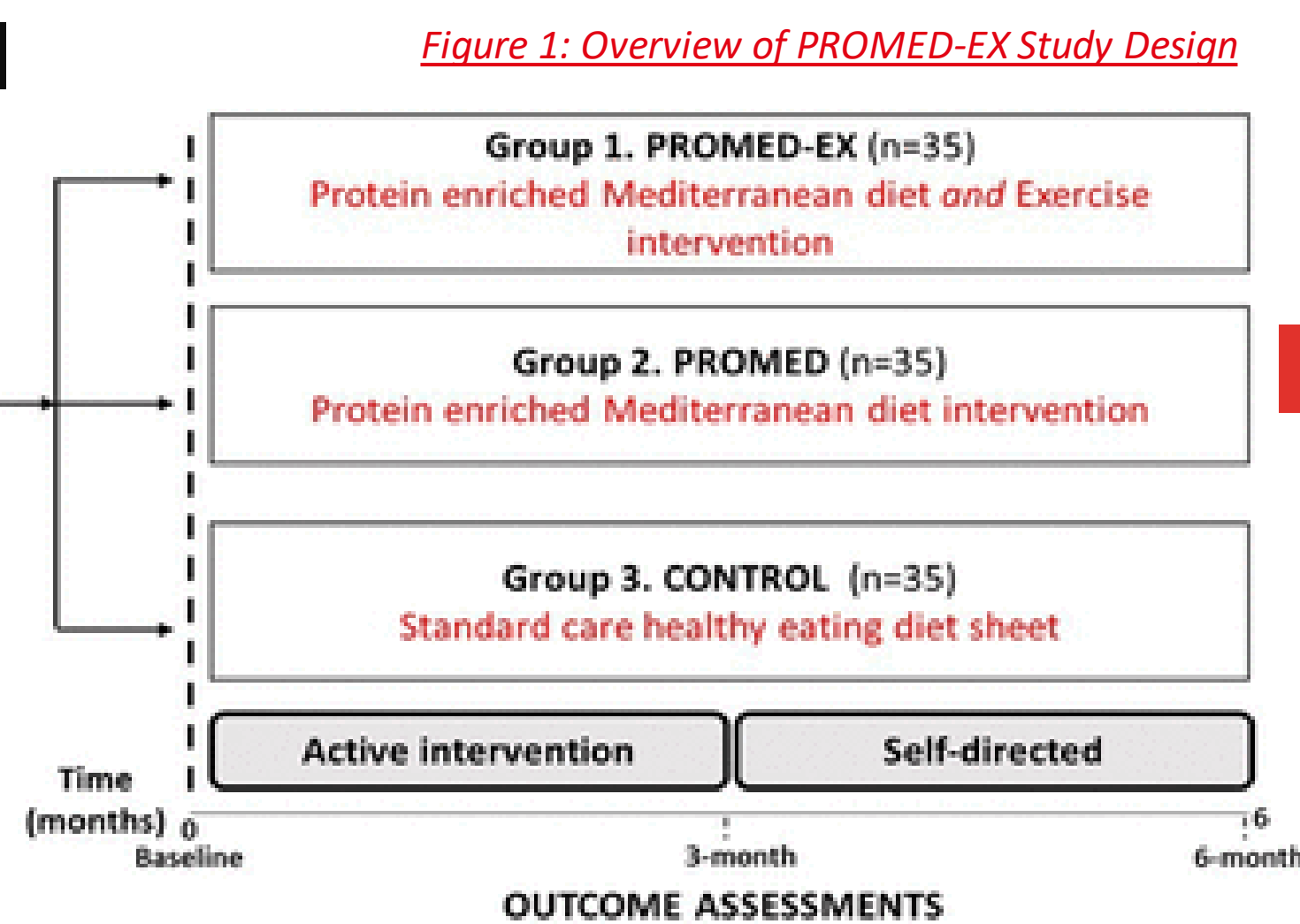


Figure 1: Overview of PROMED-EX Study Design

4. Cross-sectional analysis

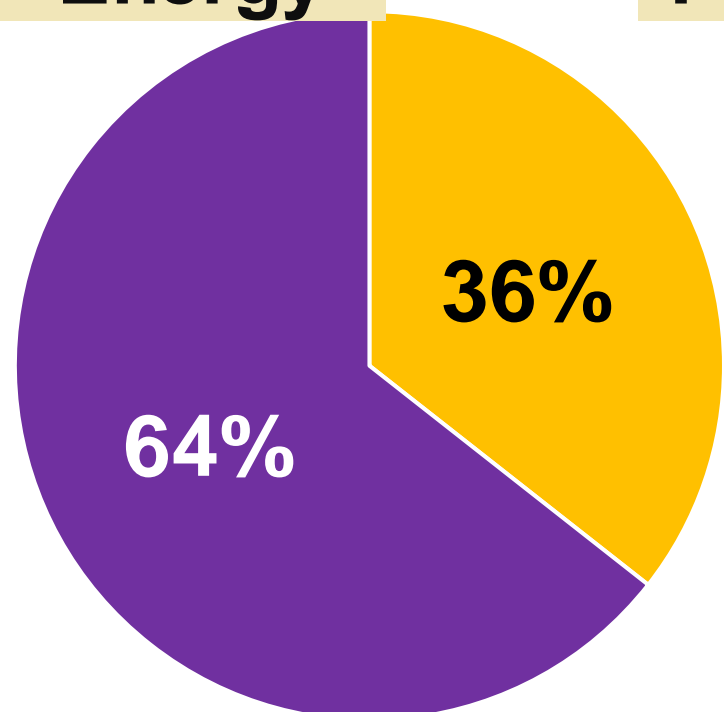
Aim: Determine baseline nutritional adequacy in the sample.

Methods:

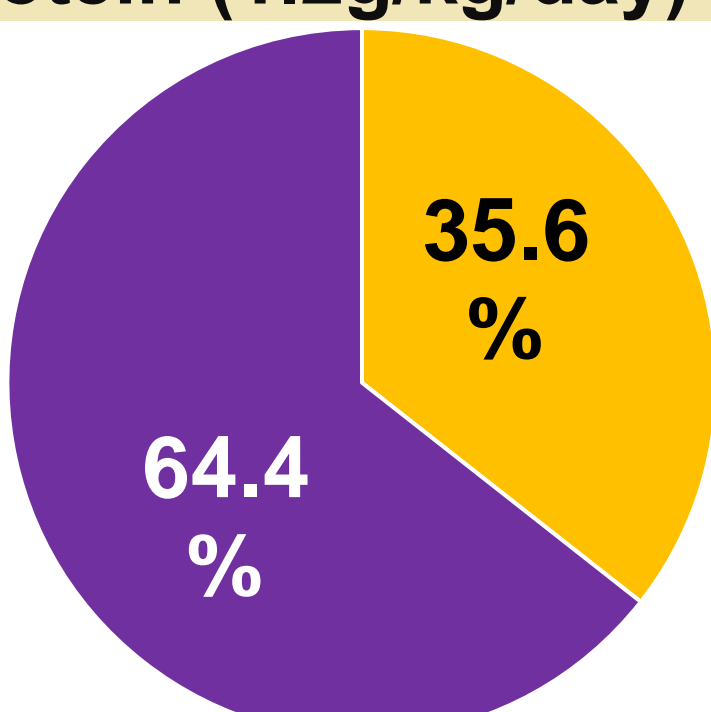
- 4-day food logs-entered into Nutritics.
- Nutritional adequacy determined by comparing sex- and age-specific UK DRVs
- Protein also compared to higher recommended DRV for older adults.

5. Results

Energy



Protein (1.2g/kg/day)



Micronutrient intake

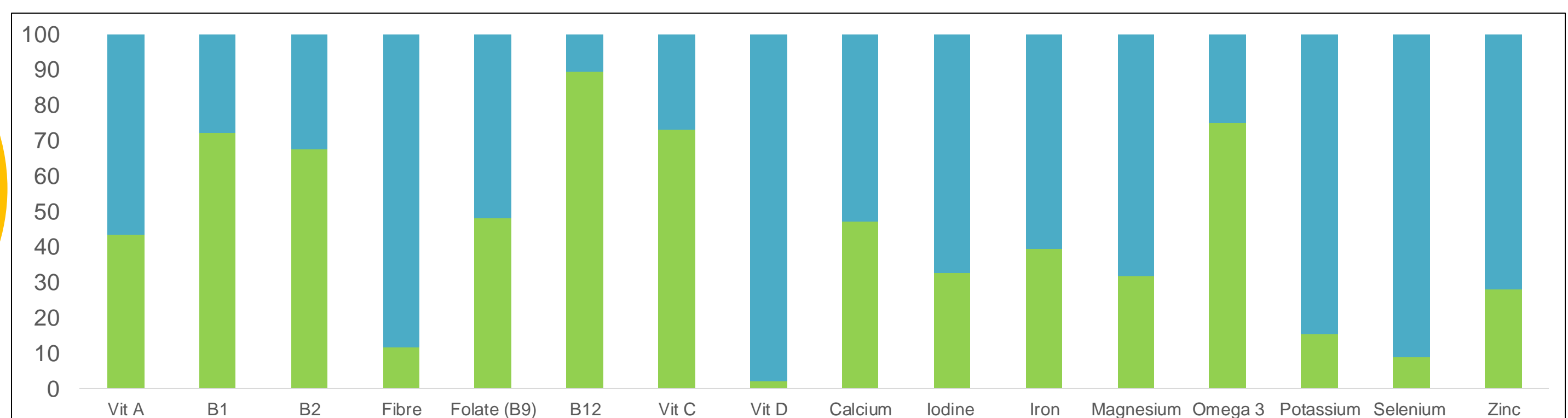


Figure 3: Percentage of sample meeting (green) and not meeting (blue) the recommended intake for each nutrient

Figure 2: Percentage of sample meeting (orange) and not meeting (purple) 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



Let's link up!



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