



Newsletter PEN-3S

A PUBLIC INFORMATION SESSION REGARDING THE PEN-3S PROJECT WAS HELD ON JUNE 16TH

The PEN-3S project takes off in June 2015 with a public information session held at University of Lisbon Faculty of Medicine.

The speakers included **Professor Miguel Castanho**, the Faculty's vice-principal, and **Professor Fátima Reis**, representing the Faculty's Environmental Health Institute.

Professor João Gorjão Clara, the PEN-3S project's Principal Investigator, gave a presentation about the evolution of the concept of elderly person throughout the time until reaching contemporary society.

The associated project "National Food Survey and Physical Activity (IAN-AF)" was also presented by **Professor Carla Lopes**, the project's main researcher.

The Executive Coordinator of the PEN-3S project, **Nutritionist Teresa Madeira**, explained the project's main goals and methods.

This session aimed also at casting new stakeholders who could contribute to the debate surrounding the project's methods. The experience sharing and the audience's enthusiasm proved their keenness on overcoming challenges and contributing to achievements regarding elderly individuals' nutrition and physical activity habits.



PEN-3S PROJECT RECEIVES INTERNATIONAL CONSULTING

On July 29th PEN-3S project team received international consultant Agneta Yngve.

Agneta Yngve is a Professor at School of Hospitality, Culinary Arts and Meal Science, University of Örebro, Sweden.

She is also an Assistant Professor at Arizona State University. She has published more than 150 articles. She was chief editor of the Public Health Nutrition magazine and acted for 26 years as Head of the Nutrition and Public Health Unit in the Biosciences and Nutrition Department of the Karolinska Institute in Stockholm, Sweden.



After being welcomed and formally introduced to the project team and the IMP the consultant was briefed in detail about the project. Her vast international research experience allowed us to solidify concepts and pose new challenges to the project. From the several discussion topics we would highlight the nursing homes intervention and communication strategies as well as joint scientific writing.

A summary of the meeting between the PEN-3S research team and researchers from the research group Aging, Health and Welfare at Oslo and Akershus University College, Norway the 25th and 26th of august 2015.

By Asta Bye and Astrid Bergland

Initially, we were introduced to the "Faculdade de Medicina da Universidade de Lisboa" as well as to some of the faculty research activities. Afterwards, we presented our main areas of research. These presentations revealed that the research activities and goals of both institutions are quite aligned and the basis for cooperation should therefore be good. Furthermore, it was of great interest to be introduced to the PEN-3S researchers' background, their speciality and their position in PEN-3S study. This interdisciplinary group of researchers (physician, nutritionist, dietician, sociologist and psychologist) is valuable with regard to the different aims of the project. Examples of aims are to characterise the nutritional status of the Portuguese population age more than 64; develop an electronic surveillance system to identify malnutrition; collect data on eating habits and eating difficulties, nutritional status, lifestyle, self-reported general health status, self-reported diseases, functional, emotional and cognitive function, loneliness, food safety as well as demographic and socio-economic characteristics.



This meeting led to interesting discussions about how to develop a feasible electronic nutritional surveillance system in nursing homes and primary care units and which nutritional risk screening tools are the most appropriate to identify malnutrition in elderly people. One important question was about which variables are the most important ones and which ones are absolutely necessary to be able to discover malnutrition. To create a surveillance system, the project will use a systematic literature review and a Delphi expert panel that includes key stakeholders. The results of the Delphi process will promote consensus regarding malnutrition indicators and associated variables to monitor. The project will focus on system implementation strategies at a national level. Criteria for underweight, overweight and obesity were discussed as well as food behavior, behavior change and processes of change.

Another important topic was health literacy, which is an important concept in health promotion. Health literacy describes a range of outcomes of health education and communication activities and might be a key outcome measure of health education. The concept of health literacy identifies distinctions between functional health literacy, interactive health literacy and critical health literacy. Improving health literacy means more than transmitting information, and developing skills to be able to read pamphlets and successfully make appointments. Furthermore, the attendants on the meeting discussed how the results from the project has to be translated into policy and how to be of importance both for decision making and recommendations. We also discussed mutual publications and arrangement for a summer school focusing on nutrition, physical activity, strategies for motivation and behavioral change.

Associate professor Asta Bye and professor Astrid Bergland,
The research group for aging, health and welfare,
Oslo and Akershus University College of Health Sciences, Oslo, Norway.

The first and second pilot studies were carried out in USF Ramada between the 13 and 17 of July and 1 and 11 of September



Pen3s would like to thank USF Ramada for its availability and all its members for the collaboration. The pilot studies were an excellent opportunity to train and develop the interviewers skills as well as the project's processes, questionnaires and software.

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