European Symposium on Healthy Ageing:
The role of Food, Nutrition and Lifestyle
November 29 – 30, 2007
Organization
Austrian Nutrition Society and Institute of Nutritional Sciences,
University of Vienna

Registration
Austrian Nutrition Society (ÖGE)
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Venue
University of Vienna, Universitätszentrum UZA II, Geozentrum, HS 6
Althanstraße 14
1090 Wien

Getting to the venue
PKW: Please mind the short-term parking zone
Parking area: basement garage, WU (with costs)
Public transport: U4 or U6 up to Spittelau or tramway D up to Lichtenwerder Platz
Introduction

European Symposium on Healthy Ageing: The role of Food, Nutrition and Lifestyle (with outcomes of the NutriSenex project)

This year’s annual meeting of the Austrian Nutrition Society, jointly organized with the Institute of Nutritional Sciences of the University of Vienna, emphasizes the role of nutrition and lifestyle in improving the life quality of the elderly, a very vulnerable population group. In our meeting we will also disseminate the main outcomes of the NutriSenex project. This project is funded by the European Commission, with 32 partners from eleven European countries.

Well known European researchers will share their expertise in the topic mentioned above, including facts about the biological process of ageing and behavioural nutrition as well as possibilities and limitations of dietary interventions and physical activity. Furthermore, young researchers will present their newest findings regarding the nutrition quality of elderly.

Appropriate nutrition is vital for maintaining health and enhancing life quality and becomes even more important when we grow older. Nutrition in general is influenced by lifelong eating habits as well as choices of foods. Eating habits result from several factors e.g. culture, income, religion, while the selection of foods we purchase is affected by food availability, personal living arrangements, and others.

Older people are unlikely to change habits formed in childhood but often reduce their eating amounts due to several reasons associated with ageing. So it is no surprise that malnutrition occurs frequently in this population group, particularly with institutionalized elderly. These people who usually do not select foods on their own would benefit the most from intervention programmes such as the development of foods specifically designed for the nutritional needs in this period of life.

Deficient nutrition may prolong recovery from illness, increase costs and number of institutionalized cases, and leads to inferior life quality. The need for adequate nutrition does not depend on age and we would like to address the message to older people that the nutritional quality is essential for their life quality.

Although frail and institutionalized elderly shall benefit the most from the NutriSenex project, its activities are not confined to this sub group. The comprehension of how diet can promote healthy ageing has to be increased and research in this field coordinated globally. This may reduce costs in public health by preventing nutrition related diseases.

Prof. I. Elmadfa

The meeting will be held in English language; we hope the program attract as many guests as possible who are cordially invited to submit abstracts for poster presentations (latest until October 15, 2007).
### Program

**Wednesday, 28th of November 2007**

*Nutri-Senex Steering Committee meeting (at the Department of Nutritional Sciences, UZA II)*

Closed meeting for SC members.

**Thursday, 29th of November 2007**

<table>
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<th>Time</th>
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<tr>
<td>08.30 - 09.00</td>
<td>Registration</td>
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| 09.00 - 09.10 | Opening, welcoming address, introduction to program  
*Ibrahim Elmadfa (Austria)* |
| 09.10 - 09.30 | The Nutri-Senex project: goals, structure and achievements  
*Mathias Kück (Germany), Ibrahim Elmadfa (Austria)* |

#### Getting older, facts about a biological process

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| 09.30 - 10.10 | Body composition and dietary requirements of the elderly  
*Ibrahim Elmadfa (Austria)* |
| 10.10 - 10.40 | Gender specific differences during ageing  
*TBN* |
| 10.40 - 11.30 | Coffee/ Tea break |
| 11.30 - 12.00 | Chemoreception and aging, what happens in the brain  
*Catherine Rouby (France)* |
| 12.00 - 12.30 | Ageing, disability and frailty  
*Eva Topinkova (Czech Republic)* |
| 12.30 - 13.00 | Intestinal micro flora function and elderly  
*Elisabeth Norin (Sweden)* |
| 13.00 - 14.00 | Lunch break |

#### Behavioural aspects food and nutrition in later life

<table>
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| 14.00 - 14.30 | Changes in food preferences during ageing  
*Jaqueline Köhler, Ingrid-Ute Leonhäuser (Germany)* |
| 14.30 - 15.00 | Quality of life, food choice and meal patterns  
*Alfred Hoffmann (Germany)* |
| 15.00 - 15.30 | Sensory design of foods for elderly  
*Gunnar Hall, Karin Wendin (Sweden)* |
| 15.30 - 16.00 | Coffee/ Tea break |
| 16.00 - 16.30 | Food and drug interaction, consequences for the nutrition/ health status  
*Dieter Genser (Austria)* |
| 16.30 - 17.00 | Conferment of the honorary membership of the Austrian Nutrition Society (ANS)  
*Ibrahim Elmadfa (ANS President)* |
Friday, 30th of November 2007

Food, nutrition and health promotion

09.00 - 09.30 Diet and physical activity promotes fitness and well being, also in the elderly?  
Paul Haber (Austria)

09.30 - 10.00 Intervention to counteract micronutrient deficiency  
Stephen Jackson (UK)

10.00 - 10.30 Thank be to body exercise, getting mobile and less dependent  
Karl-Heinz Wagner, Paul Haber, Ibrahim Elmadfa (Austria)

10.30 - 11.00 Coffee/ Tea break

11.00 - 13.00 The quality of nutrition of elderly with different degrees of dependency:
1. Food Frequency Index as a measure of diet quality in non-frail older adults  
Heinz Freisling (Austria)
2. Elderly living in private homes  
Katharina Fritz (Austria)
3. Residents of nursing homes  
TBN
4. Residents of care homes - nutritional status  
Daniela Kulnik (Austria)
5. Residents of care homes - nutritional intervention  
Bärbel Sturtzel (Austria)

13.00 - 14.00 Lunch break

Elisabeth Fabian, Ibrahim Elmadfa (Austria)

14.30 - 15.00 Nutritional problems of the elderly in East and Central Europe  
Peter Stehle (Germany)

15.00 - 16.00 Outcome of the Nutri-Senex project  
WP summary reports (6x10 min, 30 min discussion at the end)  
WP2 “Mapping of current research activities and centres of excellence”  
Ibrahim Elmadfa, Heinz Freisling  
WP3 “Co-ordination of European research activities”  
Gunnar Hall  
WP4 “Analysis of legislation and recommendations for the future”  
TBN  
WP5 “Mapping of product development”  
TBN  
WP6 “Implementation strategies”  
Enrique Gonzalez  
WP7 “Dissemination and technology transfer”  
Imke Matullat

16.00 Closing remarks
Speakers

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Registration form

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Conference fees (please mark with a cross):

<table>
<thead>
<tr>
<th>Type of Participant</th>
<th>Early registration</th>
<th>Late registration</th>
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<tbody>
<tr>
<td>ÖGE / Nutri-Senex members</td>
<td>€ 120</td>
<td>€ 140</td>
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<tr>
<td>Students (members of ÖGE)</td>
<td>€ 30</td>
<td>€ 50</td>
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<tr>
<td>Members (AKE, VEÖ, Verband der Diætologen)*</td>
<td>€ 150</td>
<td>€ 170</td>
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<td>Students (members of AKE, VEÖ, Verband der Diætologen)*</td>
<td>€ 40</td>
<td>€ 60</td>
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<td>I am a member of the</td>
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<td>VEÖ</td>
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<td>Verband der Diætologen</td>
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<tr>
<td>Other participants (e.g. companies)</td>
<td>€ 180</td>
<td>€ 200</td>
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<tr>
<td>Other participants (students)*</td>
<td>€ 60</td>
<td>€ 80</td>
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* Please send us a confirmation!

I transfer the amount of € _____ to the ÖGE-Account No. 1321.063, P.S.K. Bank, Bank Code 60000. stating “JT 2007” as purpose.

Title, First Name and Family Name of the participant

Company / Institut

Address

Postal Code    City

Telephone    Fax

E-mail

Date    Signature

Conditions of Participation and Cancellation:
You will receive a confirmation of attendance and payment along with your registration on the day of the symposium. If payment is transferred after November 22, 2007 we would ask you to prepare your payment document with your registration. Full participation fee will be charged for cancellation after November 15, 2007. It is possible to send a substitute participant instead of cancelling your attendance.