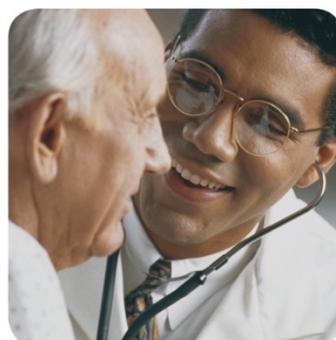


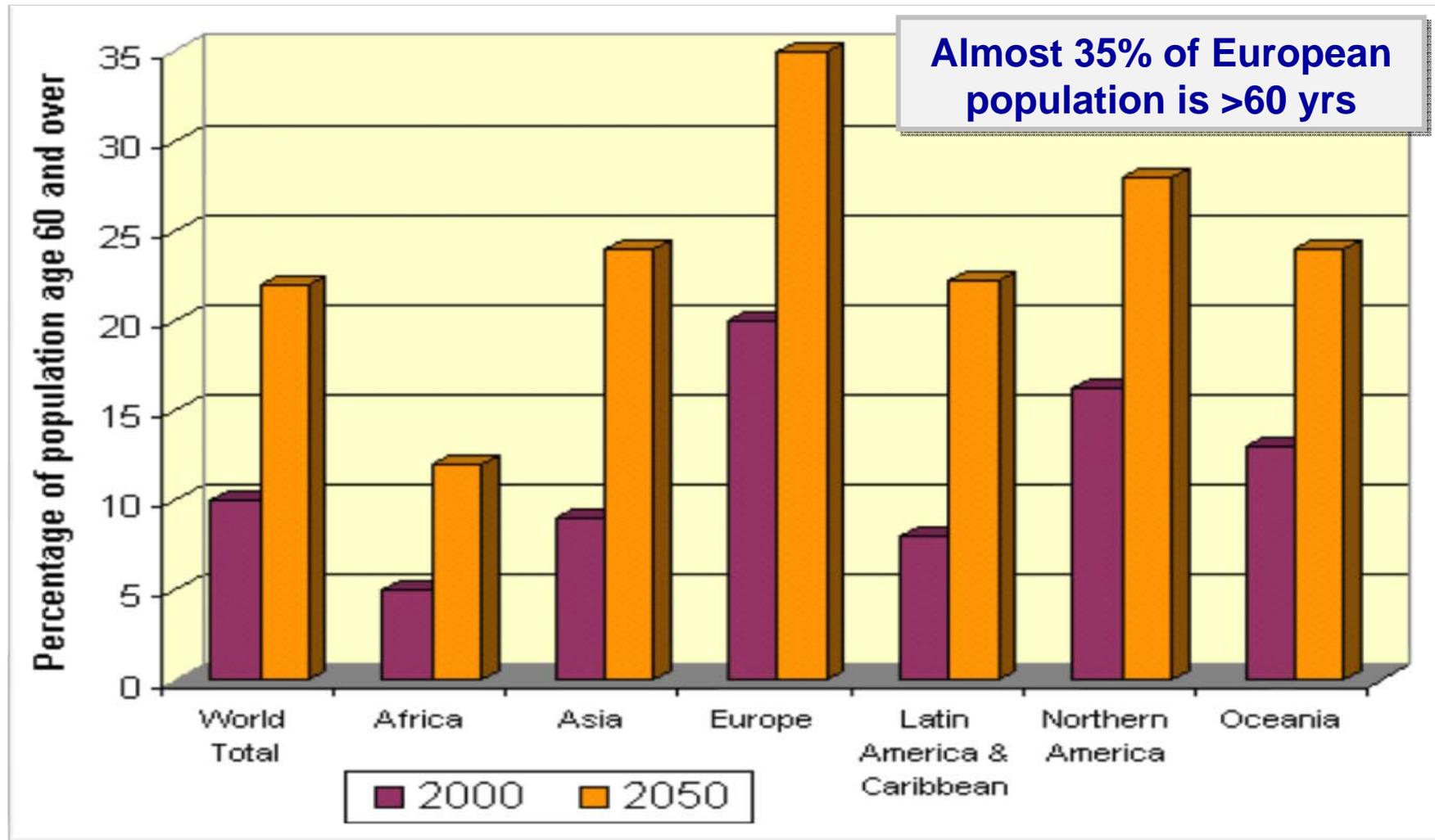
Role of Nutrition in the Context of an Aging Population



Michel Gardet
CEO, Nestlé HealthCare Nutrition
Switzerland

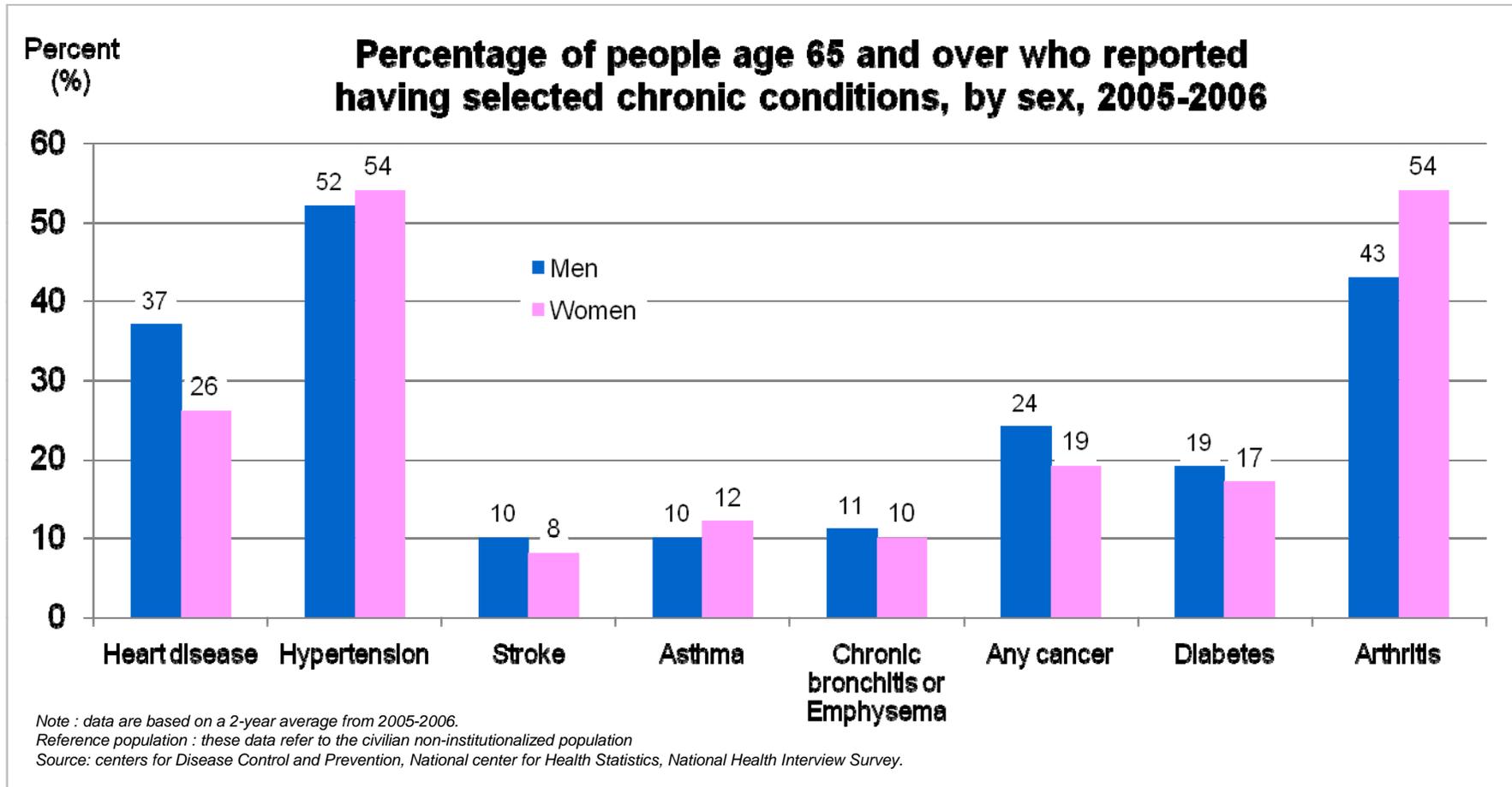
Zurich, 18 January 2010

The Ageing Population by Region



Source: World Population Prospects, The 1998 Revision, Volume II: Sex and Age.
The Population Division, Department of Economic and Social Affairs, United Nations Secretariat

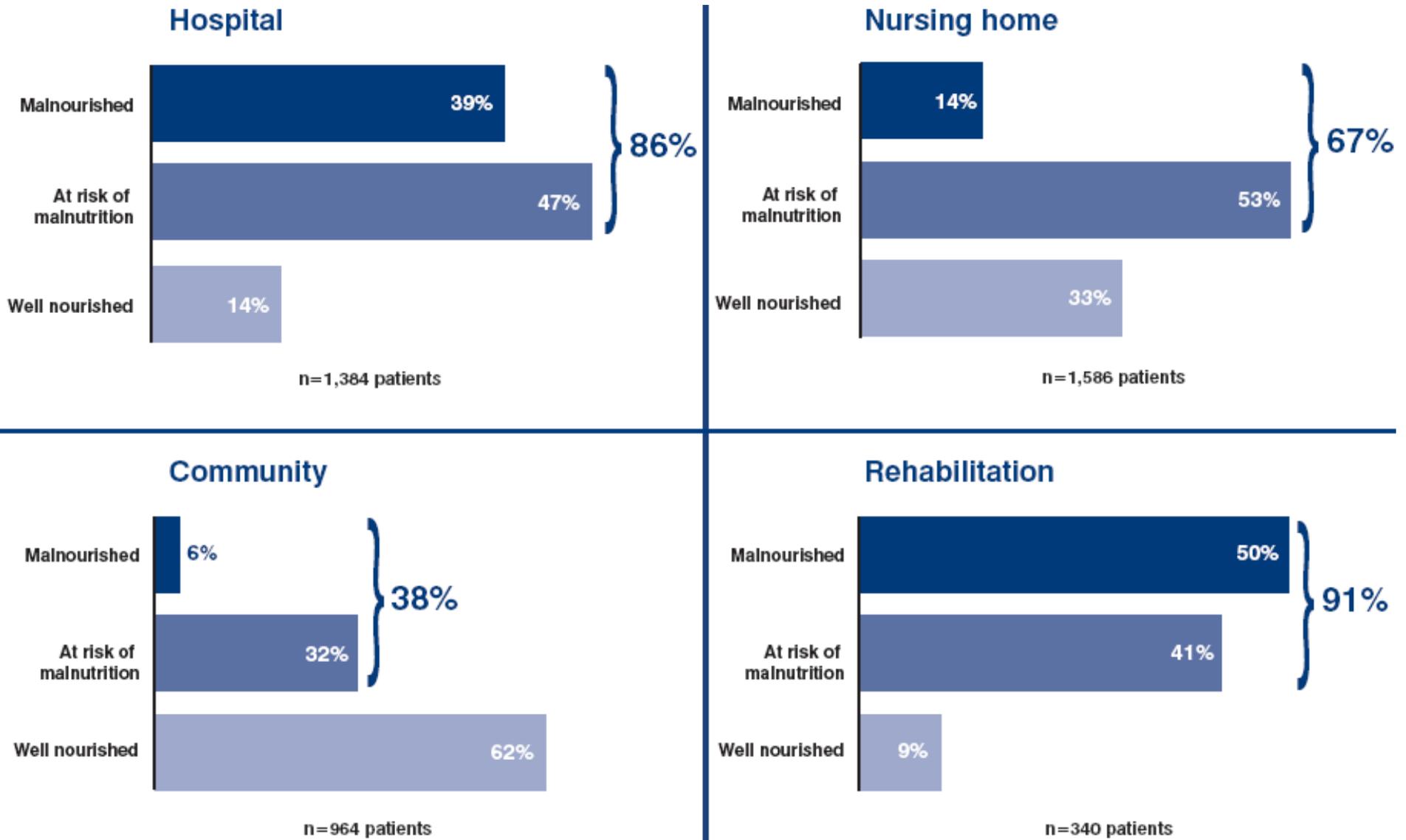
Chronic Disease and Malnutrition



Malnutrition :

- A common consequence of chronic disease
- 38% of community dwelling elderly are at risk of malnutrition or malnourished

Malnutrition in the Elderly



Factors Impacting Nutrition Intake with Aging

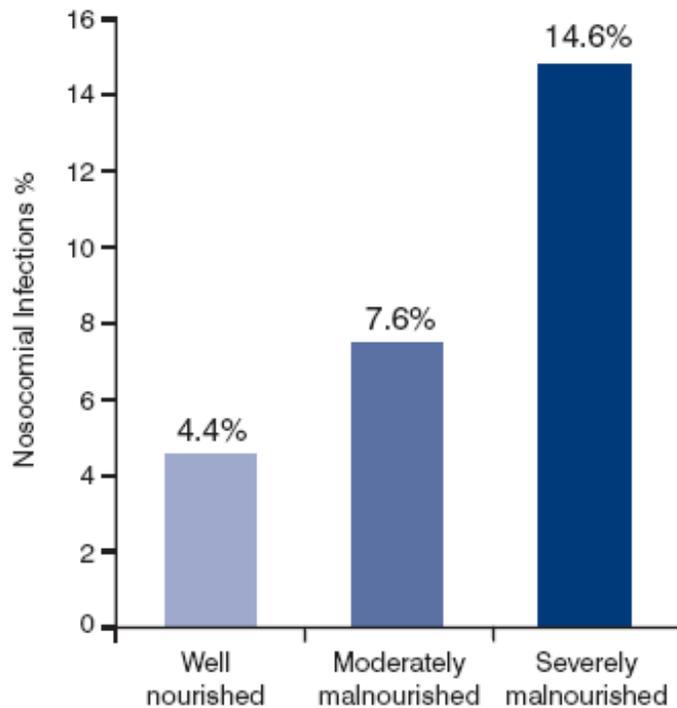


- **Altered taste and smell**
 - Results in decreased appetite
- **Oral health problems (chewing, dry mouth)**
 - Results in poor diet quality; avoidance of protein sources
- **Decreased physical activity and mobility**
 - Decreased appetite thus less food to retrieve needed nutrients
 - Impaired ability to shop, carry groceries, prepare meals
- **Illness / Chronic Disease**
 - Decreased appetite
 - Use of multiple medications
 - Impairs appetite
 - Interfere with nutrient absorption
- **Psychosocial Issues (depression, isolation)**
 - Decreased appetite and stimulation to eat
 - Impaired ability to shop
- **Financial Issues**
 - Fixed income restricts access to high quality foods

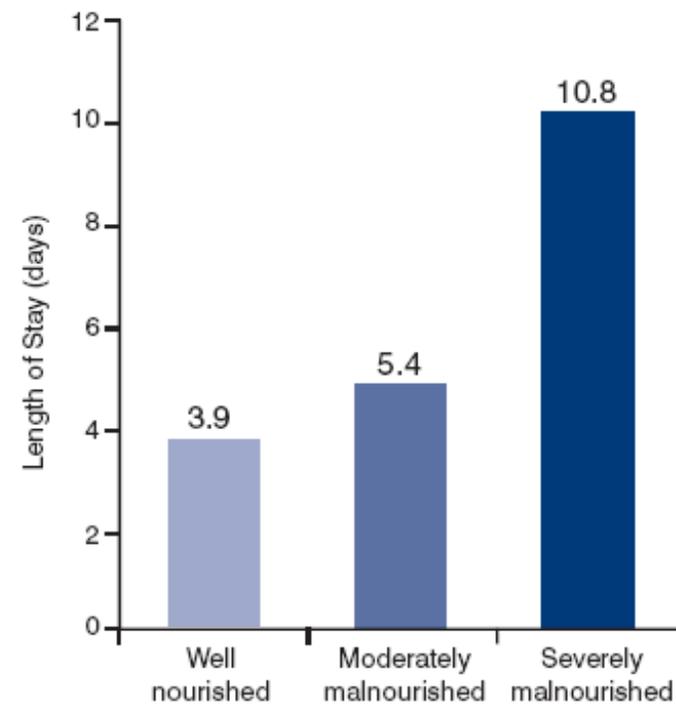
Malnutrition Impacts Outcome



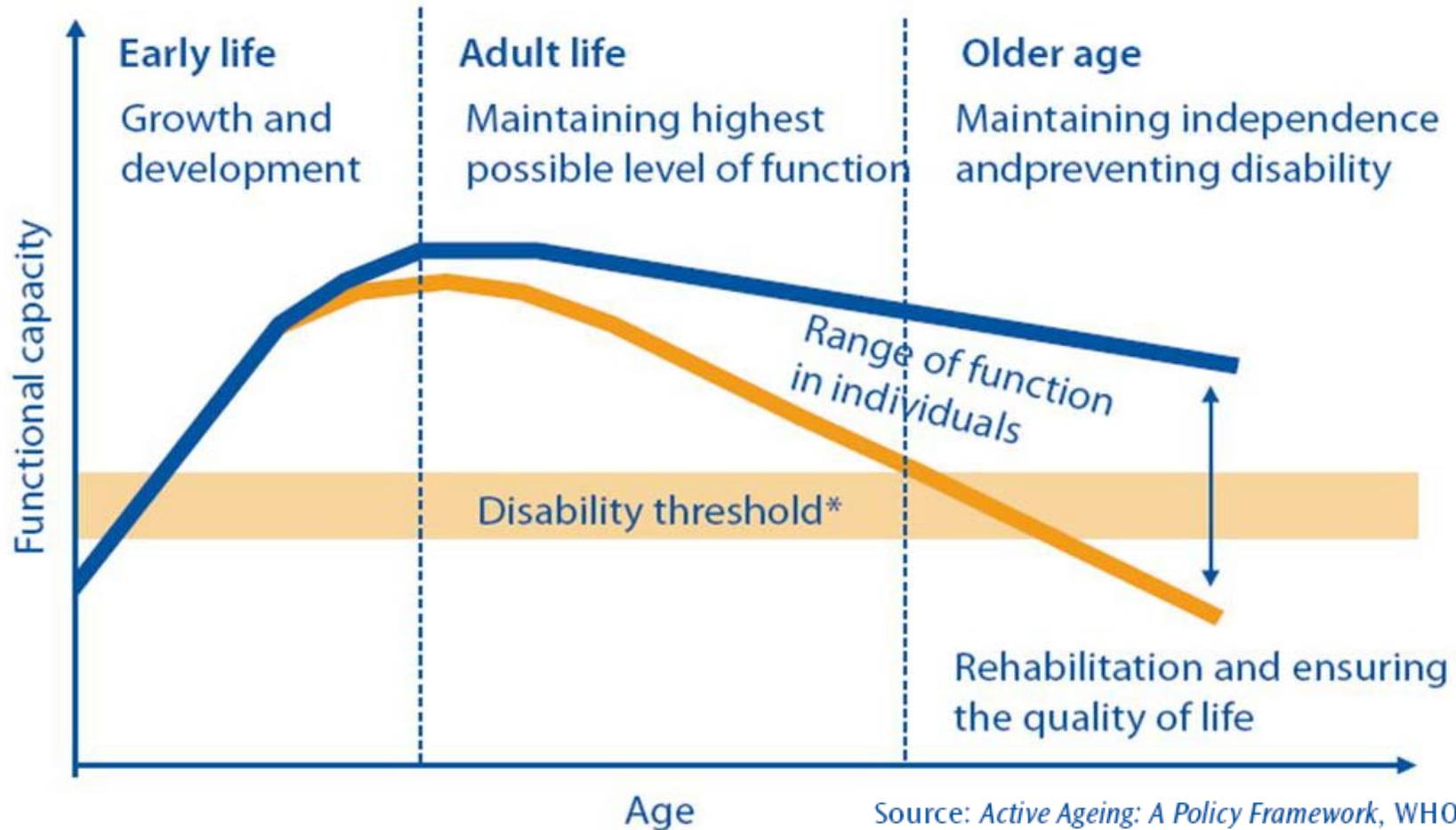
Up to 3 times higher risk of infection²⁰



A longer length of hospital stay¹⁶



Maintaining Functional Capacity Over the Life Course

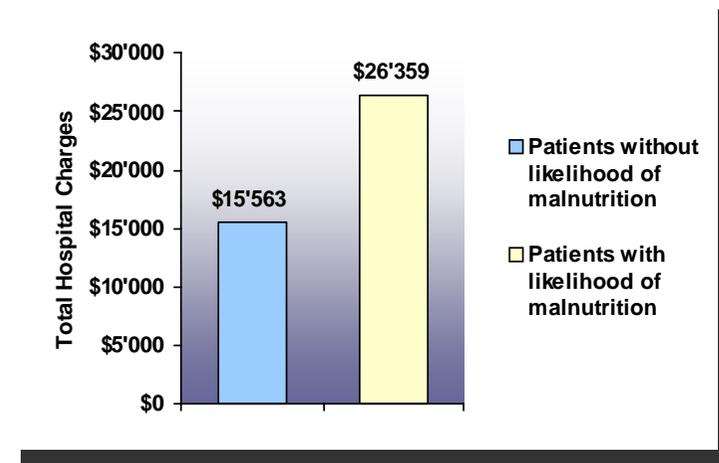


Maintaining functionality & independence
in the elderly population is considered as a #1 priority
to prevent decline & institutionalization

Cost of Malnutrition



- **In Europe**
 - 33 million people are at risk of malnutrition
 - Estimated cost: €170 billion
- **With malnutrition there are higher costs of hospitalisation**



- **Disease related malnutrition costs in the UK are estimated at €15 billion / year**
 - 10% health & social care expenditure
- **Economic costs of obesity & overweight are only about 1/2 of the cost of disease related malnutrition**

“ **Nutritional intervention** holds the promise of mitigating the growing burden of chronic disease and disability and improving the quality of life of the rapidly growing older population. “

Geriatric Nutrition, ed. Morley, Thomas, 2007