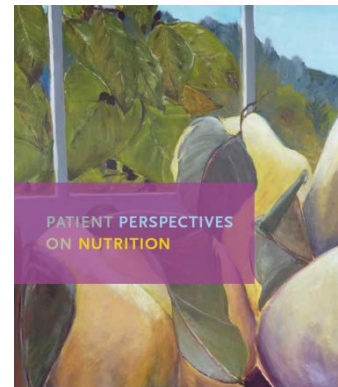


PRESS RELEASE

RELEASE OF FIRST BOOKLET PROVIDING PATIENT PERSPECTIVES ON NUTRITION

Dublin, 24 May 2013 - *Patient groups and international nutrition experts across Europe pooled their knowledge together to produce the [booklet "Patient perspectives on nutrition"](#). This document explores nutrition from a relatively new angle: it demonstrates that nutrition has a key role to play in the management of diseases, to improve health outcomes and quality of life of patients.*

Policy makers, patient groups, educators and healthcare professionals increasingly encourage healthy diets and lifestyles. However, the important role that nutrition plays in both health and disease management is less well-known.



There is growing recognition of the impact that malnutrition is having on healthcare systems. This is due to poor identification of nutritional risk in patients and because of a lack of inclusion of nutritional care plans when it comes to disease management.

Patient experts and nutritional scientists contributed to this booklet published at the initiative of European Genetic Alliances Network (EGAN), the European Patients' Forum (EPF) and the European Health and Nutrition Alliance (EHNA). The first part of the book explains the connection between nutrition and health. It also provides an overview of medical nutrition options for when normal food intake is impaired or impossible, and raises the potential impact that nutrition can have on patient outcomes.

This scientific expertise is combined with the realities on the ground with the insights of patients in the second part of the booklet. They acquire specific knowledge on food and nutrition through their experience of maintaining their health and managing a condition. Various patients groups from numerous disease areas explain what impact their diseases have on their nutritional needs, and provide recommendations stemming from their expertise as patients.

This booklet contributes to closing the knowledge gap when it comes to nutrition and disease management. The importance of this issue was first brought forward at the first conference on "The relevance of nutrition for EU patient groups", held on 4 July 2012 in Brussels. The recommendations of this meeting on how to achieve effective nutrition care can be found at the end of this booklet.

This booklet sends a powerful message that patients are part of the solution. Joining forces with other stakeholders (i.e. governments, policy makers, healthcare professionals, patients and carers), we can raise awareness of the importance of nutrition and bring forward a more holistic approach to care. This will, in turn, contribute towards better healthcare and quality of life for Europe's patients.

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This publication was presented for the first time in Dublin on 24 May 2013 under the Irish EU Presidency.

Link to the booklet online: [http://www.european-nutrition.org/images/uploads/publications/Patient_perspectives_on_nutrition .pdf](http://www.european-nutrition.org/images/uploads/publications/Patient_perspectives_on_nutrition.pdf)

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The **European Patients' Forum (EPF)** was founded in 2003 to become the collective patients' voice at EU level, manifesting the solidarity, power and unity of the EU patients' movement. EPF currently represents 60 member organisations - which are chronic disease specific patient organisations working at European level, and national coalitions of patients organisations. EPF reflects the voice of an estimated 150 million patients affected by various diseases throughout Europe.

EPF's vision for the future is high quality, patient-centred, equitable healthcare throughout the European Union.

www.eu-patient.eu

The **Patients Network for Medical Research and Health (EGAN)** is an alliance of both National Genetic Alliances and European disease specific patient organisations with a special interest in genetics, genomics and biotechnology. EGAN has started out as the European Alliance of Genetic Support groups (EAGS) in 1992 in Copenhagen. The latest focus areas are nutrition and preconception care.

www.egan.eu

The **European Nutrition for Health Alliance (ENHA)** works with key stakeholders to improve nutritional care across Europe by actively promoting implementation of nutrition risk screening and follow up care across Europe. Research of ENHA demonstrates the impact of malnutrition on both individuals and health and social care systems.

www.europeannutrition.org