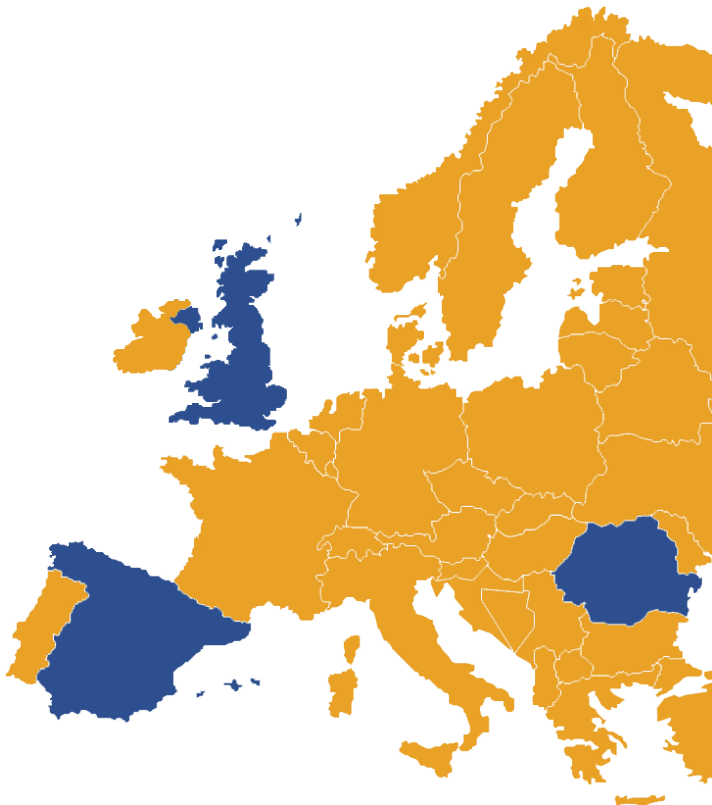# Consortium

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DIET4Elders

Dynamic Nutrition Behaviour
Awareness System for the Elders

http://www.diet4elders.eu

AAL
AMBIENT ASSISTED LIVING

Motivation

DIET4Elders addresses **the problem of older adults malnutrition** caused by their unhealthy self-feeding habits. Recent studies have shown that in Europe more than 15% of the older population is affected by poor nutrition and malnutrition caused by the problems of ageing such as decrease in sensitivity, poor dental health, lack of transportation, physical difficulty, forgetfulness and other issues.

More specifically, the DIET4Elders system **collects data** regarding the older adult's self-feeding activities and the context in which these activities took place followed by **data analysis** with the goal of assessing the older adults' diet and of identifying behavioural patterns that are usually associated with unhealthy eating that may lead to malnutrition. The resulting knowledge, after data analysis, will be made available for end-users by especially developed support services to provide **user-custom experience** and **user-adaptable assisting functionality.**

Goals

DIET4Elders project aims to develop an innovative ICT-based system to provide support services to:

(i) **assist older adults and their informal carers** during daily self-feeding activities and is aimed at detecting and preventing the instauration of malnutrition,

(ii) **help the nutritionists** to establish the degree in which the older adults follow their prescribed diet and to dynamically adjust it and

(iii) **enable the dynamic selection**, based on the prescribed diet, of suitable food service provider and potentially enable automated shopping

Target and impact

The DIET4Elders project will bring **benefits to the elderly community and also to their families** and carers and the doctors that monitor the health of the elderly. The project will develop services that notify the elderly and family/carers about identified unhealthy feeding behaviour and gives guidance on how the current behaviour should be improved. At the same time, **doctors or dieticians will be able to monitor the actual end users** diet and adapt it remotely to the end users current situation and health conditions, providing information about the most appropriate food for their needs.

Also, the **end users will be able to easily obtain the food directly from food companies** by using an online ordering service which offers the end users specifically the food that is recommended for his/her diet.

This will have a significant impact on **improving the older adult's quality of life** by reducing the malnutrition negative effects such as: exacerbation of chronic and acute diseases, speeding up the development of degenerative diseases, delaying recovering from illness, etc.