The New Nestlé Clinical & Performance Nutrition Workshop Series

In 1997, Nestlé created the Nutrition Strategic Business Division (NSBD) in order to centralise and enhance its specific competence in nutrition. Thus, five departments compose this division. Infant and Child Nutrition covers normal and disease-related nutrition for this age group. Clinical Nutrition is responsible for enteral nutrition and supplements in order to prevent and treat malnutrition in specific target groups. Performance Nutrition deals with all aspects of “functional food” for children, selected groups of adults and the senior population. Nestlé Nutrition Communication is responsible for providing updated information on nutritional issues within and outside the Company. Finally, the medical/scientific group co-ordinates world-wide research and development in the field of nutrition, clinical studies and scientific information, among these the Nestlé Nutrition Workshops.

Since the well-established Nestlé Nutrition Workshop Series was, until now, aimed at infant nutrition only, we decided to organise other workshops aimed towards adult nutrition. The first Nestlé Clinical and Performance Nutrition Workshop took place in October 1997 in Lausanne, Switzerland, and we are pleased to present this first book, of a hopefully long-lasting series, covering the subject of malnutrition.

Prevention and treatment of malnutrition is the important goal in clinical nutrition. The early and precise diagnosis of malnutrition is essential in order to initiate nutritional therapy as soon as possible.

Only during the acute phase of disease are patients kept in hospital, where experts in the field of diagnosis and treatment of malnutrition are available. During the rehabilitation phase, malnourished elderly patients are often treated at home or in nursing homes, where the quality of nutritional support depends on
the knowledge of the attending physician or dietician. In elderly persons “without overt disease”, low-degree malnutrition is often overlooked and no therapy is offered.

The interactions between malnutrition of the elderly, on the one hand, and altered immunity, increased morbidity and mortality, on the other hand, are well documented. The “Mini Nutritional Assessment” procedure (see Appendix) is a diagnostic tool which can be easily handled by general practitioners, dieticians and nursing personnel. It is not time-consuming and does not require sophisticated equipment to perform.

Therefore, its broad application could assist in the prevention and early treatment of malnutrition and, thus, allow elderly people to benefit from improved health enabling them to take full advantage of their “best years”.

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