**Conference
Eating, welbeing & nutrition
in ageing societies**Nordic & Chinese perspectives
Shanghai. Nordic centre
Fudan University, April 16, 2018

9:00 – 16:00

*Organised by*
Aalborg University, University of Eastern Finland,
Fudan University, Innovation Centre Denmark & Nordic Centre at Fudan

Human life expectancy has increased dramatically over the past centuries. Today we can expect to live nearly 50 years more than in the 18the century. Better public health, better food safety, food security and diet are some of the main causes for the populations are living longer and this is in particular in developed countries a challenge. Both for families and for the health care system. This conference addresses this challenge and present different approaches from China and the Nordic countries. It builds on the long lasting cooperation between the 2 regions within food and nutritional care in the framework of [Food4Growth](http://www.capfoods.aau.dk/hospital/food4growth/). It gives forecasts of the nature of the challenge and its present different solutions that can address the challenge. And it presents outlines of solutions that we have identified to be the most challenging ones. The conference takes a closer look at the Nordic approach in relation to how eating, nutrition and food service can be dealt with in ageing societies in order to secure safe, nutritious, healthy and liveable eating solutions. It presents some of the promising results from the last decades of R&D in Denmark and China

**MORNING SESSION. 9:00 – 12:45**

**Official opening and welcome address**. Mr Martin Bech Innovation Centre Denmark, Shanghai & Magnus Jorem, Nordic Centre at Fudan

**Ageing care in China – state of the play in the context of food and eating.** Representative for Shanghai local government or similar

**Nutritional care of the hospitalized elderly in China in the context of food and eating.** Representative for Shanghai local government or similar

Nutritional care and support – what are the problems

**Malnutrition in the elderly – what do we know.** Professor Jianqin Sun, Huadong Hospital at Fudan University.

**Why is it important to monitor intake among hospital patients?** Case of Zhongshan Hospital, Gengsheng He, Professor, Fudan University.

The Nordic perspective

**Multi-stakeholder governance of the food & eating challenge – experiences from the Danish platform against under nutrition**. Susanne Kofoed, tbc, The Danish alliance against undernutrition among the elderly

**How digital welfare support technologies can remedy undernutrition – case insights from DIMS and NutriDia programs**, Bent Egberg Mikkelsen, Dept of Learning & Philosophy, professor Aalborg University

**Human resources for nutritional support – the region North experience in the field of nursing**. The physical surroundings, assistant feeding, aspects and dilemmas. Pernille Kronriis, B.Sc. Nutrition and Health, SOSU North, Aalborg

**Facilitating learning and change in health care institutions.** Professor Kristian Larsen, Aalborg University

Chinese perspectives

**Living and eating in dementia care – insights from China.** Anne Birte Bach, Director of internal training, Jiayi Senior Care.

**Assisted and independent senior living in China – how to handle food and eating**. Ulla Lindegaard Hjorth, Yiheyuan Nursing & Senior home

**Lunch at Fudan University Faculty Club
hosted by Innovation Centre Denmark. 12:45 – 13:45**

**AFTERNOON SESSION. LIVING AND EATING. WORLD CAFÉ FORMAT. 13:45 – 16:00**

Visit the 5 concurrent groups break out stations and get more insight and a face2face talk with the moderator at each booth. Take a look the posters and hear some thoughts on what the Nordic model can offer within the different themes. We will take notes on the discussions and provide a summary in the plenary session.

**Break out station 1*: Digital Welfare technology for dietary assessment & monitoring.*** Bent Egberg Mikkelsen. Dept. of Learning & Philosophy, Aalborg University

**Break out station 2**: ***Sensory stimulation in the field of nutrition & eating***. Pernille Kronriis, SOSU Nord

**Break out station 3:** ***The use of welfare technology in the field of nutrition & eating***. Bent Fuglsbjerg, Head of Department, SOSU North

**Break out station 4**: ***Managing change and learning in professional settings in health care***, Kristian Larsen, Professor, Dept of Learning & Philosophy, Aalborg University

**Break out station 5:** ***Governance strategies for better nutrition.***Partnerships for fighting malnutrition in the elderly – lessons learnt from Denmark, Susanne Kofoed, tbc

Plenary session. Conclusion, next steps and wrap up. Professor Bent Egberg Mikkelsen, Professor Jianqin Sun and Professor Gengsheng He

Closure