

## EDITORIAL

The current number of *Alimentação Humana* is entirely dedicated to the PRONUTRISENIOR project presenting its rationale and methodological approaches as well as the abstracts of the free communications submitted to the project's final congress held in Gaia, on the 20<sup>th</sup> and 21<sup>st</sup> October 2016.

PRONUTRISENIOR is a holistic approach designed as a magnifying lens to investigate in great detail a community of older adults in northern Portugal. The nutritional status, health and wellbeing of free living older adults (that is, non-institutionalized) were at the core of the project which focused on the empowerment of professionals (health, caregivers and other geriatric staff) to better serve the older adults' needs and wants.

The project took place at the Family Health Unit (FHU) *Nova Via*, a primary care health center in Vila Nova de Gaia included in the *ACES Espinbo-Gaia* (Porto Metropolitan Area). This geographical area includes a heterogeneous population of older adults living in rural, semi-urban, urban, coastal and inland environments, with different educational levels and socioeconomic status. Considering that the proportion and characteristics of older adults inhabitants in the three parishes served by this primary care health center mirrors the one in the North region and in mainland Portugal, it is likely that PRONUTRISENIOR'S outcomes may be extended to other regions and to the general Portuguese older adults.

A geographic information system was developed and fed with data regarding cartography (namely biogeophysical support, road network, demographic and socio-economic features) and information on the older adults, food and meal providers, support structures, and care provider sites. This system was used to identify and georeference older adults at nutritional risk, and to develop social economic and environmental vulnerability maps based on the referred characteristics and, in particular, distance/cost/time estimates to healthy eating providers. Data regarding social institutions allowed the identification of the respective food services' characteristics, needs and potentialities, aiming to improve the ability to provide nutritionally adequate meals in social canteens, namely to socioeconomically vulnerable groups. The aim of training health and geriatric professionals was directly linked to their empowerment to improve the nutritional status and health of the older adults;

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This issue is complemented by the free communications abstracts, which cover topics clinically oriented as nutritional status of hospitalized elderly, determinants of femoral fractures and others with public health impact as the first anthropometric references (weight, height, BMI, waist circumference and waist/height ratio) for the Portuguese older adults or also on quality of life and social representations of active ageing.

The editorial team