ESPEN Malnutrition Awareness Week

Working together against Disease-Related Malnutrition

The ESPEN Malnutrition Awareness Week (MAW) is an annual international campaign dedicated to raising global awareness about disease-related malnutrition (DRM), and its profound impact on patient's wellbeing and public health.

From 6-10th of November, we unite communities worldwide to raise awareness about DRM, educate healthcare professionals from all disciplines to enhance early detection, intervention, and comprehensive care for individuals affected by DRM, monitor quality of nutritional care in healthcare institutions, and advocate for transformative action against this global health challenge.
Understanding Malnutrition

Disease-related malnutrition (DRM), a prevalent and often overlooked issue, occurs when individuals suffer from *inadequate nutrition due to underlying health conditions*. Whether it is chronic diseases, infections, or acute illnesses, *malnutrition worsens outcomes and hampers recovery*.

**From ESPEN fact sheet on DRM**
MAW Calendar 2023

NOV 6
Nutrition and Cancer: it is time to act
Webinar in collaboration with ECO (European Cancer Organization)
3 pm CEST REGISTER HERE

NOV 7
Patients, disease and nutrition
Patients’ experience and the role of nutrition in disease and recovery

NOV 8
Optimizing nutrition in renal patients: the challenge of complexity
Webinar in collaboration with ERA (European Renal Association)
3 pm CEST REGISTER HERE

NOV 9
nutritionDay worldwide
The international audit on nutritional care in Hospital, Primary Care, ICU and Nursing Homes.

NOV 10
ESPEN Action Plan on malnutrition: new policy brief and educational initiatives
A policy brief on malnutrition to open political discussions and tools to bridge missing gaps in nutrition education in medical schools

All info at www.espen.org/education/malnutrition-awareness-week
MAW activities and events

Educational Events
Join MAW educational events, workshops, and informative webinars, all designed to explore the complexities of DRM at multiple levels. During this week, we will involve clinical nutrition experts, patients and policy makers to share experiences, evidence-based insights, best practices, and cutting-edge research on DRM and its management.

Webinars on Nutrition and Diseases
This year ESPEN in collaboration with ECO (European Cancer Organization) and ERA (the European Renal Association) will present two webinars on clinical nutrition in patients with cancer or renal diseases. Register for the webinar to gain a deeper understanding of how nutritional interventions can positively influence patient outcomes and enhance overall health and well-being.

Patients' perspective
Patients' experience in the role of nutrition in disease offers crucial insights in the management of DRM. Patients' feedback and engagement play a crucial role in fostering patient-centered care and creating more effective and supportive nutritional interventions for those affected by DRM.

Advancing Nutrition-Focused Policies
In collaboration with policymakers, we strive to drive change at a systemic level. Join our policy session to explore ways to integrate nutrition-focused policies into healthcare systems; we will discuss how collaboration between clinical nutrition experts and policymakers can lead to lasting change in addressing malnutrition.
MAW Social Media Campaign

Share your MAW
Harness the power of social media by participating in our #ESPENMAW23 campaign. Share stories of your MAW in your country or institution, highlight successful interventions, and raise awareness of the importance of proper attentioning nutrition in the healing process. Together, our voices can amplify the urgency of this cause.

Spread the Word
Help us spread the message of the Malnutrition Awareness Week by sharing this brochure with your network. Invite friends, colleagues, and family to join the campaign and be part of the change. Your involvement matters, whether you’re a healthcare professional, policymaker, community advocate, or concerned individual. Every action counts, and together, we can advocate for lasting change.

Get involved
Visit ESPEN website to explore the full schedule of MAW events and find out how to actively participate in the Malnutrition Awareness Week. By fostering awareness and promoting best practices, MAW strives to empower communities to combat malnutrition and work towards healthier communities.

Together, we can build healthier future for our patients and for our communities.
Worldwide Participation

All national PEN Societies part of ESPEN are invited to join the Malnutrition Awareness Week. Each Nation organizes educational activities in that week to promote the MAW campaign at its best and at all levels.
An ESPEN commitment

Words from the ESPEN Executive Committee

After the success of last year MAW, we want to reinforce our commitment in generating, during this week, more awareness on disease related malnutrition (DRM) at all levels.

To this aim, we are committed to work closely with each interested PEN Society and enhance collaboration across the ESPEN community to ensure more equitable and earlier access for all patients to optimal nutritional care.

Our intent is to create an international network to raise attention of politicians and media about the burden of malnutrition in disease and the urgent need to act now.

On this regard a MAW media press kit is made available for everyone to directly inform local media and politicians on the purpose of this international campaign and on the heavy burden of malnutrition.

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