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**The role of nutrition in reducing age-related comorbidity**

Europe is facing an ageing population. Life expectancy is at its highest and many European populations are experiencing major demographic changes and transition towards a much older population structure. However, despite living longer, many people suffer comorbidity and disability in the last 15 to 20 years of life. Nutrition has an important role to play in ageing, and nutrient deficiency is associated with a number of age-related diseases and conditions. For example, deficiency in protein, vitamin D and calcium is associated with sarcopenia and osteoporosis, as well as increased risk of falls and fracture. The recent JRC report reviewed the evidence of increasing nutritional status through supplementation and food-based approach in risk reduction of age-related diseases, based on results from Cochrane reviews and recent systematic reviews and meta-analyses. As it stands, the better approach to maximise the intake of essential vitamins and minerals in older people is from natural food sources. Indeed, evidence on the Mediterranean Diet as a whole diet approach to promote health, increase longevity and reduce the risks of various age-related diseases supports this in a number of observational studies.