

SONETTO

Sarcopenic Obesity prevention by Nutrition, Exercise and Technology To prevent Overreliance on secondary care

ABSTRACT

This proposal addresses the urgent need to improve prevention, early diagnosis and treatment of obesity, sarcopenia and sarcopenic obesity (SO) in primary healthcare by empowering patients through self-management. These conditions, often overlooked until they require secondary care, contribute significantly to chronic illnesses, such as type 2 diabetes, cardiovascular disease, cancer, osteoarthritis, falls and physical disability. By prioritising prevention and early intervention, and shifting care closer to home via eHealth and blended care, the project aims to empower healthcare professionals (HCPs) to deliver better care while reducing the burden on secondary care. The approach focuses on HCPs and older adults around retirement age, who are involved throughout the whole project. We aim to transform the healthcare system from within by shifting HCPs' attitudes toward recognising the health risks of obesity and sarcopenia. This includes promoting early assessment, monitoring and diagnosis, as well as initiating interventions at any stage of their development or related disease progression. Using the Sarcopenic Obesity Phenotype Index, any HCP in primary care would be able to integrate these practices into routine care. Achieving this requires a multidisciplinary approach, the integration of technological solutions, and the development of awareness and competency in eHealth. We will create country- and culture-specific training programs for HCPs and implement a blended care model in primary care. This combines the empathy and personal attention of face-to-face guidance with the accessibility and effectiveness of online tools, empowering patients through self-management and adherence to dietary and exercise recommendations at home. By prioritising patient needs and leveraging innovative strategies, this project aims to transform primary healthcare, improve health outcomes for older adults and contribute to a more sustainable and equitable healthcare system.

KEYWORDS

- Blended care
- eHealth
- Sarcopenia
- Obesity
- Prevention
- Healthcare professional

DURATION

36 months

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