

Development of nutritional strategies aiming to adopt healthy and sustainable eating models in hospital food service.

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State-of-Art

Reducing food waste is one of the most important challenges of this century, in hospital food can account for up to 50% of the total waste generated on a ward (Williams et al. 2011, Manimaran et al. 2023). It is a problem influencing not only the sustainability of healthcare, but also nutrition status of the patient and clinical outcomes (Rininella et al. 2023). There are many reasons for food waste in hospitals some related to the nature of the patient population and some to the food service system(Williams et al. 2011). Questionnaires have been the standard method for evaluating satisfaction with food service systems. However, questionnaires often lack information specific enough to be acted (Dall'Oglio et al. 2015). The selection of food depends on the interplay of its intrinsic and extrinsic characteristics with person-related dimensions that are biological, physiological, psychological, and socio-cultural. Furthermore, food choice is subject to changes, varying from situation to situation (Monteleone et al. 2017).

PhD Thesis Objectives and Milestones

The aim of PhD thesis is to identify and better understand the factors responsible of food waste and malnutrition. The reasons for not eating will be investigated by collecting information on socio-demographic and socio-economic, anthropometric and physical health, food preferences and eating behaviours, food-related lifestyles and attitudes, psychological and personality traits.

Table 1 Gantt diagram for this PhD thesis project.

Activity	Months	1	2	3	4	5	6	7	8	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
A1) Development of protocols and questionnaires		█																							
A2) Period at local health agency			█	█	█	█	█	█																	
1) Quantification food waste			█	█																					
2) Evaluation patient food choice					█	█																			
A3) Development eating models and education strategies									█	█	█	█	█	█	█										
A4) Period abroad																█	█	█	█	█	█	█	█	█	█
A5) Thesis and Paper Preparation		█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█

- A1) Development of protocols and questionnaires to collect data in hospital.
A2) To quantify the amount of food waste in the different wards and to assess the eating habits of the patients.
A3) Data analysis to understand the extent of the problem, the reasons for not eating and to develop possible solutions.
A4) Period abroad.
A5) Writing and editing of the PhD thesis, scientific papers, oral and/or poster communications.

Selected References

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