

CHOKO-AGE European Project

Kick-off event agenda

July 9th, 2021

CHOKO-AGE is a scientific EU-funded project that aims to investigate the combined effect of new nutritional solutions and physical exercise on protein-energy malnutrition and the metabolic decline of muscle tissue in the elderly.

10.00 - 10.15 | Introduction

- Opening and welcome speech by Prof. [Francesco Galli](#)
- Welcome by the JPI HDHL (PREVNUT Call) board by Dr. [Gay Sophie](#)
- Display of the kick-off video

10.15 - 10.50 | Project's activities

- University of Verona: Aging, muscle pathophysiology and physical exercise (the CHOKO-AGE clinical trial) by Prof. [Massimo Venturelli](#)
- Molde University College: Aging and physical exercise methods by Prof. [Eivind Wang](#)
- University of Liverpool: Muscle pathophysiology in aging (proteomics and molecular studies) by Prof. [Malcolm Jackson](#)
- University of Valencia: Biomarkers of Aging and Physical Exercise by Prof. [Jose Viña](#)
- University of Perugia: Aging and Nutrition by Prof. [Francesco Galli](#)
- Nestlé Group - Perugia (Food devel. - Vitamin E-enriched chocolate) by Dr. [Manuela Kron](#)
- Molecular Horizon Srl (Omics and data management strategy) by Dr. [Sara Tortorella](#)

10.50 - 11.00 | Communication, dissemination & data management

- Data management strategy: pres. of the tools that will be used by Dr. [Marta Piroddi](#)
- Communication and dissemination strategy: pres. of the tools that will be used by Dr. [Giovanni Rende](#)

11.00 - 11.10 | Concluding remarks

- Concluding remarks by Prof. [Francesco Galli](#)

The event will be streamed on the YouTube channel of the University of Perugia:
<https://www.youtube.com/channel/UCG1u3O5byoWAdFP773sRHBQ>

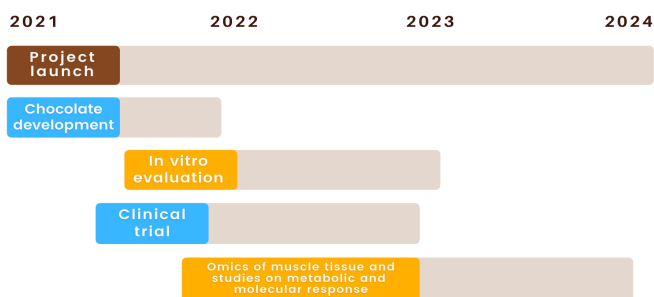


CHOKO-AGE

Combining vitamin E-functionalized CHOcolate with physical exercise to reduce the risk Of protein-energy malnutrition in pre-dementia AGEd people

The elderly are naturally vulnerable to muscle wasting due to lowered efficacy of metabolic processes and undernutrition. This may lead to reduced muscle function and general decline in the quality of life.

Choko-age is a scientific project funded by the Joint Programming Initiative (JPI) call PREVNUT through the ERA-HDHL cofund of the H2020 European programme. The call aims to tackle the age-dependent malnutrition and the metabolic decline of muscle tissue through combining the health-promoting effects of nutrition and physical exercise. A novel type of chocolate superfood rich in polyphenols, will be developed in the world-famous Perugina chocolate factory, introducing the functional ingredient with anti-aging properties vitamin E. The effects on malnutrition of this innovative food product will be investigated in elderly volunteers during a 6-month intervention trial. The nutritional intervention will be combined with a high-intensity-interval physical exercise program. Study endpoints will include muscle mass and indices of metabolic and nutritional response to the treatment. The “big data” produced during the study will then be processed with advanced bioinformatics tools by the technology partner Molecular Horizon, in order to verify the efficacy of the treatment and to define the final model of nutritional intervention and physical exercise.



The project will be implemented by a consortium of five institutional scientific partners (the Universities of Perugia, Verona, Liverpool, the Molde University College, and INCLIVA Aging and Physical Exercise Research group of Valencia) and two private partners (Perugina, Nestlè Italiana SpA and Molecular Horizon Srl).

Research activities and all of the other tasks in this 3-year project started in April 2021, and have been funded with a budget of €1,068,632. During the project, various environments (e.g. retirement houses, schools, associations of patients, scientific institutions, etc.) will be engaged in communication and dissemination activities to make them aware of the importance of preventing age-associated malnutrition throughout all stages of life.