

students (3%) and food professionals (24%) from more than 50 countries worldwide.

Study Design and Methods The aim was to conduct an analytical surveys, questionnaires and multiple global, inclusive dialogues across the culinary and food sector, the reports of which were submitted to the UN FS Summit 2021. The survey was translated into several languages, The preliminary results were published in June 2021 as part of the preparations for the 2021 UN Food Systems Pre-Summit Event.²

Results 38% of asked would choose ingredients for menus with the lowest impact on the environment. 31,8% use different plants, grains, and proteins to champion 'wild' variants and avoid monoculture and 27% use a purchasing power to choose only fish and seafood that is abundant and sourced sustainably. Only 13% support more farmers to access market-places through choosing to buy from small-scale producers. Using training to chefs, students was chosen by 15.8% of the respondents. Setting targets to reduce and prevent food waste was a priority of 26,9% of the asked. Being more creative through pickling, preserving, dehydrating, and freezing was a current and ongoing commitment by 11% of the survey participants. 11% would like to become a community food champion and re-distribute surplus food through community (digital) sharing. More than 24% of chefs were committed to promote kitchen gardens and urban farming. Incorporating plant-based options and proteins on menus was a priority by 41,2% of the surveyed. Finally, promoting new ideas and implemented actions through educating dinners, community and online events, annual conferences and would be welcomed by 38% of all participants.³

Conclusion The survey resulted in 8 practical actions that were deemed the most likely to accelerate food systems transformation. According to the last follow-up of dialogues and interviews having been conducted since June 2021, more than 82% of respondents confirmed their commitments and already implemented actions.

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NUTRITION AND WEIGHT RELATED ISSUES IN IRISH CANCER SURVIVORS INDICATE A NEED FOR PROVISION OF NUTRITION ADVICE AND INTERVENTION FROM CREDIBLE SOURCES

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Background In Ireland, continuing increases in cancer survivorship rates have placed cancer survivorship care to the forefront in terms of strategic planning and service requirements.¹ Nutrition is an important component of the cancer care continuum,² however despite this those with cancer report poor access to credible nutrition advice.³

Aims The aim of this research was to investigate 1) current nutritional issues; 2) proportion receiving nutrition advice

from a dietitian and 3) additional sources of nutrition advice.

Methods This cross-sectional study recruited Irish cancer survivors over the age of 18, who were not palliative and had completed active cancer treatment at least six months ago. A questionnaire on Microsoft Forms consisting of open and closed demographic, clinical and nutritional questions was developed and recruitment took place via social media platforms between October and December 2020.

Results Participants (n=169) were mainly female (n=145, 85.8%); diagnosed with breast cancer (n=109, 64.5%); living in the Republic of Ireland (n=154, 91.1%) and had completed active treatment in the last five years (n=101, 59.9%). The mean age was 51.4 ± 10.9 years. 3.6% were underweight and 56.5% overweight or obese. One third (n=57, 33.3%) had experienced weight gain in the previous six months, 10.1% (n=17) weight loss and 22.5% (n=38) weight fluctuations. The majority reported decreased energy levels post treatment (n=87, 51.5%) and fatigue (n=129, 76.3%). Other nutrition related impact symptoms were still present: pain (n=61, 36.1%); constipation (n=56, 33.1%); diarrhoea (n=28, 16.6%); dry mouth (n=44, 26%); no appetite (n=23, 13.6%); sore mouth (n=21, 12.4%); taste changes (n=21, 12.4%); smells bothering them (n=18, 10.7%). One-fifth (n=35, 10.7%) had access to a dietitian during treatment, only 11.8% (n=20) had access post treatment. One quarter sought advice elsewhere (n=42, 24.9%); with the main additional source of advice being online (n=16; 9.5% of total cohort).

Conclusion The majority of this cohort were classified as overweight or obese with one third reporting recent weight gain. This can increase risk of recurrence and decrease overall survival in those with cancer (4,5), in particular breast cancer (6,7). The majority were still experiencing fatigue, which has been shown to affect those with cancer more than any other symptom (8). The persistence of other nutrition impact symptoms could further impact quality of life. There is a clear need for the provision of nutrition advice to Irish Cancer Survivors. There is a role for all healthcare professionals to provide basic nutrition advice or signpost to evidence-based nutrition resources.

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