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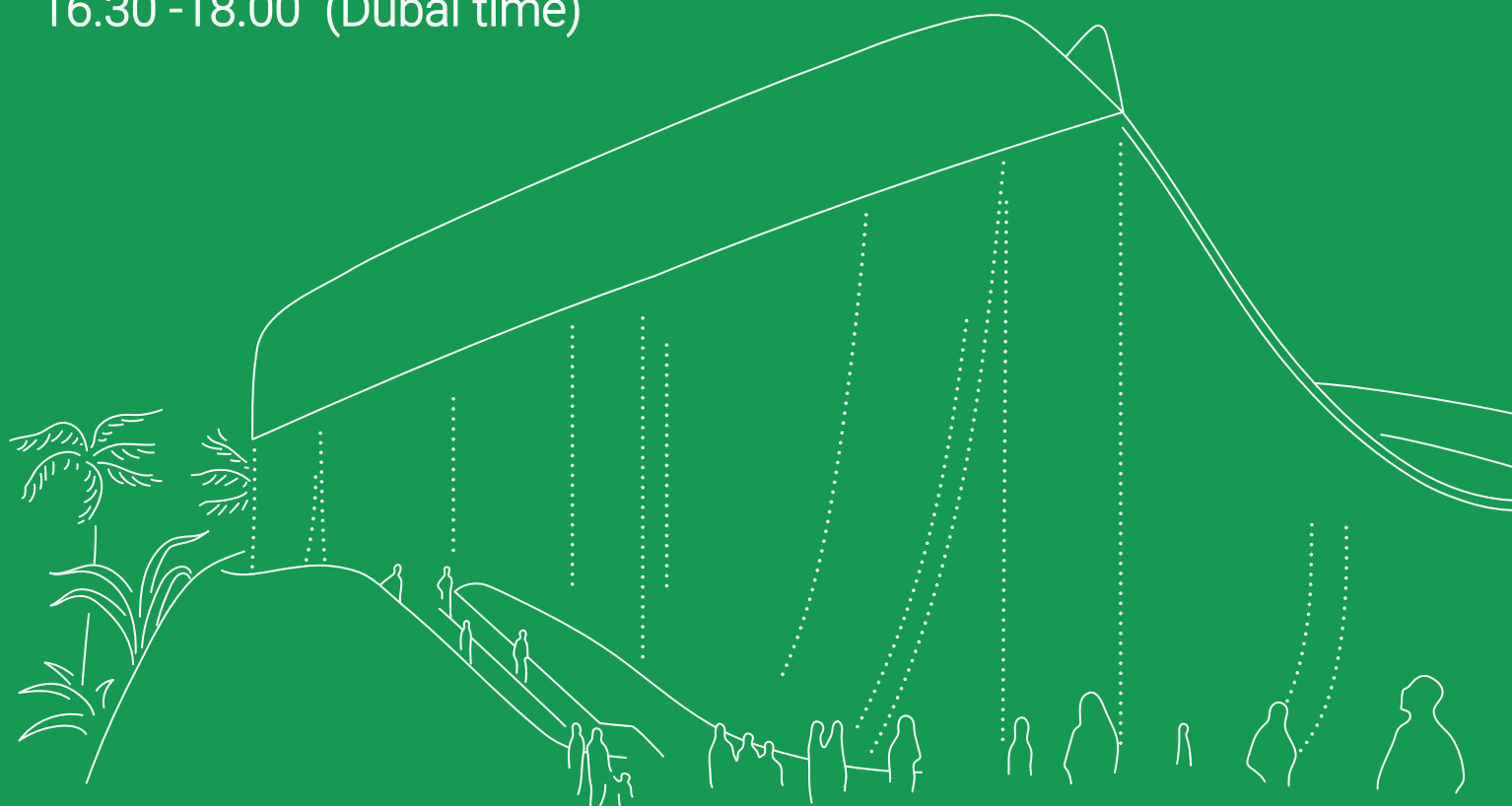
FORUM

Disentangling the secret of the longevity
in the Mediterranean Populations

Italy Pavilion

16th October, *2021*
16.30 -18.00 (Dubai time)



Disentangling the secret of the longevity

in the Mediterranean Populations

16th October 2021 | Italy Pavilion, Expo 2020 Dubai

SCIENTIFIC PROGRAMME

Chairmen: **Enzo Grossi** (Milano) and **Marco Patriciello** (Pozzilli, Italy)

Agenda

The Moli-sani Project: lessons from a population-based study
Licia Iacoviello, Pozzilli and Varese- Como, Italy

Is the Mediterranean diet in the XXI century still effective to live longer?
Maria Benedetta Donati and Marialaura Bonaccio, Pozzilli, Italy

Evidence from the first intervention study on the health benefits of Mediterranean diet
Ramon Estruch, Barcelona, Spain

Mediterranean diet and food quality: the success story of "Pasta La Molisana"
Rossella Ferro, Campobasso, Italy

Transferability of the Mediterranean diet to non Mediterranean countries
Antonia Trichopoulou, Athens, Greece

General discussion

The consumption of the Mediterranean Diet, recognized as an intangible heritage of Humanity (UNESCO, 2010), is progressively declining due to both globalization and the economic crisis. Will it be possible to recover this diet?

Will the knowledge of human biology and the expression of our genes in relation to the foods we eat be useful for preventing chronic diseases and promoting healthy aging?

The answers to these and other vital questions need large cohorts of populations followed for many years with the aim of correlating clinical events with metabolic, genetic and epigenetic biomarkers.

The MOLI-SANI Project is a prospective epidemiological study that involved 25,000 people from the Molise region to investigate prevention and development of chronic degenerative diseases. This study has produced new information related to nutrition, with particular attention to eating habits, also in relation to socio-economic factors.

PREDIMED is the first clinical trial that evaluated the beneficial effect of adding extra virgin olive oil or dried fruit to the Mediterranean diet on the incidence of chronic degenerative diseases.

The transferability of a Mediterranean-type diet to Countries that do not have this tradition is a topic of great interest and discussion.

Finally, the quality of food is very important in evaluating its health benefits or harms, when consuming the same Mediterranean products: a Molise pasta Company will report a relevant success story.

Chairmen and speakers

Enzo Grossi, MD, is the Scientific Advisor of ALISEI (Advanced Life Science in Italy), a technological cluster set up to boost research and innovation in Italy. He acted as Scientific Advisor for Padiglione Italia at Expo 2015 and was member of the Scientific Committee of Expo 2015.
Marco Patriciello, graduated in Economy and Management, MSc degree in International Health Care Management, Economic and Politics (SDA Bocconi), member of the General Direction of IRCCS Neuromed and President of the holding Pro. Med. Progetto Medicina SpA.

Licia Iacoviello, MD, PhD, directs the Department of Epidemiology and Prevention, Neuromed and is full Professor of Hygiene and Public Health, University of Insubria. Since 2005 she is PI and coordinator of the Moli-sani Project, a prospective epidemiological cohort, that enrolled 25,000 adults, taken at random from the Molise region general population. More than 100 papers on Moli-sani data have been published, many on Mediterranean Diet effect on health and disease.

Maria Benedetta Donati, MD, PhD, MD h.c., Head of the Neuromed Biobanking Center of Neuromed. Co-founder and Member of the Steering Committee of the Moli-sani study. Special Mention "For Women in Science" (UNESCO-L'Oréal, Paris 2002), "100 Women Scientists" (Fondazione Bracco, 2016); "Top Italian Women Scientists", 2016.

Marialaura Bonaccio, head of Unit, Department of Epidemiology and Prevention of Neuromed, holds an Italian university degree in Philosophy and a PhD degree in Epidemiology at the University of Maastricht, the Netherlands. Numerous publications on the impact of the economic crisis in the adherence to and health effects of the Mediterranean diet and on the diet-disease relationship with a specific focus on food origin, including industrial processing.

Rosa Ferro, BS, graduated in Economics and Business at the LUISS University, belongs to a family of entrepreneurs in the milling sector with a tradition in agri-food for over four generations. Since 2011 the Ferro Group created a strategic synergy between Molino and Pastificio. La Molisana represents a virtuous case of determination, seriousness and risk-taking management on the integrated pasta supply chain.

Ramon Estruch, MD, Professor of Medicine at the University of Barcelona and Scientific Director of the Mediterranean Diet Foundation (Barcelona, Spain). PI of the PREDIMED (PRevenciòn con DIeta MEDiterrànea) Study, which provided evidence on the health advantages of the Mediterranean Diet on over 7,000 middle-aged Spanish subjects: 30% risk reduction in cardiovascular disease, and up to 70% in breast cancer, associated with Mediterranean Diet as compared to a low-fat diet.

Antonia Trichopoulou, MD, PhD, President of the Hellenic Health Foundation, Professor Emeritus, School of Medicine, University of Athens. Her main scientific topics are public health nutrition and nutrition epidemiology, with emphasis on the health effects of the Mediterranean diet and traditional foods. Golden Cross of Honor by the President of the Greek Republic for her work in nutrition and public health, and Award of the Federation of European Nutrition Societies for her "outstanding nutritionist career".