



III WORLD CONGRESS OF PUBLIC HEALTH NUTRITION
II LATIN AMERICAN CONGRESS OF COMMUNITY NUTRITION
X CONGRESO DE LA SOCIEDAD ESPAÑOLA
DE NUTRICIÓN COMUNITARIA (SENC)

PUBLIC HEALTH NUTRITION: THE CORE OF INTERNATIONAL COOPERATION FOR DEVELOPMENT

Seminar

Monday 10 November 2014
14.30-16.30 Room Camara

Organized by CIHEAM-Bari,
in collaboration with FAO-UNEP Sustainable Food Systems Programme

TOWARDS THE EXPO MILAN 2015 CHALLENGES FOR DIETARY PATTERNS SUSTAINABILITY USING THE MEDITERRANEAN DIET AS A CASE STUDY

The non-adherence of current Mediterranean dietary patterns to the MD model is particularly worrying for is alarming increasing trend in almost all Med countries. The focus of the seminar is to revitalize the Med Diet not only for its healthy benefit but as a model of a contemporary sustainable dietary pattern as well as a sustainable lifestyle. Over the past years, interest on sustainable diets and their assessment has increased, and the Mediterranean diet, scientifically well-characterized as a healthy dietary pattern, has begun to be also investigated for its lower environmental impact and its higher socio-cultural heritage value. Lately, the Mediterranean diet started to be furthermore investigated as a case study for the sustainable diets' characterization and assessment by a group of leading institutions. Results and updates of their current work will be presented for discussion and debate. New potential directions for enhancing the sustainability of the Med Diet in Mediterranean countries will be explored in direction to the EXPO 2015 of Milan. Lately, the Mediterranean diet started to be furthermore investigated as a case study for the sustainable diets' characterization and assessment by a group of leading institutions. Results and updates of current works will be presented for discussion and debate. New potential directions for enhancing the sustainability of the Med Diet in Mediterranean countries will be explored in direction to the EXPO 2015 of Milan. The project of *The Med Diet Expo 2015 Call: Time to Act*, endorsed by the Secretary-General of the CIHEAM, will be presented before its issue, on 14 May 2015, at the Italian Pavilion of the Expo, in Milan.

Preliminary agenda

Welcome: Lluís Serra Majem, President, IIIWCPHN

Chair: Domenico Lacirignola, Secretary General, CIHEAM

Introductions:

The Need to Revitalize the Mediterranean Diet, Not Just for Health

Sandro Dernini, FAO/Forum on Mediterranean Food Cultures, Rome

The Mediterranean Diet: A Sustainable Dietary Pattern Towards Expo Milan 2015

Roberto Capone, CIHEAM-Bari

Round Table: The Mediterranean Diet as a Sustainable Diet

Moderator: Alexandre Meybeck, FAO, Rome

The Progressive Evolution of the Mediterranean Diet, the Need of a Mediterranean Diet Sustainability Index, Elliot Berry, Hebrew University, Jerusalem

Back to the future: Health, the Environment and Traditional Foods in the Mediterranean Diet,

Antonia Trichopoulou, Hellenic Health Foundation, Athens

Towards a Definition of Economic and Social Sustainability of food supply chain

Felice Adinolfi, University of Bologna/CIHEAM

Sustainable Diets in the Context of Sustainable Food Systems. Socio-cultural Dimensions on Mediterranean Diet, Xavier Medina, Universitat Oberta de Catalunya/ ICAF-Europe, Barcelona.

Food Consumption Pattern in Southern Mediterranean Population

Rekia Belahsen, Chouaib Doukkali University, Morocco

Debate with the audience

Wrap-up