



## **An integrated approach to active and healthy living: the possible synergies of the nutritional interventions**

*Padiglione Italia  
Auditorium  
October 20<sup>th</sup>, 2015  
6.00-9.00 p.m.*

“Feeding the planet, Energy for life” is the theme of Expo Milan 2015, with the aim to tackle two fundamental issues of the third millennium: providing sufficient and healthy food to the growing population, at the same time ensuring sustainability and balance with natural resources.

Malnutrition is a very important determinant of “frailty” in older adults, a term that is widely used to identify those who are at high risk of adverse health outcomes (including falls), becoming dependent, suffering from co-morbid illness, undergoing admissions to institution and increased mortality rates. Unintended weight loss, exhaustion, weakness and slow walking speed may all reflect a correlation with nutritional status or malnutrition. Other indicators of frailty, such as presence of chronic diseases, are also linked to nutrition.

Tackling nutritional gaps plays a pivotal role in preventive medicine, and in health promotion. Healthy and active ageing is meant to help individuals and society to develop and maintain physical, mental, and socioeconomic wellbeing, allowing them to remain productive and independent as they age. Also, a nutritional approach to active and healthy living brings the potential for economic development, conjugating innovation, cultural heritage and loco-regional resources.

Focus of this meeting is highlighting the synergies of the nutritional approach with other interventions targeting frailty in older adults, and how it can contribute to achieve active and healthy aging.



6.00 pm: Opening.

Giovanni Persico, CEO, Federico II University Hospital.

Enrico Coscioni, Councillor for Health, Campania Region.

6.20 pm: Anna Carta, Policy Officer, DG Sante, European Commission.

6.30 pm: Maddalena Illario (Federico II University Hospital), *The synergies emerging in the context of Persillaa project: an ICT supported model to prevent frailty in the community.*

6.40 pm: Oberdan Parodi (Clinical Physiology Institute, C.N.R. Milan and Pisa), *The integrated approach to frailty of DOREMI project*

6.50 pm: Tobias Hartmann (Medical University of Saarland), *Multinutrient Therapy for Alzheimer's Disease Prevention*

7.00 pm: Annamaria Colao (Federico II University of Naples), *A lifestyle approach: the model of the Mediterranean Diet*

7.10 pm: Regina Roller-Wirnsberger, (Medical University of Graz - European Union Geriatric Medical Society). *The nutritional approach to frailty in the older adult with multi-morbidity.*

7.20 pm: Edwig Goossens (Center for Gastrology, University College Odisee, associated KULeuven), *Primary food care approach and culinary interventions, part of a common vision.*

7.30 pm: Round Table. *The synergies among EU projects: bottlenecks and strengths* (João O. Malva, Roberto Zuffada, Amelia Rauter, Claudio Franceschi, Marcello Maggio, Ernesto Palummeri)

**Moderator:** Marcello Maggio (Parma University and Hospital- EIP on AHA Emilia Romagna Reference Site)

8.00 pm: Mirca Bardolini (Emilia-Romagna Region), *The relevance of synergies in the vision of the EIP on AHA Reference Sites*

8.10 pm: Giuseppe Ruocco (Italian Ministry of Health), *Mattone Internazionale: a national networking model to support synergies.*

8.20 pm: Giuliana Moda (Piedmont Region) *The opportunities for development deriving from the internationalization effort of socio-health systems*

8.30 pm: Lorenzo Bertorello, (Liguria Region) *The importance of sharing best practices and the opportunity for a joint dissemination plan*

8.40 pm: Round Table. *Alignment of strategic objectives at the regional, national and international level as an impact multiplier.* (Pietro Campiglia, Laura Russo, Lucia Di Furia, Antonio Addis, Roberto Bernabei, Donatella Tramontano)

**Moderator:** Guido Iaccarino (University of Salerno - EIP on AHA Campania Reference Site)



9.00 pm: Closing remarks