



BEING AND WELL BEING

Traditional healthy diets from the Mediterranean and beyond

Welcome: Mr. **Roberto Ridolfi** – Ass. Director Gen. Programme Support – FAO

9.30 - 10.00

Opening remarks

- Prof. **Qu Dongyu** – Director-General, FAO
- Amb. **Elisabetta Belloni** – Secretary General, Ministry of Foreign Affairs and International Cooperation
- Mr. **Giuseppe Ruocco** – Secretary General, Ministry of Health

10.00 - 11.30

Session 1 – Mediterranean Diets: The cases of Italy, Lebanon and Portugal

Moderator: Dr. **Anna Lartey** – Director of the Nutrition and Food Systems Division, FAO

- Introductory remarks from Prof. **Elisabetta Moro** – Co-director MedEatResearch Mediterranean Diet Center for Social Research, University of Naples “Suor Orsola Benincasa”
- Prof. **Gabriele Riccardi** – Endocrinologist, University Federico II Naples
- Prof. **Farah Naja** – Nutritionist, American University of Beirut
- Prof. **Pedro Graça** – Nutritionist, University of Porto (FCNAUP)
- Prof. **Claudio Franceschi** – Immunologist, University of Bologna: presentation of NU-AGE research

Discussion

COFFEE BREAK

11.50 - 13.00

Session 2 – Traditional Healthy Diets: The cases of Japan, Kenya and Indigenous Diets

Moderator: Mr. **Roberto Ridolfi** – Ass. Director Gen. Programme Support, FAO

- Mr. **Yoshihide Endo** – Former Delegate of Japanese Government to the ICN2 (FAO GIAHS Coordinator)
- Dr. **Mercy Lungaho** – International Research Lead and Nutrition Advisor for International Center for Tropical Agriculture (CIAT)
- Mr. **Edmond Dounias** – Representative for Indonesia of French National Research Institute for Sustainable Development

Concluding remarks: Dr. **Anna Lartey** – Director of the Nutrition and Food Systems Division, FAO

Discussion

13.00 - 13.30

Final Session

- Wrap up from FAO: Mr. **Roberto Ridolfi** – Ass. Director Gen. Programme Support, FAO
- Wrap up from Italy: Mr. **Giorgio Marrapodi** – Director General for Development Cooperation, Ministry of Foreign Affairs and International Cooperation

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MEDITERRANEAN DIET PRINCIPLES FOR AGENDA 2030

Being and well-being: Traditional healthy diets from the Mediterranean and beyond

November 27, 2019

Sheikh Zayed, FAO Headquarters, Rome, Italy

The event “Being and well-being: Traditional healthy diets from the Mediterranean and beyond” is the second appointment of the initiative “Mediterranean Diet’s Principles for Agenda 2030”. This initiative will continue throughout the 2020 with further events designed to explore the different correlated aspects of the Mediterranean and other traditional healthy diets, such as environmental sustainability, biodiversity conservation, women empowerment, urban-rural relation, food loss and waste management.

Malnutrition in all its forms is one of the big challenges for the 21 Century. The State of Food Security and Nutrition (SOFI 2019) report shows that the numbers of people undernourished are on the rise after years of decline. Over 821 million people suffer from hunger. That is 1 in 9 people worldwide. The report also reveals that the prevalence of obesity and overweight is growing fast everywhere in the world. Obesity now affects about 13.3 percent of the global adult population, or 672 million people. While the causes of the current state of malnutrition around the world are complex, unhealthy diets remain one of the main contributors to malnutrition in all its forms and a significant risk factor for the global burden of disease. In 2015, world leaders adopted the 2030 Agenda for Sustainable Development, which emphasized among other things the fundamental changes needed in the way all societies produced and consumed food.

Territories have shaped the way we produce, procure, distribute and consume food through an evolutive process over time. Despite the fact that diets have become linked to specific geographies, like the Japanese Diet (JD), the Mediterranean Diet (MD), the Traditional Nordic Diet, the New Nordic Diet (NND), they were capable of integrating other influences through the movement of people and goods while keeping a certain degree of constancy harmonious with the cultural, social, economic and environmental local contexts. Some of these diets have risen to fame because of their positive contribution to the health of people and/or to the environment.

For example in 2010 UNESCO declared the Mediterranean diet as World’s Intangible Cultural Heritage thereby giving global recognition to its health promoting nature. Description of the Mediterranean diet indicates high intakes of diverse vegetables, fruits and legumes and the use of healthy oils (olive oil) and use natural herbal spices.

This meeting will be shedding light on the principles of healthy diets from the Mediterranean Region and other regions of the world with the objective of preserving, protecting and supporting its revitalization to contribute to improved nutrition. The meeting aims to build partnerships in order to take action for the promotion of sustainable healthy traditional diets.