

SUMMER SCHOOL ON MEDITERRANEAN DIET

3rd EDITION

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AN ITALIAN, POLISH AND JAPANESE SUMMER SCHOOL PROJECT

CHAIRMAN OF ITALIAN DELEGATION

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SUMMER SCHOOL

EDUCATIONAL PROJECT OUTLINE

The basis of numerous human disorders may relate to diet, and in particular the Western diet. In this context it is extremely interesting to note an increasing incidence of prostate and breast cancer in the population of Japanese immigrants to Los Angeles County, California.

Recent studies clearly suggest that obesity is not only a risk factor for diabetes mellitus, but also for malignancy. Diabetes mellitus itself has grown to be a major risk factor for endometrial, colorectal and breast cancer as well as hepatocellular carcinoma. It has become evident that diabetic tissues expressing insulin receptors and glucose transporters might exist in a proto-oncogenic state (*Trends in Molecular Medicine* 13, 2007, 252-259).

OBESITY, DIET AND HEALTH PROBLEMS AS MAJOR CIVILIZATION DISORDERS

Adult and childhood obesity create a real serious public health issue being a principal contributor to vascular inflammation, type 2 diabetes mellitus (DM2) with associated neurodegeneration in adults and some types of cancer. In 2010 the number of overweight children younger than 5 years of age is estimated to be more than 43 million worldwide (World Health Organization; Childhood overweight and obesity (2012)). Wang and Lobstein noticed the prevalence of overweight and obese children in more than 60 countries around the world (Wang Y, Lobstein T; Worldwide trends in childhood overweight and obesity, *Int J Pediatr Obes*, 2006, 1, 11-25).

Inactive children weigh more, have higher blood pressure and lower level of heart protective high density lipoproteins (HDL). It is worth noting that inactive children are more likely to become inactive adults (American Heart Association. Physical activity and children; accessed August 8, 2012).

Both Mediterranean and Japanese diets are characterized by low consumption of butter and red meat, a high intake of antioxidant phenol-rich vegetables and fruits. The Mediterranean diet also includes olive-related derivative: olive oil, as well as red wine. Despite the above, obesity affects children in the Mediterranean region and Japan, and many other countries. Traditional Polish diet

contains a lot of groats which is richer in fiber than Japanese rice, blueberries rich in polyphenols and red beet abundant in various antioxidants. Nevertheless, according to the National Mother and Child Institute estimation, as much as 31.2% of Polish children aged 8 suffer from overweight and obesity, while dangerous obesity affects as much as 12.7% of children.

An epidemic of childhood obesity is attributable to a number of factors like an increased intake of fast foods and sugar-dependent drinks (like soda) that are typical for the Western-style diet high in fat and carbohydrates but low in vitamins, minerals and other healthy micronutrients like polyphenols. Finally, another contributing factor having a negative impact on children's health arises from an increasingly sedentary lifestyle and widespread urbanization. A shortage of physical activity itself has some health consequences. Unfortunately, in the modern world, physical activity is being replaced with computer and video gaming among young children and teenagers.

Our past experience has proven that academic and public propaganda is insufficient, and so a tailored and specialized approach is necessary in order to help effectively manage obesity and obesity-related disease. As a collaborative and connected scientific network aiming to fight obesity, we have decided to create an innovative approach based on the foundation of the Marco Polo, Benedetto Polacco, Kukai International School of Medical Nutritional Chemistry.

Associazione Italiana di Dietetica e Nutrizione Clinica, Medical University of Gdansk and Nagoya University of Japan have agreed to share the experience on the academic level in the form of a cyclic Summer School creating an educational platform for young participants, and specifically school children and students in order to avoid nutritional problems leading to the global epidemic of obesity, metabolic syndrome, diabetes mellitus and cancer.

The Summer School will consist of lectures, seminars and practical exercises and our aim is to create a European Medical College as a platform for pre-academic education and prevention against lifestyle and civilization diseases.

Giuseppe Fatati

IoNet

ITALIAN OBESITY NETWORK PRESIDENT

TOPICS

- Body composition
- Malnutrition
- Introduction to Macronutrients, Micronutrients and bioactive compounds?
- Mediterranean Diet: the lesson of history
- Natural Polyphenols for Prevention and Treatment of Cancer
- The Brain-Gut-Microbiome Axis
- Sustainable diets: The interaction between food industry, nutrition, health and the environment
- Vegetarian Diet
- Nutrition and metabolic diseases
- New functional foods, nutraceutical products and microbiota
- Nutrigenetics and Nutrigenomics: Viewpoints on the Current Status and Applications in Nutrition Research and Practice
- Physical Activity and Health
- Diabetes Mellitus: definition, symptoms and treatment
- Obesity and Type 2 Diabetes: urban diseases and obesogenic environment



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