



Fondazione italiana per il cuore

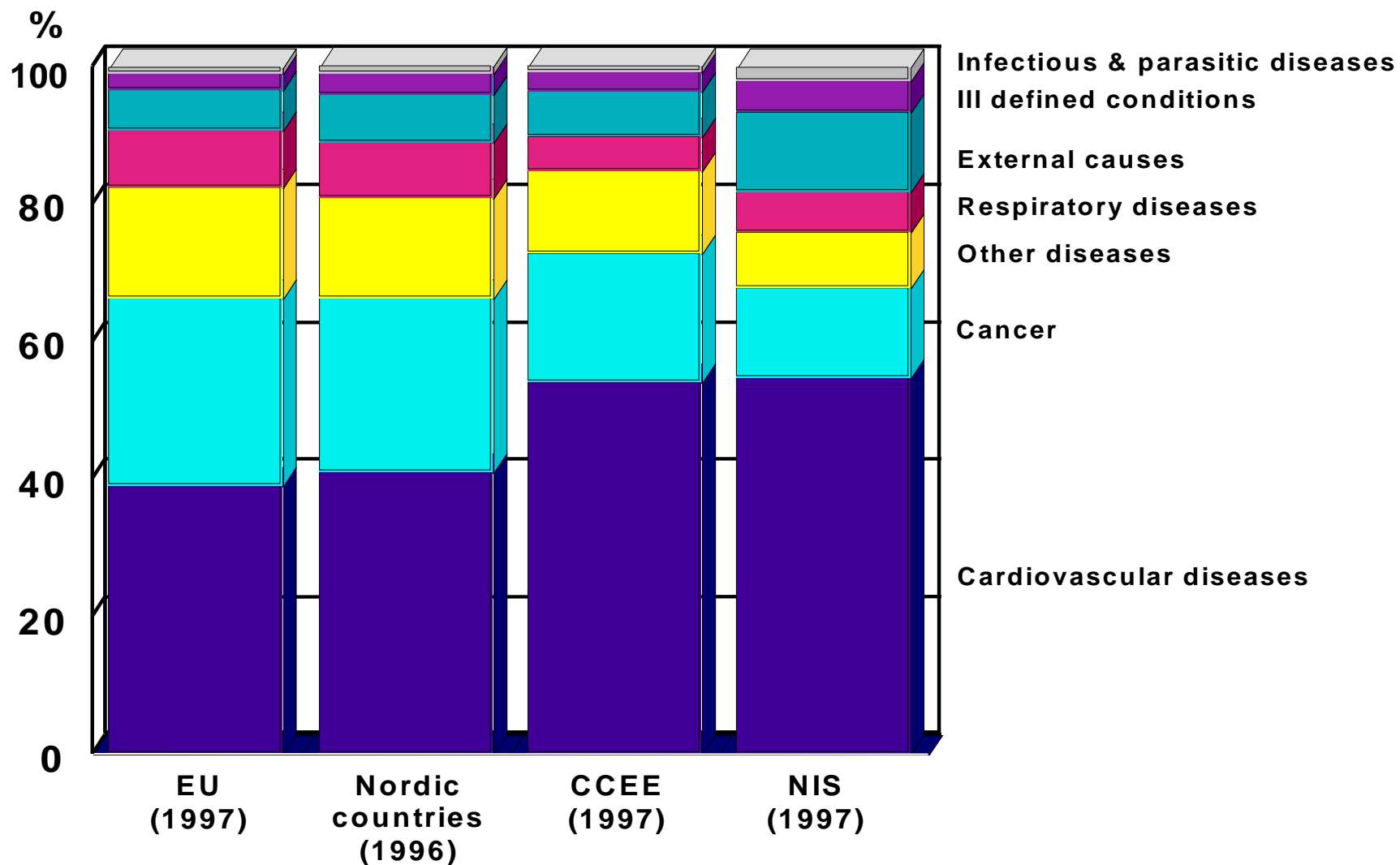
# PANEL DISCUSSION: DIET AND PHYSICAL ACTIVITY. CRITICAL ISSUES AND BARRIERS TO REACH THE GOALS

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# Main causes of death in parts of the European Region



Source: European Health For All Database, WHO Regional Office for Europe, 2001

## Summary of strength of evidence on lifestyle factors and risk of developing cardiovascular diseases

Evidence	Decreased risk	No relationship	Increased risk
<b>Convincing</b>	Regular physical activity Linoleic acid Fish and fish oils (EHA and DHA) Vegetables and fruits (including berries) Potassium Low to moderate alcohol intake (for coronary heart disease)	Vitamin E supplements	Myristic and palmitic acids Trans fatty acids High sodium intake Overweight High alcohol intake (for stroke)
<b>Probable</b>	$\alpha$ -Linolenic acid Oleic acid NSP Wholegrain cereals Nuts (unsalted) Plant sterols/stanols Folate	Stearic acid	Dietary cholesterol Unfiltered boiled coffee
<b>Possible</b>	Flavonoids Soy products		Fats rich in lauric acid Impaired fetal nutrition Beta-carotene supplements
<b>Inufficient</b>	Calcium Magnesium Vitamin C		Carbohydrates Iron

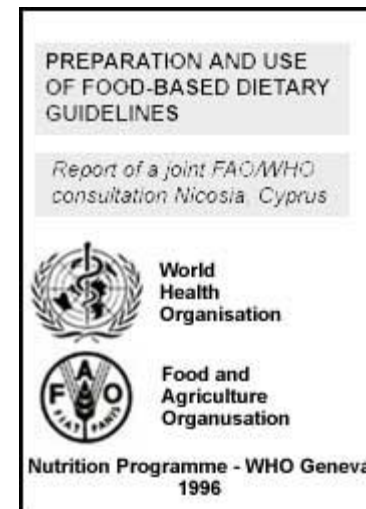
**The International Conference on Nutrition (ICN) Rome, 1992**  
**Plan of action: action oriented strategy:**  
**“Promoting Appropriate Diets And Healthy Lifestyles”**

**...on the basis of energy and nutrient recommendations to provide advice to the public by disseminating quantitative and/or qualitative dietary guidelines relevant to different age groups and lifestyles and appropriate for the country’s population.**

**Joint FAO/WHO Expert Consultation on  
Preparation and Use of Food-Based Dietary  
Guidelines (Cyprus, 2-7 March 1995)**

***Overall aim:***

**Establish scientific basis for food based dietary guidelines (FBDGs) to improve food consumption patterns & nutritional well-being of individuals and populations.**





## Pilot Action 1

*Determinants of Diet and Physical Activity  
Building a European Knowledge Hub*

*The Italian Contribution*

Diet and Physical Activity

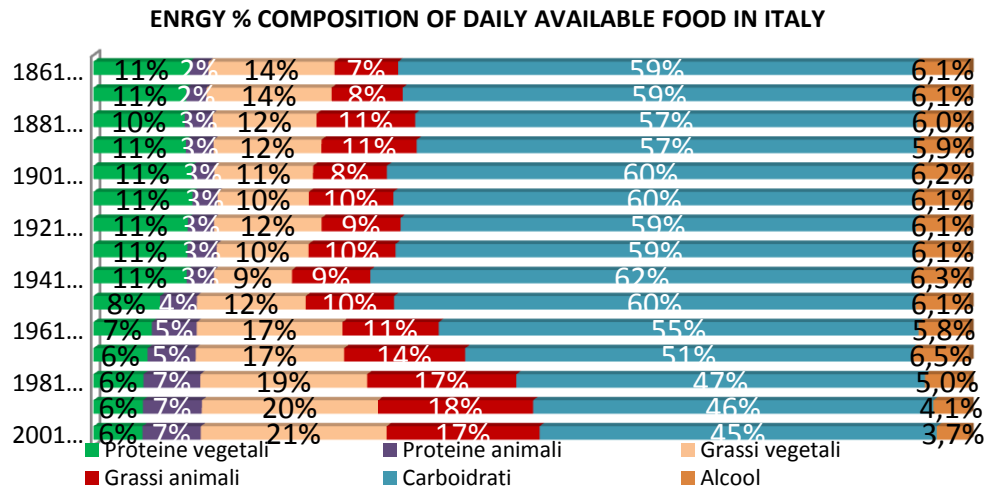
Diet and Food

Diet and Disease

# Summary of Public health Situation In Italy -1

## Italian nutritional profile vs recommendations *Food Consumption*

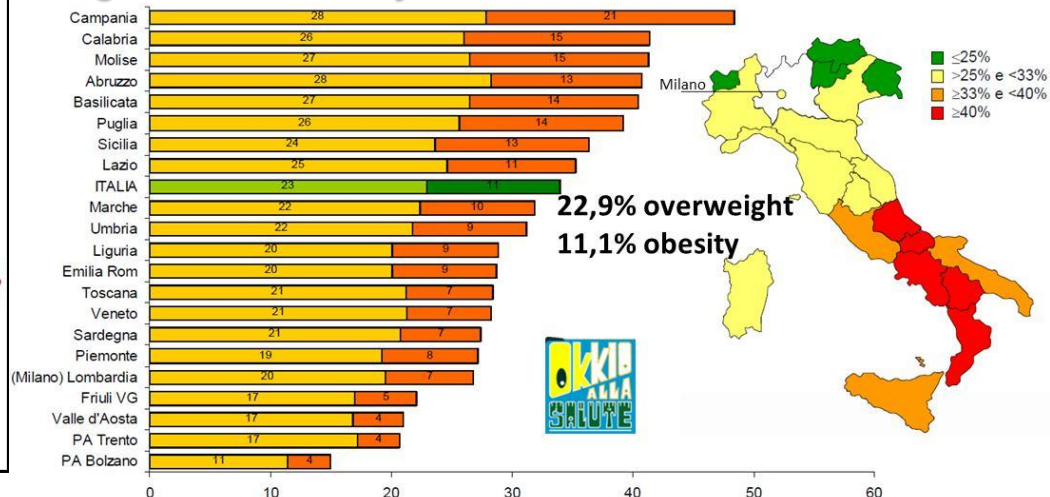
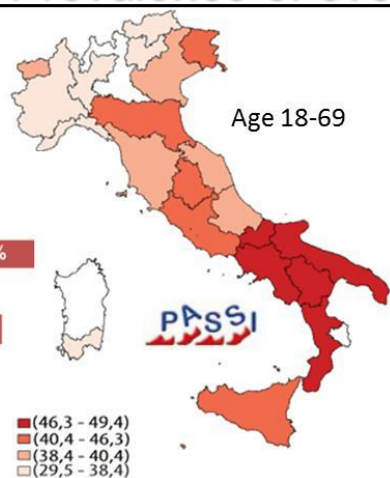
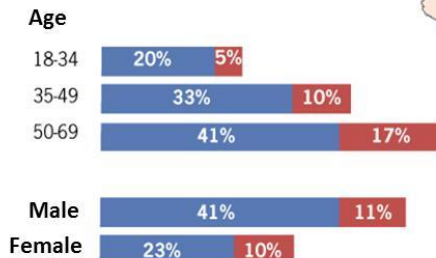
Nutrient	INRAN/SCAI 2005-06	International Recommendations
Energy (Kcal)	2109	-
Protein (%)	15	10-15
Fat (%)	36	25-30
Carbohydrates (%)	49	55-60
Fiber (g)	18	25-30
Fruit and Vegetable (g)	420	400



## Prevalence of overweight and obesity

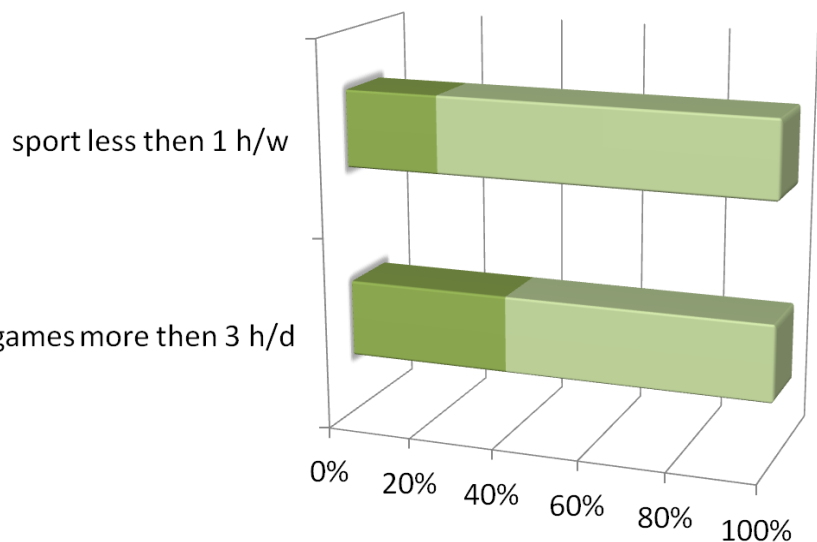
2010

surveillance system PASSI  
2010  
(self reported data)

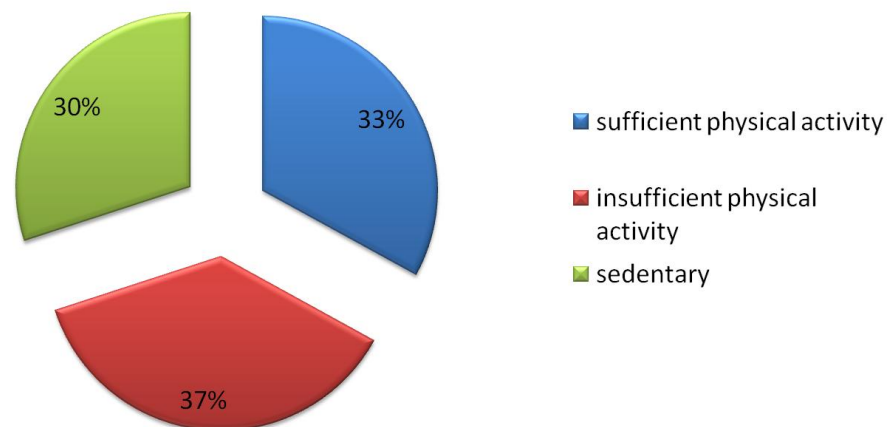


## Physical activity

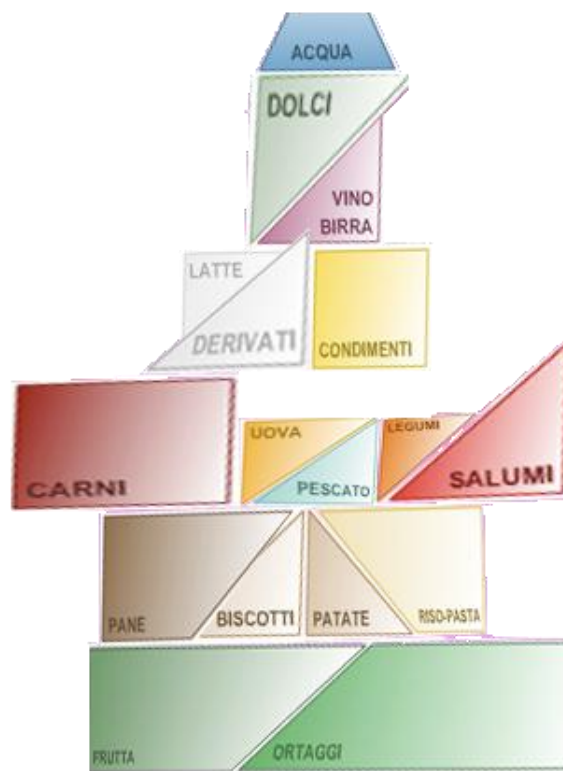
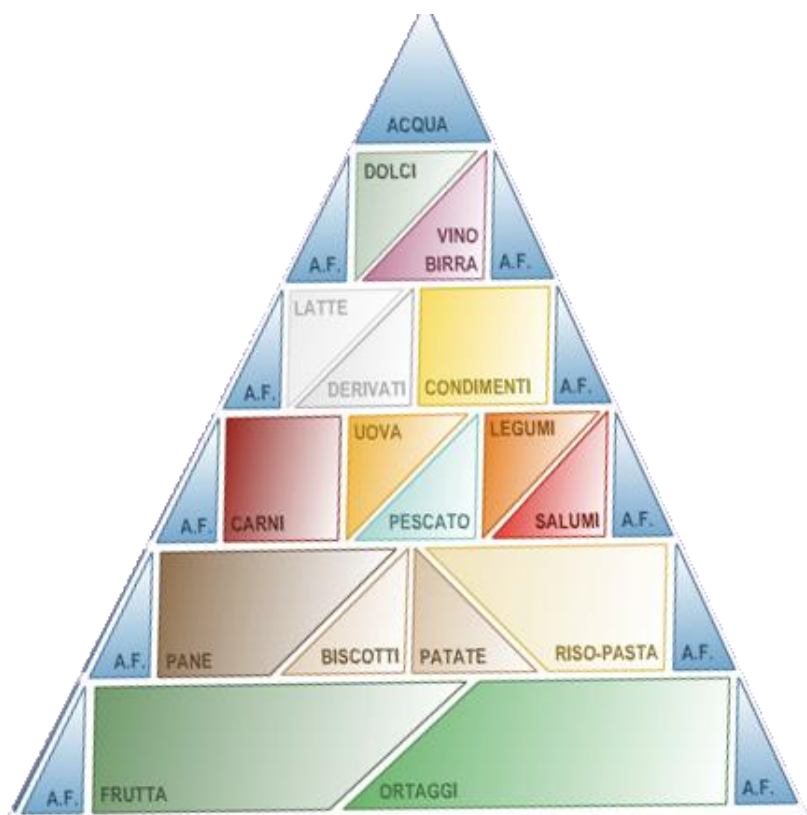
6 -10 years old



Adults (18 – 69 years old)

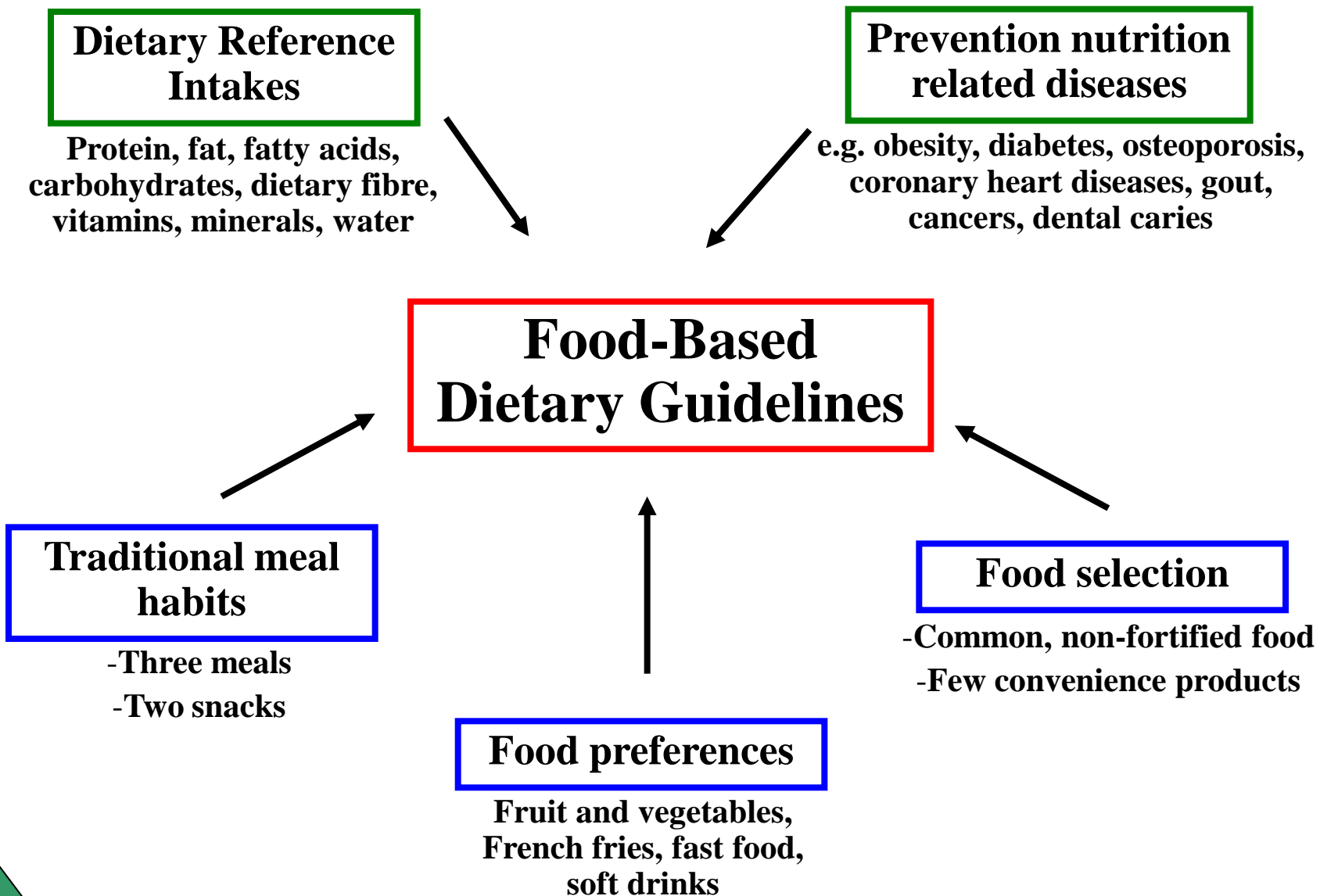


# CONSUMPTIONS VERSUS RECOMMENDATIONS

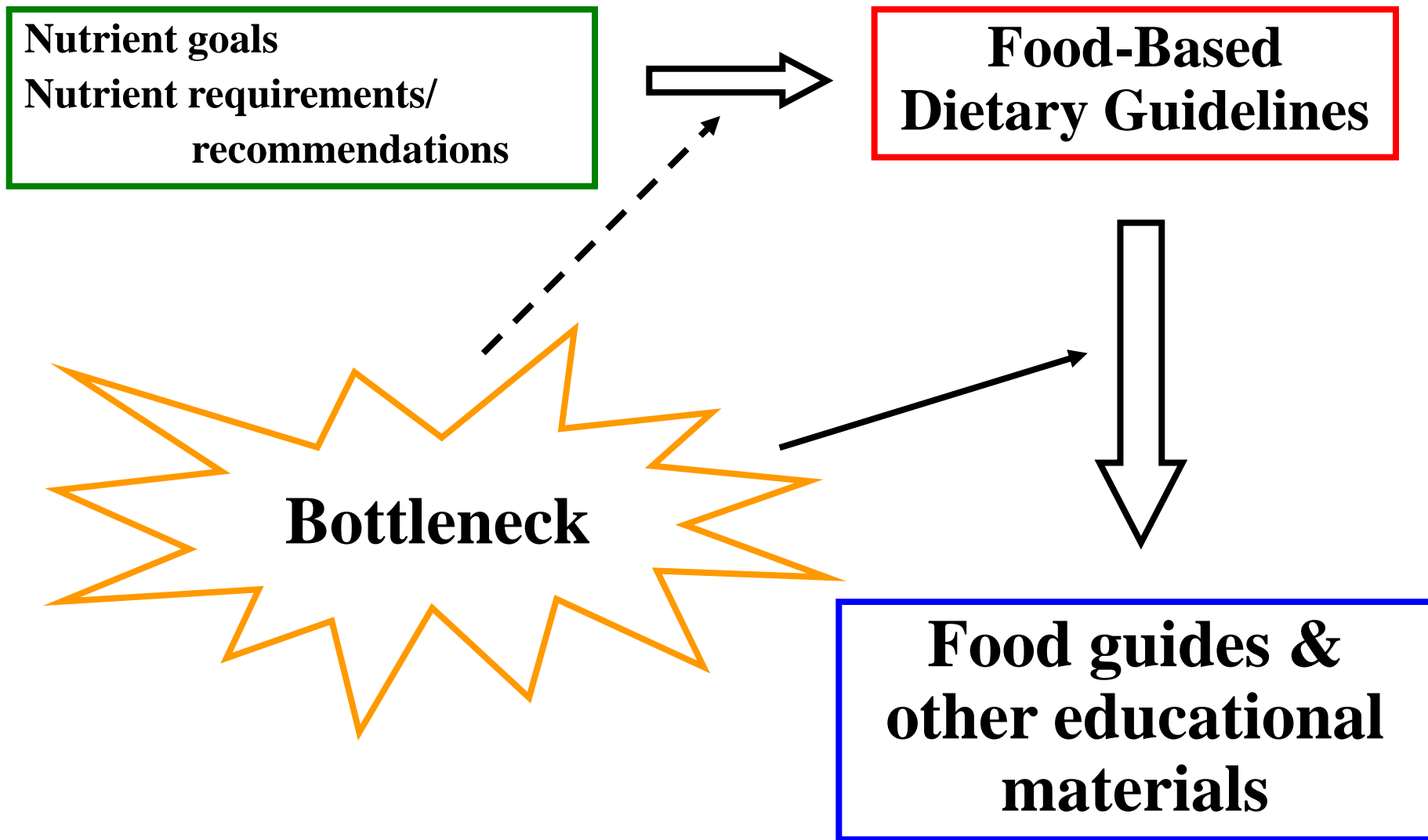


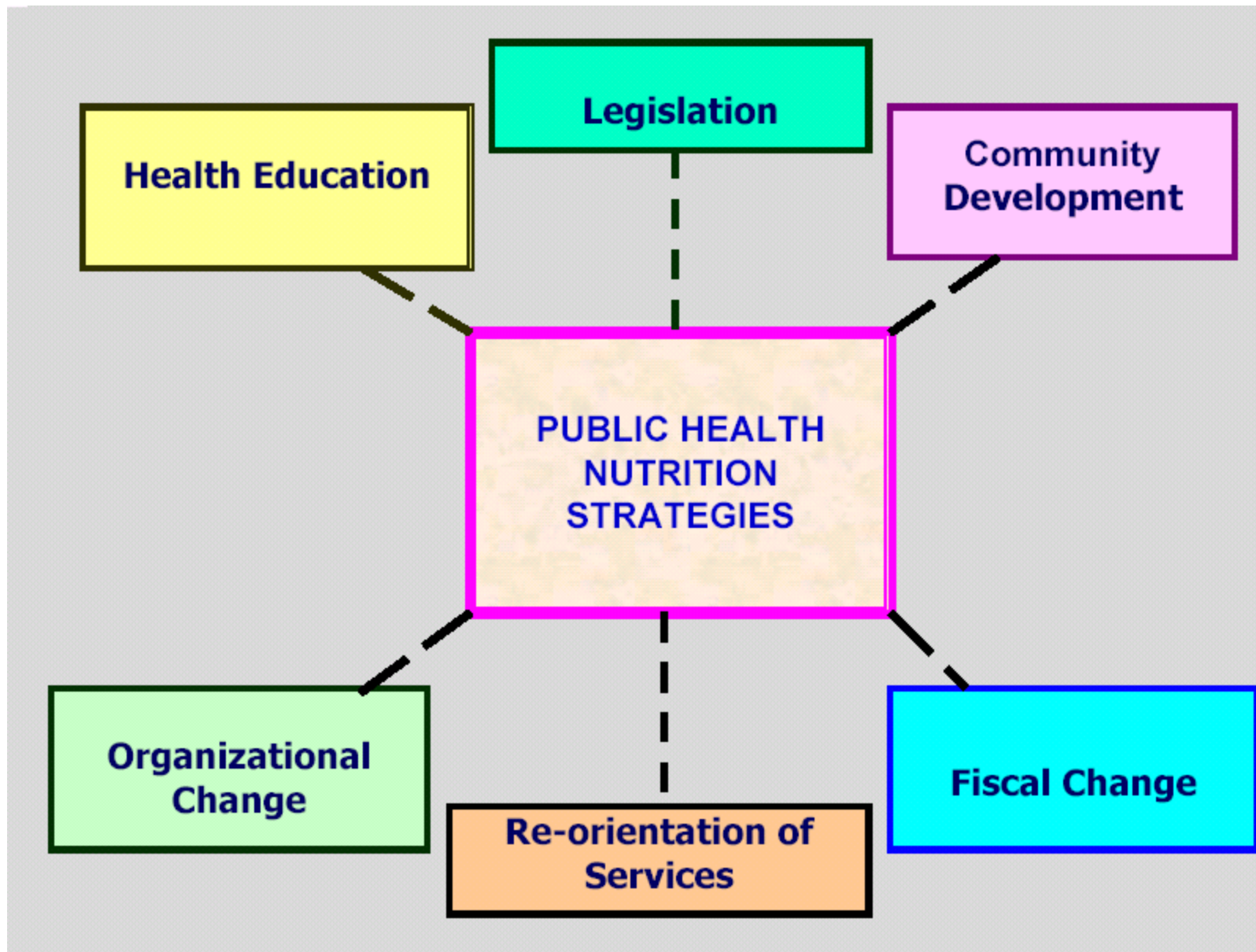


# SCIENTIFIC + PRACTICAL CRITERIA



# OBSTACLES FACED:





# Expectations and actions for the future:

- Networking for coordination of regional-based initiatives.
- Standardization and harmonization of data collection methods
- Valorization of existing data bases and capitalization of secondary data e.g. EPIC (epidemiological and clinical data on nutrition, diet, life styles and cancer); Healthy aging (epidemiological, biological and clinical databases); Genetics isolates for chronic diseases. Initiatives that see the participation of several national and European research centers.
- Application of public health cycle of surveillance:

**Measuring the physical activity level and nutritional status of population** (*Priority: children, elderly, women*)



**Evaluation of programme impact**



**REVISED RECOMMENDATIONS AND PUBLIC HEALTH INTERVENTIONS** (*nutrition and physical activity*)