

INTERNATIONAL SYMPOSIUM - PRELIMINARY PROGRAM (5-6 June 2025)

Society, Nutrition and Chronic Disease Prevention: Time for a Paradigm Shift

Location: IRCCS Neuromed, Pozzilli, Isernia, Molise Region, Italy

DAY 1 (June 5)

Welcome – Registration

9:30 – Welcoming remarks – Giovanni de Gaetano (Neuromed, Pozzilli, Italy), Ivan Gentile (Federico II University, Naples, Italy)

9:45 – Introduction to symposium

EUPHA Chronic Disease Section - Saverio Stranges (Western University Canada/Federico II University, Naples, Italy)

EUPHA Food and Nutrition Section – Giuseppe Grosso (University of Catania, Italy)

SESSION 1 - Nutritional Epidemiology: Past, Present, Future

Chairs: Maria Benedetta Donati (Neuromed), Eduardo Farinaro (Federico II University)

10:00 – Licia Iacoviello (LUM University, Casamassima, Italy/Neuromed, Pozzilli, Italy)

Twenty years of the Moli-sani Study Experience: Lessons Learned and Way Forward

10:30 – Elio Riboli (Imperial College, London, UK)

The EPIC Study Experience: Lessons Learned and Way Forward

11:00 – Valentina Andreeva (Sorbonne Paris Nord University and University of Paris, France)

15 years of the NutriNet-Santé experience: advancing the field of nutritional epidemiology

11:30 – Eliseo Guallar (New York University, NY, USA)

Nutritional Supplements and Chronic Disease Prevention: Mith or Reality?

12:00 – First Panel Discussion - Current Perspectives across Europe and beyond

Valentina Andreeva, Giovanni de Gaetano, Eliseo Guallar, Licia Iacoviello, Rino Panico, Elio Riboli

13:00 - 14:00 – Lunch Break & Networking (including pitch presentations from students)

SESSION 2 – Hot Topics in Public Health Nutrition

Chairs: Maurizio Trevisan (Campus Biomedico University), Virginia Solitano (San Raffaele University)

14:00 – Sabina Sieri (Italian National Cancer Institute, Milan, Italy)

Modifiable risk factors for NCDs in Italy: Preliminary findings of the YouGoody study

14:30 – Sarah Cuschieri (University of Malta)

Nutrition, Obesity and Chronic Disease: Perspectives from a Small European Country

15:00 – Valeria Pala (Italian National Cancer Institute, Milan, Italy)

Are there still Italian dietary patterns? Initial results of the YouGoody study

15:30 – Marialaura Bonaccio (Neuromed, Pozzilli, Italy)

Ultra-processed Foods Consumption and Chronic Diseases

16:00 – Mariana Di Lorenzo (Federico II University, Naples, Italy)

Ultra-processed Foods Consumption, Adiposity and Obesity Risk

16:15 – Maria Serena Lonardo (Federico II University, Naples, Italy)

Is the vegetarian diet an effective tool in preventing the progression of CKD?

16:30 – Augusto Di Castelnuovo (Neuromed, Pozzilli, Italy)

Alcohol and Chronic Disease: Reconciling Evidence with Public Health Policy

17:00 – Second Panel Discussion

Marialaura Bonaccio, Sarah Cuschieri, Augusto Di Castelnuovo, Valeria Pala, Sabina Sieri

18:00 – Social Activities

20:00 - Dinner

DAY 2 (June 6)

9:00 – Welcome Coffee & Networking

SESSION 3 - From Research to Policy to tackle diet-related chronic disease

Chairs: Chiara Aleni (University of Eastern Piedmont), Ferruccio Galletti (Federico II University)

9:30 – Annalisa Giosuè (Federico II University, Naples, Italy)

Dietary Patterns and Chronic Disease Prevention within the One Health Approach

10:00 – Jason Gilliland (Western University, London, Ontario, Canada)

Smartphone-based interventions to improve food literacy and diet quality

10:30 – Gabriele Riccardi (Federico II University, Naples, Italy)

Novel Approaches to Promoting Healthy Dietary Patterns

11:00 – Marilena Vitale (Federico II University, Naples, Italy)

The Switch Project to improve dietary habits across Europe

11:15 – Lanfranco D’Elia (Federico II University, Naples, Italy)

Dietary Salt Restriction and Adherence to the Mediterranean Diet to Reduce CVD Risk

11:30 – Alessandro Gialluisi (LUM University, Casamassima, Italy/Neuromed, Pozzilli, Italy)

Machine learning approaches for the estimation of biological aging

12:00 – Third Panel Discussion

Annalisa Giosuè, Jason Gilliland, Licia Iacoviello, Gabriele Riccardi, Marilena Vitale

13:00 - 14:00 – Lunch Break & Networking (including pitch presentations from students)

SESSION 4 - Environmental Sustainability, Multisectorial Approaches & Future Perspectives

Chairs: Daniel Shrubsole (Western University), Raffaele Palladino (Federico II University)

14:00 – Simona Castaldi (University of Campania “Luigi Vanvitelli”, Caserta, Italy)

Sustainable Food Systems: An Ecological Perspective

14:20 – Ludovica Principato (Roma Tre University, Rome, Italy)

Understanding food choices in sustainable healthy diets

14:40 – Clara Cicatiello (University of Tuscia, Viterbo, Italy)

The road to sustainable food systems: food markets and food waste reduction

15:00 – Franca Barbic (Humanitas University, Milan, Italy)

Diet and Health Promotion Programs in the Workplace

15:20 – Julian Mamo (University of Malta)

Dietary and lifestyle interventions for Chronic Disease Prevention in Primary Care

15:40 – Cheryl Currie (Western University, London, Ontario, Canada)

The role of social determinants in shaping health behaviour

16:00 - Giuseppe Grosso (University of Catania, Italy)

Public Health Nutrition: Assessing Evidence to Determine Policy and Practice

16:20 – Saverio Stranges (Western University Canada/Federico II University, Naples, Italy)

Revisiting Public Health Policies on Diet and Chronic Disease

16:45 – Fourth Panel Discussion

Franca Barbic, Simona Castaldi, Clara Cicatiello, Cheryl Currie, Julian Mamo, Ludovica Principato

17:45 – Summary of Symposium & Next Steps (Saverio Stranges & Giuseppe Grosso)

18:00 – Social Activities

20:00 – Mediterranean Dinner