



# INTERNATIONAL SYMPOSIUM

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

**5<sup>th</sup>-6<sup>th</sup> June 2025**

**AUDITORIUM MARC VERSTRAETE**  
Parco Tecnologico | IRCCS Neuromed  
Viale dell'Elettronica | Pozzilli (IS) | Italy





## DAY 1 | JUNE 5<sup>TH</sup>

- 09:30** *Welcome - Registration*  
**Welcoming remarks**  
**Giovanni de Gaetano** (Neuromed, Pozzilli, Italy)  
**Luigi Frati** (Neuromed)  
**Gabriele Trombetta** (Neuromed)  
**Ivan Gentile** (Federico II University, Naples, Italy)
- 09:45** *Introduction to symposium*  
**EUPHA Chronic Disease Section**  
**Saverio Stranges** (Western University, London, Ontario, Canada and Federico II University)
- EUPHA Food and Nutrition Section**  
**Giuseppe Grosso** (University of Catania, Catania, Italy)
- SESSION 1** **NUTRITIONAL EPIDEMIOLOGY: PAST, PRESENT, FUTURE**  
**Chairs:** **Maria Benedetta Donati** (Neuromed)  
**Eduardo Farinero** (Federico II University)
- 10:00** **Licia Iacoviello** (LUM University, Casamassima, Italy and Neuromed)  
**Twenty years of the Moli-sani Study experience: lessons learned and way forward**
- 10:20** **Elio Riboli** (Imperial College, London, UK)  
**The EPIC Study experience: lessons learned and way forward**
- 10:40** **Valentina Andreeva** (Sorbonne Paris Nord University and University of Paris, Paris, France)  
**15 years of the NutriNet-Santé experience: advancing the field of nutritional epidemiology**
- 11:00** *Break*
- 11:20** **Eliseo Guallar** (New York University, NY, USA)  
**Nutritional Supplements and chronic disease prevention: myth or reality?**
- 11:40** **First Panel Discussion - Current Perspectives across Europe and beyond**  
**Valentina Andreeva, Giovanni de Gaetano, Eliseo Guallar, Licia Iacoviello, Rino Panico, Elio Riboli**
- 12:30-14:00** *Lunch Break & Networking*

## SESSION 2 HOT TOPICS IN PUBLIC HEALTH NUTRITION

### Chairs:

**Maurizio Trevisan** (Campus Biomedico University, Rome, Italy)

**Virginia Solitano** (San Raffaele University, Milan, Italy)

- 14:00** **Sabina Sieri** (Italian National Cancer Institute, Milan, Italy)  
**Modifiable risk factors for NCDs in Italy: preliminary findings of the YouGoody study**
- 14:20** **Sarah Cuschieri** (University of Malta, Malta)  
**Nutrition, obesity and chronic disease: perspectives from a small European country**
- 14:40** **Valeria Pala** (Italian National Cancer Institute)  
**Are there still Italian dietary patterns? Initial results of the YouGoody study**
- 15:00** **Marialaura Bonaccio** (Neuromed)  
**Ultra-processed food consumption and chronic diseases**
- 15:20** *Break*
- 15:40** **Mariana Di Lorenzo** (Federico II University)  
**Ultra-processed food consumption, adiposity and obesity risk**
- 16:00** **Maria Serena Lonardo** (Federico II University)  
**Is the vegetarian diet an effective tool in preventing the progression of chronic kidney disease?**
- 16:20** **Augusto Di Castelnuovo** (Neuromed)  
**Alcohol and chronic disease: reconciling evidence with public health policy**
- 16:40** **Second Panel Discussion**  
**Marialaura Bonaccio, Sarah Cuschieri, Augusto Di Castelnuovo, Valeria Pala, Sabina Sieri**
- 17:30** *Social Activities*
- 20:00** *Mediterranean Dinner*

## DAY 2 | JUNE 6<sup>TH</sup>

09:00 *Welcome Coffee & Networking*

### SESSION 3 FROM RESEARCH TO POLICY TO TACKLE DIET-RELATED CHRONIC DISEASE

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

09:30 *Annalisa Giosuè* (Federico II University, Naples, Italy)  
**Dietary patterns and chronic disease prevention within the One Health approach**

09:50 *Jason Gilliland* (Western University)  
**Smartphone-based interventions to improve food literacy and diet quality**

10:10 *Gabriele Riccardi* (Federico II University)  
**Novel approaches to promoting healthy dietary patterns**

10:30 *Marilena Vitale* (Federico II University)  
**The Switch Project to improve dietary habits across Europe**

10:50 *Break*

11:10 *Lanfranco D'Elia* (Federico II University)  
**Dietary salt restriction and adherence to the Mediterranean Diet to reduce CVD risk**

11:30 *Alessandro Gialluisi* (LUM University and Neuromed)  
**Machine learning approaches for the estimation of biological aging**

11:50 **Third Panel Discussion**  
*Annalisa Giosuè, Jason Gilliland, Licia Iacoviello, Gabriele Riccardi, Olga Vaccaro, Marilena Vitale*

12:30-14:00 *Lunch Break & Networking*

## **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** *Break*

**15:40** ***Julian Mamo** (University of Malta)*  
**Dietary and lifestyle interventions for chronic disease prevention in primary care**

**16:00** ***Cheryl Currie** (Western University)*  
**The role of social determinants in shaping health behaviour**

**16:20** ***Giuseppe Grosso** (University of Catania)*  
**Public health nutrition: assessing evidence to determine policy and practice**

**16:40** ***Saverio Stranges** (Western University and Federico II University)*  
**Revisiting public health policies on diet and chronic disease**

**17:00** **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** *Dinner*







## EVENT LOCATION

**Centro Ricerche | Parco Tecnologico | IRCCS Neuromed**

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