

Agroalimentare

# Ricerca Partner FAFB-EU-SMCP-4

01 dicembre 2017

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Richiesta di una Università Israeliana alla ricerca di partner italiani da includere in un loro progetto inerente il topic KBBE-2008-2-2-3: Obesity prevention in the Mediterranean area (SICA Mediterranean), presente nel nuovo bando del Tema 2 - "Food, agriculture and fisheries and Biotechnology".

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----- PARTNER SEARCH FAFB-EU-SMCP-4 -----

<Reference n.: FAFB-EU-SMCP-4>

<Deadline: 26/02/2008>

<Programme: FAFB>

<Project Title: EM-MD-BMI-Adol - Eating module, Mediterranean diet adherence and body mass index in adolescents >

<Financial Scheme: Small and Medium collaborative Project>

<Description:

TOPIC: KBBE-2008-2-2-3: Obesity prevention in the Mediterranean area (SICA Mediterranean)

## DESCRIPTION OF RESEARCH ACTIVITY:

In spite of the well documented health-related advantages of the Mediterranean diet, obesity is becoming a serious issue in the Mediterranean area. Factors associated with eating module and with adherence with the classic Mediterranean diet should be explored, in order to propose intervention measures to promote healthy eating habits. This is especially important in children and adolescents, since obesity early in life is associated with higher prevalence of

adult obesity, and thus with higher prevalence of diet-related chronic diseases and disorders.

The aim of the proposed study is (1) to explore the relationship between body mass index and adherence with healthy eating module (Mediterranean eating habits) and with Mediterranean diet by using standardized tools; (2) to assess the efficacy of a nutritional education intervention program in changing eating modules and BMI in adolescents.

This is a two-stage project, the first stage, descriptive and the second, interventional.

In the first study stage, existing databases on nutrition and health status in adolescents will be used to explore the relationship between body mass index, based on either measured or reported height and weight, and individual eating module as well as adherence with Mediterranean diet, based on individual dietary data. The association between the two independent variables (eating module and Mediterranean diet) and physical activity patterns as well as self reported weight-reduction dieting will also be examined.

The second study phase will consist of an intervention program. A representative national sample of 13-17 years old high-school students will be selected on the basis of their schools. They will fill out a basic questionnaire, focusing on demographic variables, health habits, eating patterns, attitudes toward eating and dieting, as well as self reported height and weight. They will also fill out a 24-h dietary recall questionnaire. Anthropometric measurements (weight, height, waist and hip circumferences) will also be taken. An explanatory lecture will be given to the students and to their parents regarding the project. Then the participants will be randomly allocated into two groups. The intervention group will be exposed to a nutritional educating program focusing on healthy eating modules and on Mediterranean diet. The control group will also be meeting with nutrition experts on a regular basis, but not specifically educated about healthy eating module and Mediterranean diet. The intervention will last 6 months. The two groups will fill out both questionnaires and undergo anthropometric measurements at the end of the intervention. Comparison between the two groups, before and after the intervention, will be carried out.

One of the potential reasons for the increasing trend for obesity in the Mediterranean region is a low adherence to the traditional Mediterranean diet in face of modernization and urbanization. A constructed ranking of a healthy eating module is a convenient tool to assess and compare healthy eating habits as well as fast food consumption. Change of health and nutrition habits in young people is expected to have a long term impact. If the results of our descriptive and intervention study will indicate that education regarding the promotion of better eating module and better adherence to the traditional Mediterranean diet is efficient concerning body mass index, physical activity patterns and dieting habits or Mediterranean eating habits, this may provide an accessible risk modifying tool and contribute to lowering obesity rates in the Mediterranean region.

<Organisation Type: Università>

<Partner Sought: University, SME, Research organisation>