

CONGRESS VENUE



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Nutrition, lifestyle and neurocognitive ageing: evidence and future perspectives

November 13/14, 2024
San Servolo Island, Venice, Italy



Unrestricted Educational Grant:

**CONSORZIO DI RICERCA
"LUIGI AMADUCCI"**



- 14.45 **Welcome** - S. Maggi
- 15.00 **Mediterranean diet and human health** - A. Trichopoulou
- “PROtein enriched MEDiterranean diet to combat undernutrition and promote healthy neuroCOgnitive ageing in older adults” (PROMED-COG) project**
Chairperson: G. Sergi
- 15.30 **WP2: Undernutrition, cognitive decline and dementia** - C. Ceolin, A. Ravelli
- 16.00 **WP3: Mediterranean diet, physical activity and neurocognitive ageing** - F. Prinelli
- 16.30 Break
- 17.00 **WP3/WP4: Metabolome and neurocognitive outcomes** - L. Brennan
- 17.30 **WP4: Effect of a protein enriched MedDiet and exercise intervention on nutritional status and cognitive performance** - C. McEvoy
- 18.00 **General discussion**
- 20.00 Dinner

FACULTY

E. Azzini, Italy
L. Brennan, Ireland
C. Ceolin, Italy
A. Christelle, Switzerland
V. Gianfredi, Italy
F. Limongi, Italy
A. Logrieco, Italy
S. Maggi, Italy
C. McEvoy, U.K.
M. Noale, Italy

D. Nucci, Italy
S. Predieri, Italy
F. Prinelli, Italy
A. Ravelli, Italy
A. Santino, Italy
G. Sergi, Italy
A. Trichopoulou, Greece
Y. Vermeiren, Netherlands
L. Weber, Germany
M. Zanetti, Italy

- RECENT ADVANCEMENT IN NUTRITION AND DEMENTIA**
Chairperson: C. McEvoy
- 09.00 **ESPEN guideline on nutrition and hydration in dementia** - L. Weber
- 09.30 **Role of nutrition in preventing dementia** - Y. Vermeiren
- 10.00 **Association between Mediterranean diet and dementia and Alzheimer disease: a systematic review with meta-analysis** - V. Gianfredi
- 10.30 **Culinary Medicine: where are we now?** - D. Nucci
- 11.00 Break
- THE NUTRAGE PROJECT: AN INTERDISCIPLINARY ENTERPRISE OF THE CNR**
Chairpersons: A. Logrieco, M. Noale
- 11.30 **Nutrage Project: objectives and main outcomes** - A. Santino
- 12.00 **Effect of an antioxidant-rich diet and a healthy lifestyle on the gut microbiota diversity and brain morphometric correlates: an exploratory analysis in older adults participating in the NutBrain study (Nutrage project, WP6, subtask 6.3.3)** - F. Prinelli
- 12.30 **Olive oil tasting** - S. Predieri
- 13.30 Lunch Break
- 14.30 **PROPOSAL FOR FUTURE ACTIVITIES AND ACTIONS FOR INCREASING AWARENESS AMONG SCIENTISTS AND GENERAL POPULATION IN THE FIELD OF NUTRITION FOR HEALTHY AGING**
Chairpersons: S. Maggi, F. Limongi
- Elena Azzini, Council for Agricultural Research and economics – CREA
 - Antonio Logrieco, CNR
 - Michela Zanetti, ESPEN/SINPE
 - Antonia Trichopoulou, World Health Organization Centre of Nutrition
 - Avart Christelle, CH-Prill, Whole Grain Initiative
- 15.30 **Synthesis of the main scientific conclusions of the workshop**
C. McEvoy