

**“The Mediterranean Diet in Italy and in the world
The problem of overweight and obesity”**



a talk by

PROF. PIETRO A. MIGLIACCIO

*Nutritionist Doctor, President of
Italian Society of Nutritional Science*

Followed by

**“The problem of obesity in
Ireland”**

a presentation by

DR. DONAL O’SHEA

*Principal Investigator of Obesity
Group, St Vincent’s University Hospital*

with the participation,
as special guest, of

PAOLO TULLIO

*Writer and former Michelin
star awarded head chef*

**Monday 14th May
at 7 pm**

Pavilion Hall

Italian Institute of Culture

11 Fitzwilliam Square East, Dublin 2

In 2010 the *Mediterranean Diet* was proclaimed by UNESCO

Intangible Heritage of Humanity

The Mediterranean Diet constitutes a set of skills, knowledge, practices and traditions ranging from the landscape to the table, including the crops, harvesting, fishing, conservation, processing, preparation and, particularly, consumption of food. The Mediterranean diet is characterized by a nutritional model that has remained constant over time and space, consisting mainly of olive oil, cereals, fresh or dried fruit and vegetables, a moderate amount of fish, dairy and meat, and many condiments and spices, all accompanied by wine or infusions. However, the Mediterranean diet encompasses more than just food. It promotes social interaction with communal meals the cornerstone of social customs and festive events. The system is rooted in respect for the territory and biodiversity, and ensures the conservation and development of traditional activities and crafts linked to fishing and farming in the Mediterranean communities.

S.I.S.A. The *Italian Society for Nutritional Sciences (S.I.S.A.)* is a non-profit cultural and scientific association created in 1966 with the following aims:

- To favour meetings and exchange between nutrition science experts
- To realize and spread relevant documents and publications in the fields of activity of the Society
- To maintain a strong bond between scientific research and the agro-alimentary industry
- To coordinate research activities which study foods in diet, nutrition and technology
- To participate in nutritional education programmes and initiatives

The current President is *Pietro A. Migliaccio*.

Professor Dott. Pietro A. Migliaccio graduated in medicine and surgery from the *University of Rome, "La Sapienza"*. He is a Nutritional Science lecturer, a specialist in Gastroenterology and an expert in Axiology. For over 25 years he worked for the *National Institute of Nutrition (INRAN)*, with which he still collaborates on Nutrition Education and Research programmes. He is President of the *Italian Society for Nutritional Sciences (S.I.S.A)* and a member of several scientific societies (*S.I.N.U. – S.I.M.G. – C.L.I.I.M.A.A.* etc). In the past years he managed and coordinated several workshops. Two of them and their publications (*Nutrition and Disability—the importance of social communication for a better quality of life*, Rome, 1st December 2003 and *Nutrition for children with oncologic pathology*, Rome, 19th February 2007) were in collaboration with RAI. He is author of several scientific publications in the fields of biochemistry and nutrition and he collaborates actively with the press as well as with a number of radio and television shows concerning food, nutrition and health, such as *I fatti vostri, Uno Mattina, Tg1, Tg2, Tg5, Medicina 33*. As a congress and convention spokesman, he also teaches at universities and public and private facilities. He works in Rome as a Nutritionist and Clinical Dietologist. He is the author of the book "Manual for Human Nutrition between present and future", published in November 2011.



Prof. Donal O'Shea is a consultant endocrinologist and physician based in St Vincent's University Hospital and St Columcille's Hospital. He is the principle investigator in a research group that currently focuses on the study of the health consequences of obesity. He is the lead clinician for a hospital-based multidisciplinary obesity service (based on the St Columcille's Hospital site) that includes provision of bariatric surgery. His research provides insight into the morbidity and mortality associated with obesity and aims to lead to improvements in patient care from a clinical practice perspective.

Paolo Tullio (born Lazio, Italy) is a writer and a Michelin star winning head chef of the former restaurant Armstrong's Barn in Annamoe, County Wicklow. Paolo Tullio came to Ireland to study in 1968. He studied English, arts and philosophy at Trinity College where he obtained a MA. After his studies he held several jobs, working as a clinical psychologist in St. Brendan's Hospital, interpreter and cattle-agent.



Losing weight with fantasy, Dott. Maria Teresa Strumendo Migliaccio

Dott. Maria Teresa Strumendo Migliaccio graduated in Medicine at the *University of Rome*. She continued her studies attending the Pediatric Clinic of the University with the Director, Prof. Colarizi, who previously was her lecturer. She has always been interested in nutrition problems of childhood and adulthood. She has participated in conferences of various scientific societies of nutrition; for these reasons she followed her husband's projects and nutrition education research. She is a member of *The Italian Society for Nutritional Sciences (SISA)*. She also collaborates with scientific programs on radio and television. In addition, she successfully practices medicine and nutrition in the City of Rome.

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