



Ministero dell' Istruzione, dell' Università e della Ricerca

Diet, Physical Activity and Cardiovascular Diseases Prevention

The activities promoted by the
Ministry of **Education**, **University**
and **Research** - MIUR

Salvatore La Rosa

Department for **Education**

Main Areas of intervention

- **Spread the culture of prevention**
 - Project «*A scuola di Cuore*»

- **Educate for a correct nutrition**
 - Projects «*Scuola e Cibo*» and «*Guadagnare salute*»

- **Foster physical activities and sports activities in schools**
 - Projects «*Guadagnare salute*» and «*Alfabetizzazione motoria*»

- **Disseminate criteria for a correct style life**
 - Cross-cutting issue


Project «A scuola di Cuore»

- It is realised in the frame of a Memorandum of Understanding between MIUR and the National Society of Cardiology, to spread, among young people, information about cardiovascular diseases with the scope of prevention
- The project's activities include:
 - Classes for both teachers and students of secondary schools
 - Teleconferences given by medical doctors in Cardiology
 - “Pilot project” for cardiological screenings of students.
- Bottlenecks: none



National Program «Scuola e Cibo»

- Joint inter-ministerial activity for primary schools and first years of secondary schools
- **Objective:** improvement of health conditions, against overweight
- **Means:** dissemination of how important a correct nutrition is, targeting students and, through them, their families
- **Legal framework:** a «Technical/Scientific Board to coordinate the Program activities through the definition of «Guidelines for education in nutrition in the Italian Educational System»



Guidelines for education in nutrition in the Italian Educational System

- A new orientation for more attention on the methodology to facilitate the inclusion of this topic in Educational Programs.

- Based on 4 pillars
 - Establish an overall approach for a good education in nutrition;
 - Foster the adoption of healthy nutritional behavior
 - Disseminate a good knowledge of the agri-food system
 - Promote the concept of quality of food

National Program «Scuola e Cibo»

Critical issues:

- Even if the Program went already successfully beyond its experimental phase and even if it's fully targeting the classes as defined, **the education for a correct nutrition is still a too marginal topic in the overall frame of the Educational Programs**

Foreseen solutions:

- More room for the topic in the Educational Programs;
- Enlarge the scholastic population reached by the project;
- Active collaboration with other public and private Institutions and Associations



National Program «Guadagnare salute»

- It is realised in collaboration with the Ministry of Health and with Federalimentare to disseminate in schools the culture for a correct nutrition and the value of sport activities
- The project is implemented in 2 complementary steps:
 - Promotion of physical activities, also through specific actions of training and information in schools
 - Education for an healthy nutrition, teaching the optimal ways and timing for the intake of food, notions on the history and production processes in agriculture and food related industries

Project «Alfabetizzazione motoria nella Scuola Primaria»

- The Project is realised in collaboration with CONI. It targets young students in primary schools of an age between 6 and 10 years old
- **Objectives** (one among several): to structure for the very first time in Italy the education in literacy of human motion on precise scientific guidelines
- **Bottleneck**: the financial engagement necessary for the project's implementation is remarkable. It is then necessary an efficient joint participation between MIUR and CONI.
- **State of art**: every year MIUR and CONI, through a specific Board, define the necessary actions (and budget).

Department of University

Main Actions

- The Department approved for the Academic year 2012/2013
 - N. 24 «Laurea» degree courses for «Dietician»
 - N. 34 «Laurea» degree courses in «Science of the physical motion»
 - N. 27 «Laurea Magistrale» degree courses in «Sciences and techniques of preventive and adaptive physical activities»
- The profile is recognised by the Ministry of Health who is establishing the number of necessary subscription per year
- **Critical issue:** a “real” employment of these professional profiles is still seldom done i.e. in fitness centers



Department for **Research**

**A Joint Programming Initiative
of pan-European interest**

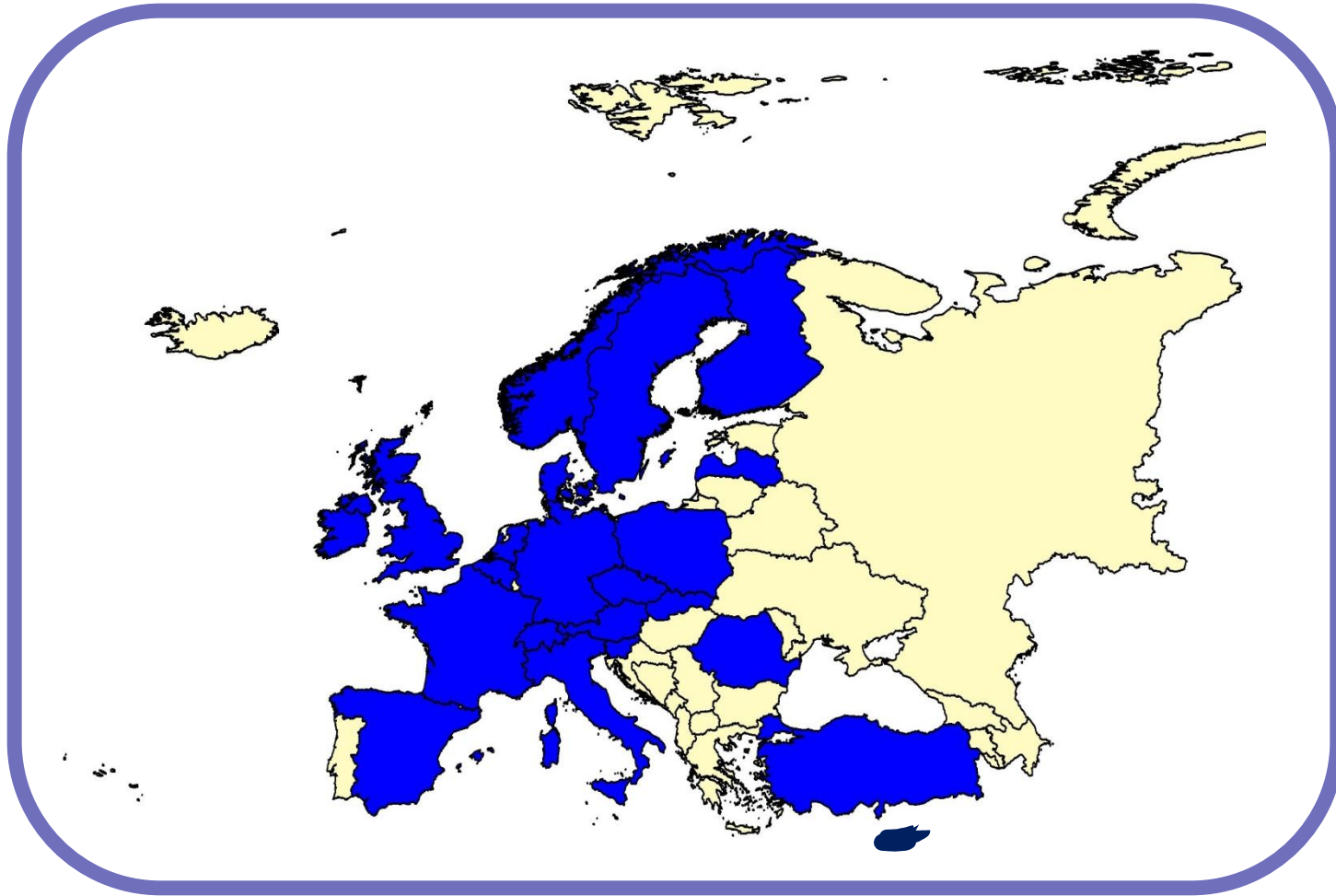
Determinants of diet and physical activity

Diet and food production

Diet-related chronic diseases

□ *Hippocrates said “Let food be thy medicine”*

22 Member States



- The Netherlands (chair)
- Ireland (vice chair)
- Germany
- UK
- France
- Spain
- Italy
- Norway
- Sweden
- Finland
- Denmark
- Poland
- Czech Republic
- Slovakia
- Slovenia
- Cyprus
- Romania
- Austria
- Switzerland
- Turkey
- Belgium (since 2011)
- Latvia (since 2012)



"In 2030 all Europeans will have the **motivation, ability** and **opportunity** to consume a healthy diet from a variety of foods, have healthy levels of physical activity and the incidence of diet-related diseases will have decreased significantly."

Conclusions

Actions and legal frameworks at
Regional, National and European levels

- Overall Coherence of the legal framework
- “Good” Nutrition still a too margin issue
- Real commitment of the majority of the society
- Coordination among projects and Institutions
 - Financial resources

Thanks very much for your attention.