

12 Maggio 2015 – Cascina Triulzia- EXPO di Milano



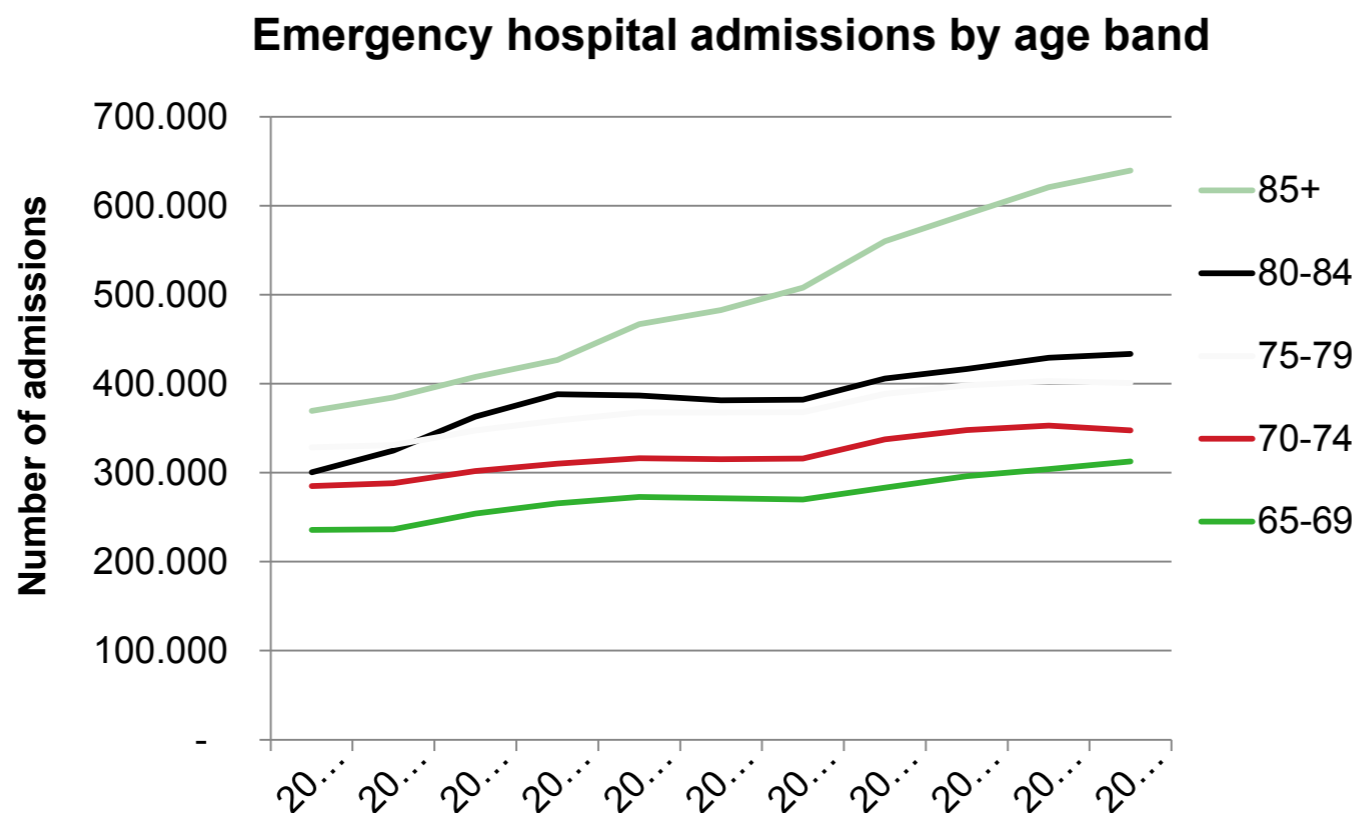
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Dipartimento di Medicina e Chirurgia,
Università di Salerno

DIETA, ESERCIZIO FISICO E INVECCHIAMENTO ATTIVO

(EIP ON ACTIVE AND HEALTHY AGING)

Entro il 2030, il numero degli over 80 raddoppierà



Negli ultimi 10 anni, il 40% dell'incremento degli accessi in pronto soccorso è da parte di pazienti over 65s

Anche la frequenza delle reammissioni in emergenza è aumentata per gli anziani

Fragilità (per range di età)

65-69 = 4%

70-74 = 7%

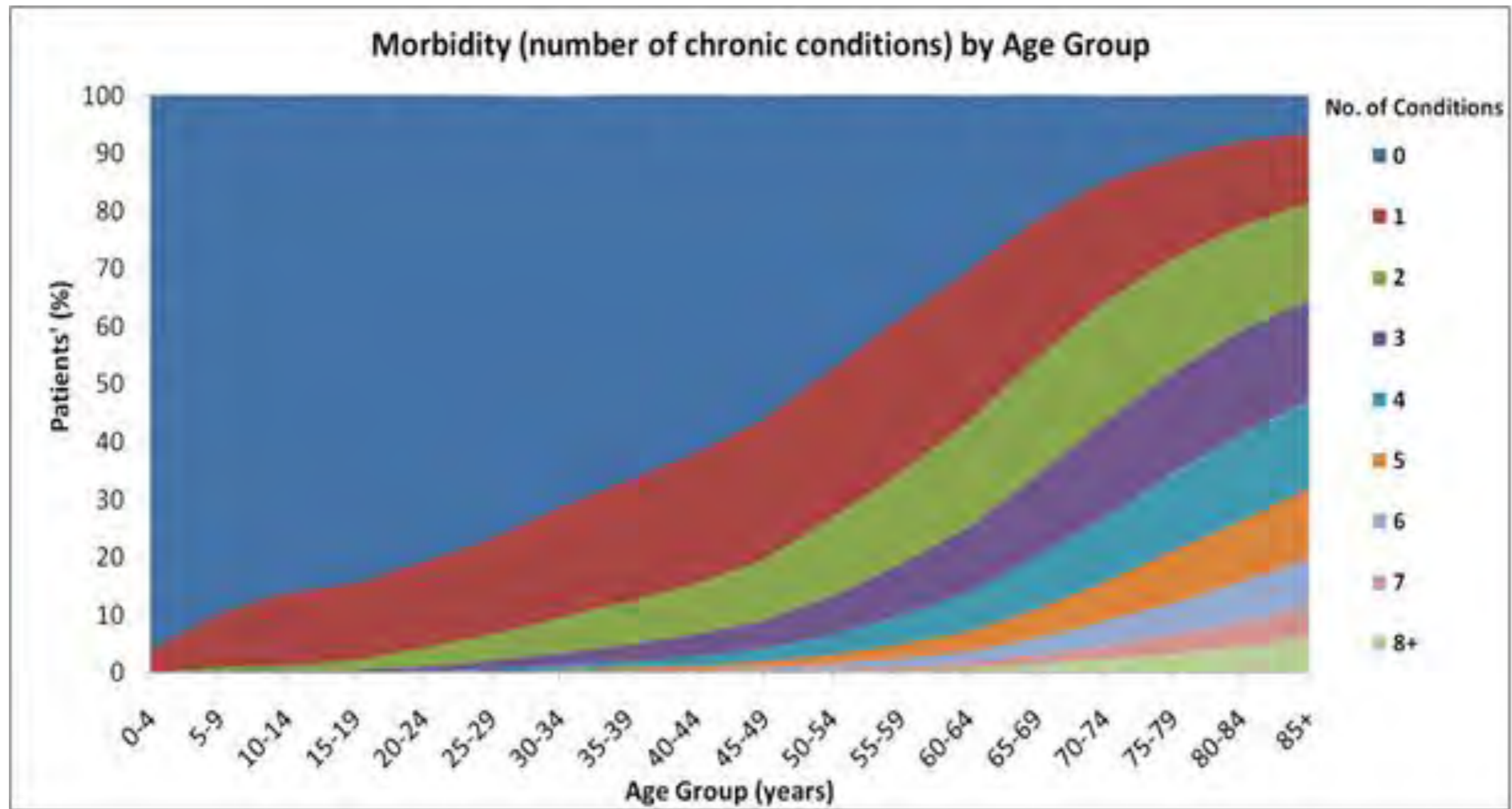
75-79 = 9%

80-84 = 16%

Over 85 = 26%



Stime di Multimorbilità



La maggioranza degli over-65s ha 2 o più malattie croniche e la maggioranza degli over-75s ne ha almeno 3.

European Innovative Partnership on Active and Healthy Aging

- Il programma del DG-SANTE della EC intitolato all'AHA
- Aumentare il numero di Healthy Life Years di 2 anni in Europa entro il 2020
- Nel 2013, la Campania è stata identificata "Reference Site" dal DG-SANTE per l'EIP-AHA



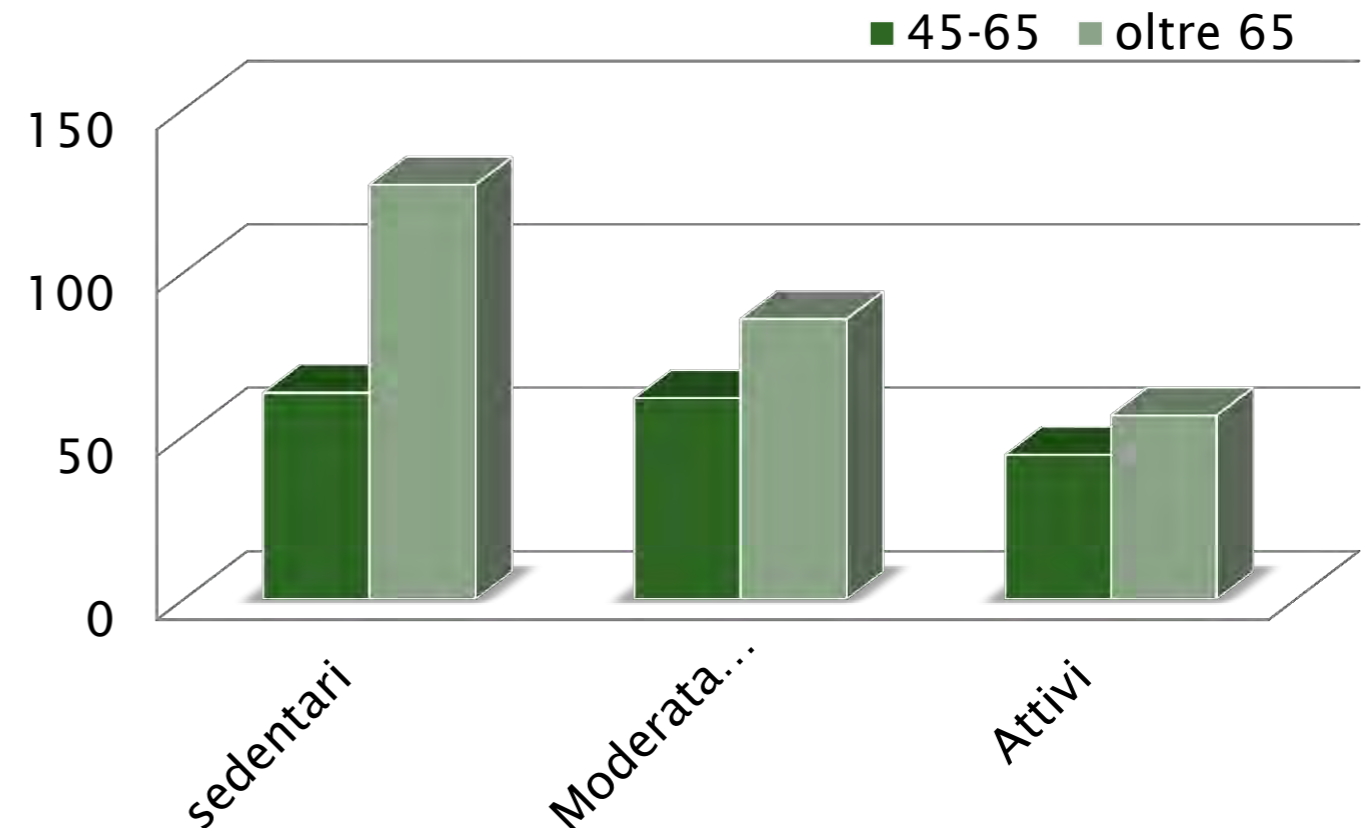
Esercizio Fisico e AHA

Nel 1992, l'American Heart Association pubblicò un

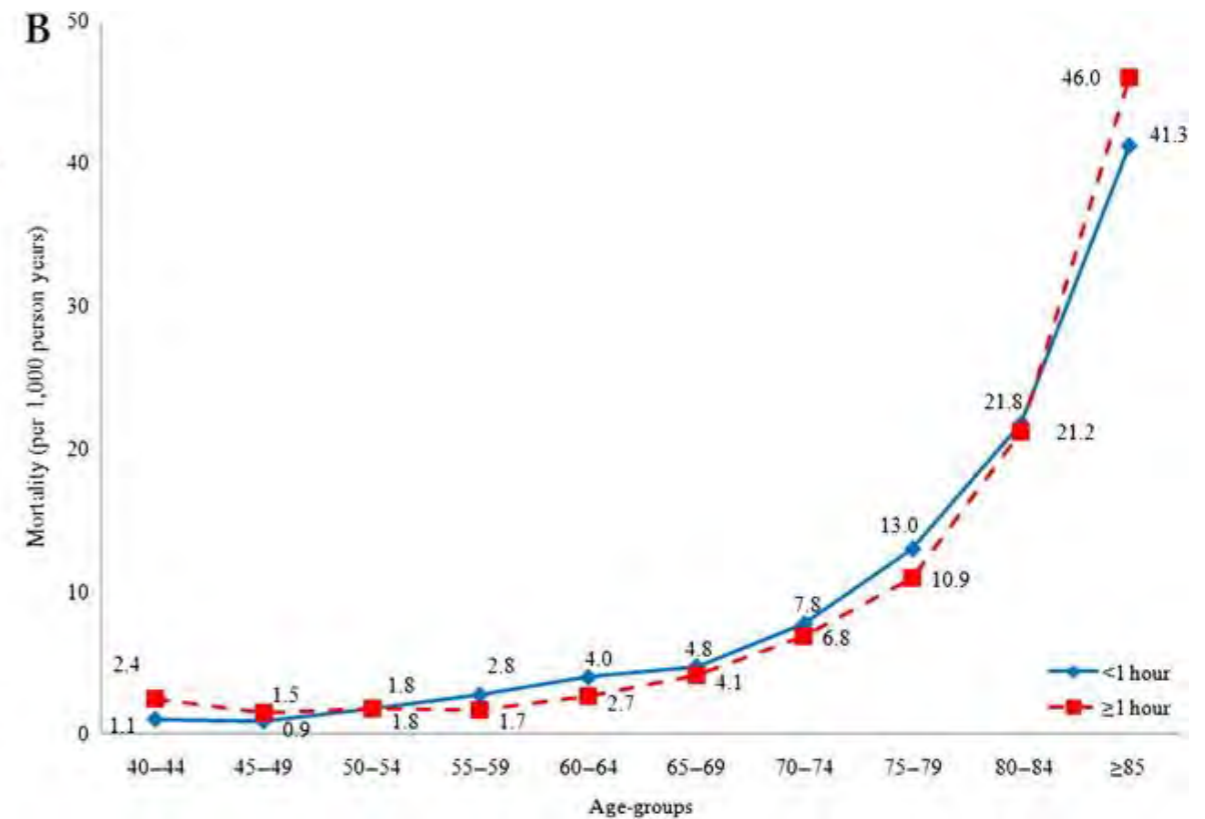
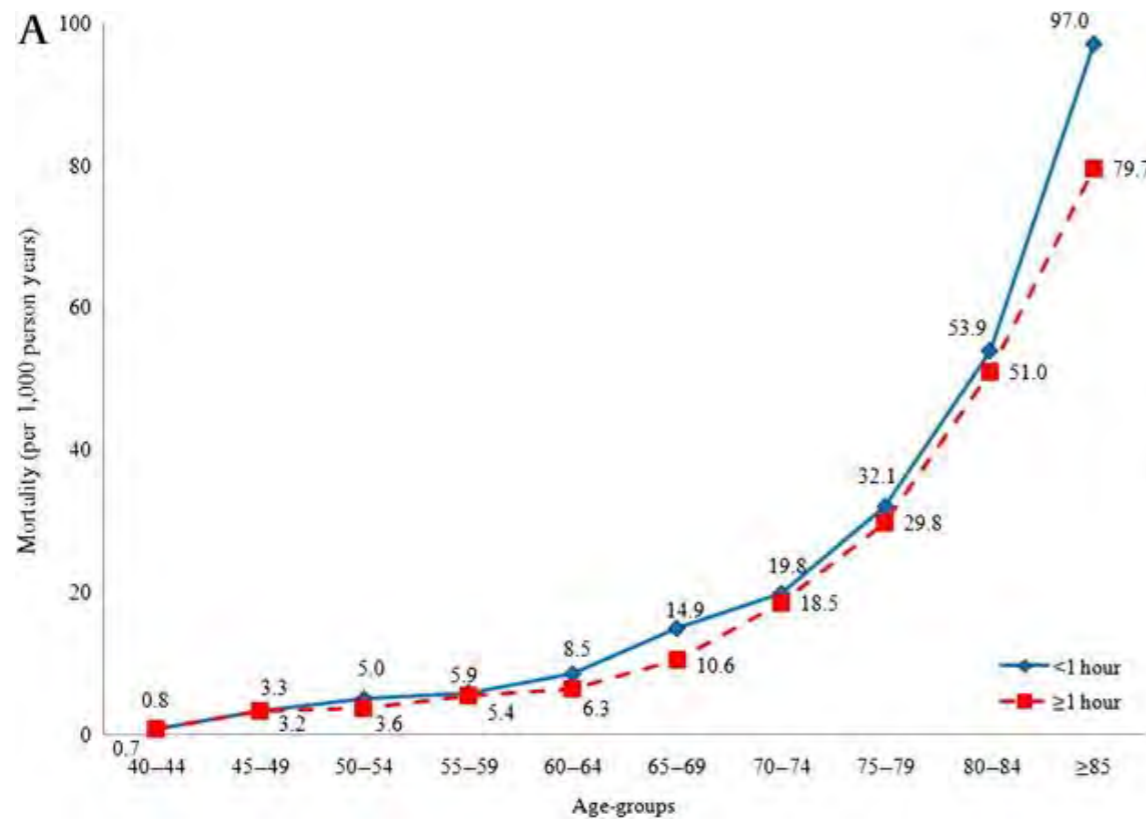
“position statement”
sull'esercizio fisico:

*“There is a relation
between physical inactivity
and cardiovascular
mortality, and inactivity is
a risk factor for the
development of coronary
artery disease.”*

Eventi Cardiovascolari nel Honolulu Heart Study



Multiadjusted mortality by time-spent-walking categories in each age group in (A) men and (B) women.



Masato Nagai et al. *BMJ Open* 2011;1:bmjopen-2011-000240



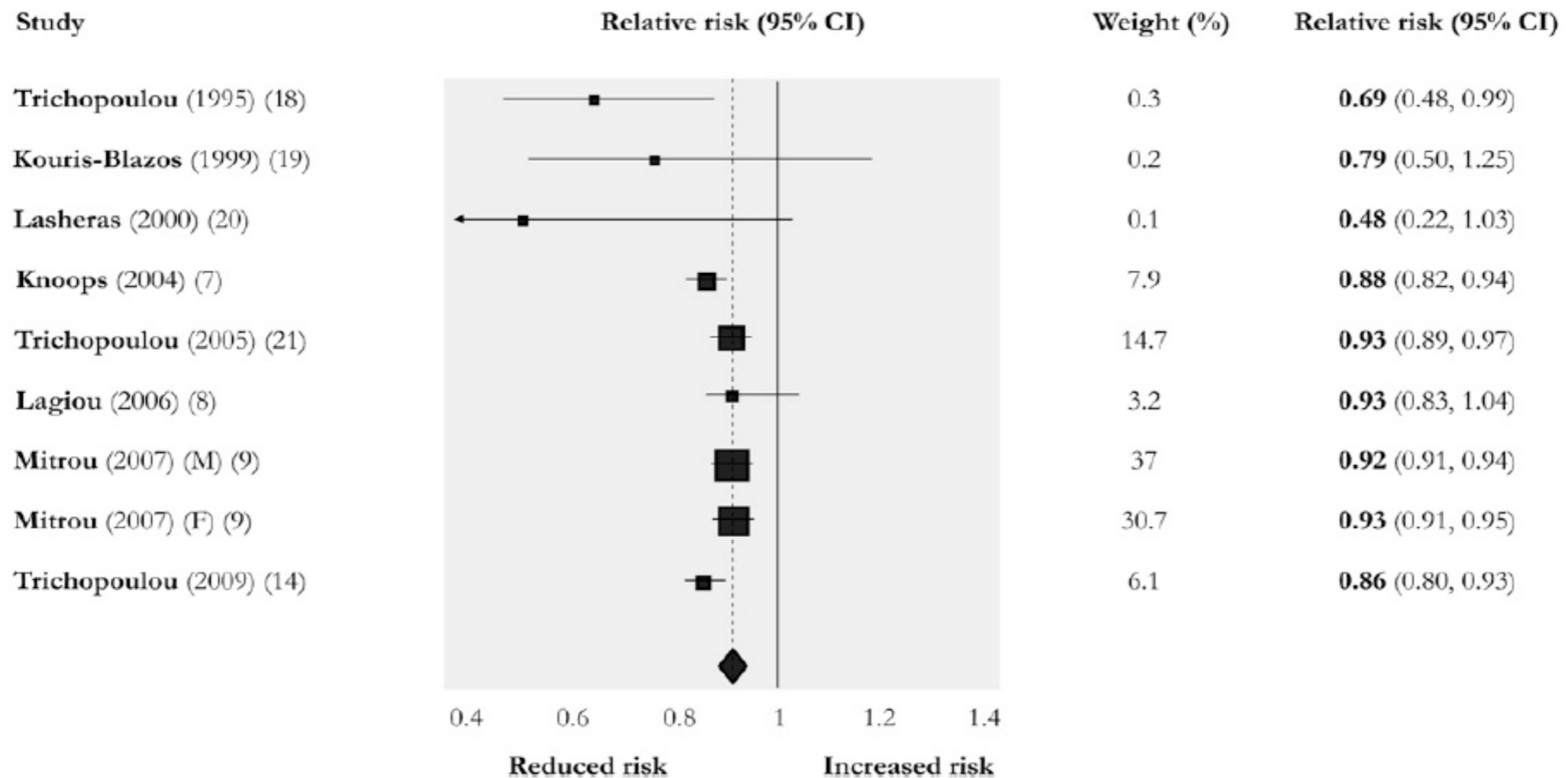
Impact of walking on life expectancy and lifetime medical expenditure: the Ohsaki Cohort Study

Time spent walking	Univariate		Multiadjusted*				
	Estimate	95% CI	p Value	Estimate	95% CI	p Value	
Men	Life expectancy (years) at age 40 years						
	<1 h	42.41	41.45 to 43.26	0.0004	43.43	42.39 to 44.41	0.0073
	≥1 h	44.19	43.15 to 45.19		44.81	43.66 to 45.94	
	Lifetime medical expenditure (£) at age 40 years						
	<1 h	107 023.2	101 093.6 to 113 066.3	<0.0001	107 544.2	101 234.0 to 114 044.6	0.0048
	≥1 h	94 402.1	87 812.3 to 101 248.0		99 423.6	92 515.9 to 106 694.7	
Women	Life expectancy (years) at age 40 years						
	<1 h	52.25	49.79 to 54.92	0.0569	56.62	53.17 to 60.62	0.2351
	≥1 h	54.25	51.38 to 57.48		57.78	54.02 to 62.22	
	Lifetime medical expenditure (£) at age 40 years						
	<1 h	123 553.0	111 619.5 to 137 549.6	0.0644	131 766.8	115 902.4 to 150 714.3	0.2559
	≥1 h	115 896.0	102 406.6 to 131 792.1		128 161.2	111 335.0 to 148 494.7	



Meta-analysis of prospective studies on the effects of adherence to the Mediterranean diet on health status (18 cohorts, n=2,190,627, follow-up 4 to 20 yrs)

Association between a 2-point ↑ of adherence score to MEDiet and overall mortality



Pooled risk estimate 0.92 (0.90-0.94)



*Cos'è
esattamente
La dieta
Mediterranea?*

.....
**Scene di vita a
Napoli nel 1700**



MEDITERRANEAN DIET IN ITALY IN THE FIFTIES



“... a hearty dish of beans and short lengths of macaroni (pasta e fagioli); ... lots of bread (never served with any kind of spread);
... great quantities of fresh vegetables; ... a modest portion of meat or fish (perhaps twice a week);
... wine;
... always fresh fruits for dessert.

“... for the possible prevention of CHD, it would be hard to do better than imitate the diet of the common folk of Naples in the early 1950s”

Ancel and Margaret Keys.

HOW TO EAT WELL AND STAY WELL: THE MEDITERRANEAN WAY

New York: Doubleday; 1975

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MEDITERRANEAN DIET IN ITALY IN THE FIFTIES



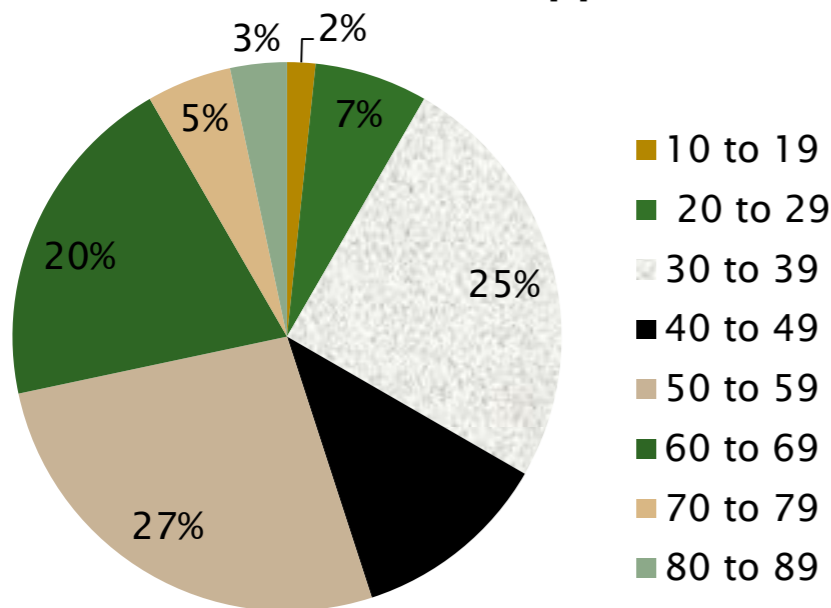
- Media delle calorie quotidiane: ~2600/d
- Basso contenuto di grassi, principalmente derivati dall'olio (tot. 23%, SFA <7%, chol 220 mg)
- Proteine ~ 12% en
- Carboidrati ~ 60% en
- Derivati da Cereali grezzi (54% en)
- Latte e derivati < 3%

Rate My Mediterranean Diet

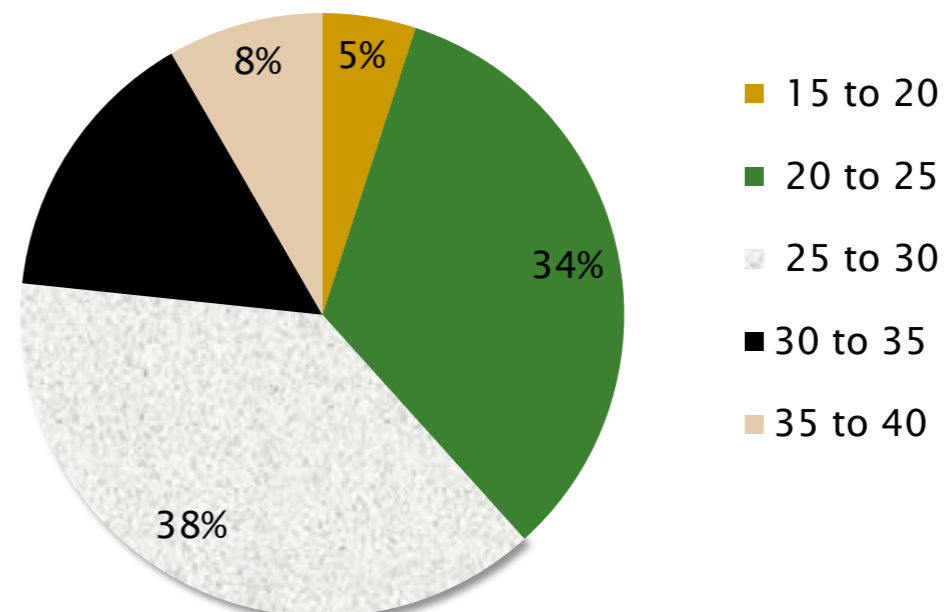
Mangi.....?		se si, segna 1	se no, segna 0
Verdure	due o più piatti al giorno		
Frutta	2 o più pezzi al giorno		
prodotti di farina integrale	2 o più pezzi al giorno		
Vino	1/2-1 bicchiere per le donne, 1-2 bicchieri per gli uomini (non di più....)		
Pesce	2 o più volte a settimana		
Legumi	2 o più volte a settimana		
noci	un pugno almeno 4 volte a settimana		
Olio	Molto olio, poco burro		
Carne rossa	meno di 3 volte a settimana?		
età			
seesso			
peso			
altezza			
Iperteso			
Diabetico			
Colesterolo alto			
	Risultato		
	7-9 Perfetto		
	5-6 Buono		
	3-4 Scarso		
0-3	Molto Scarso		

Rate My Mediterranean Diet

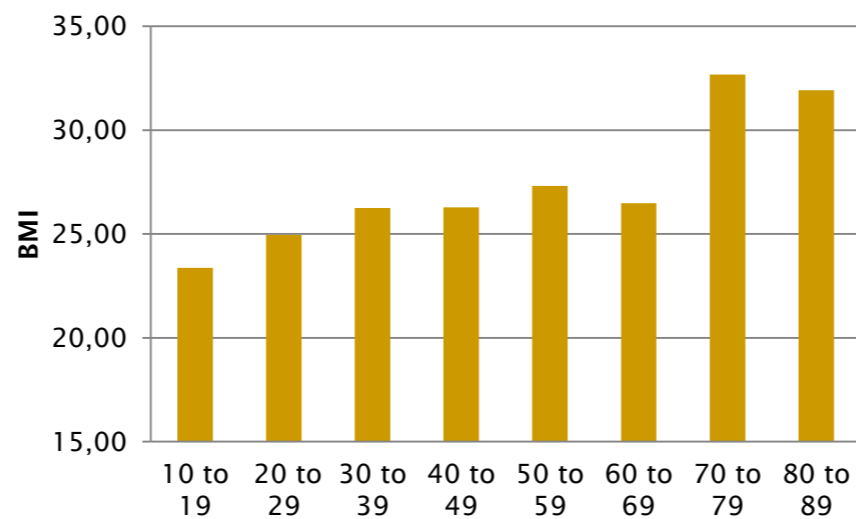
Gruppi di età



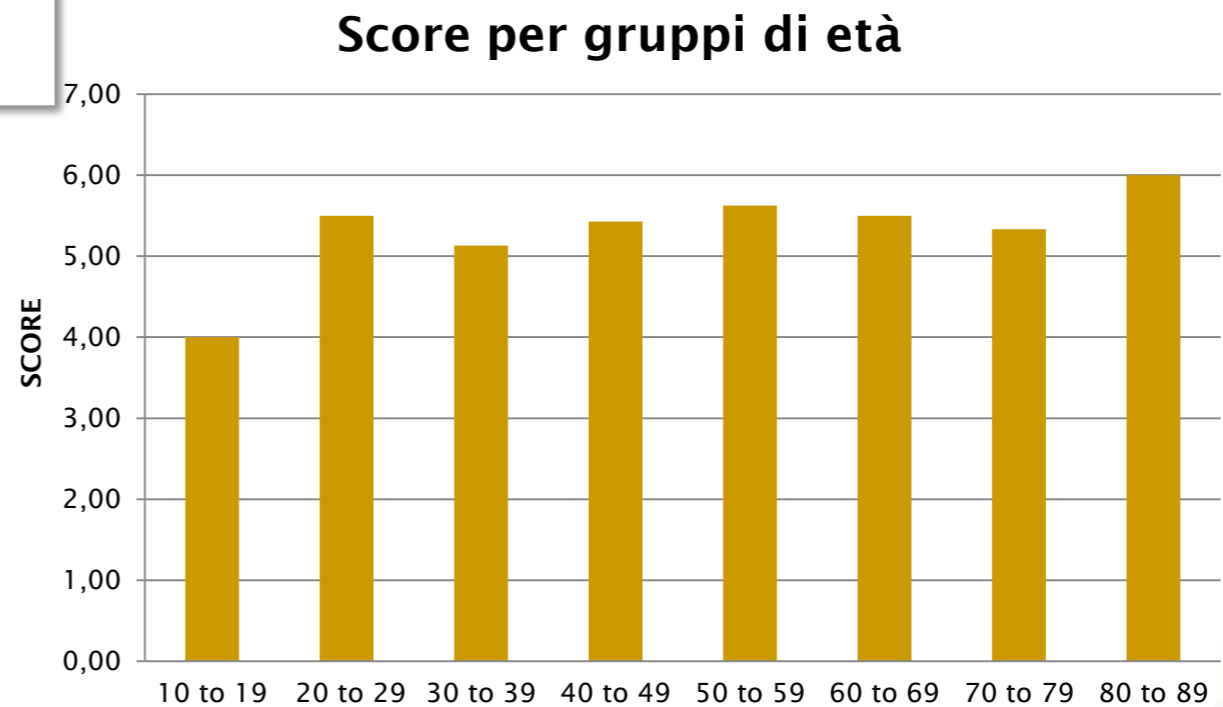
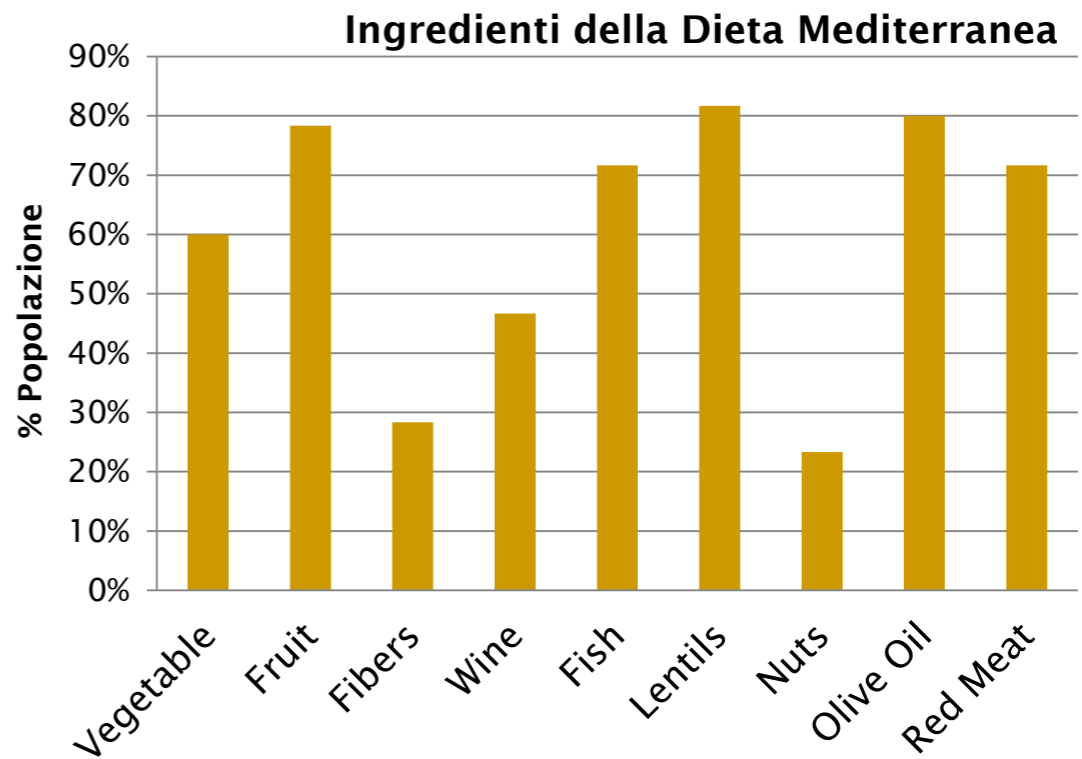
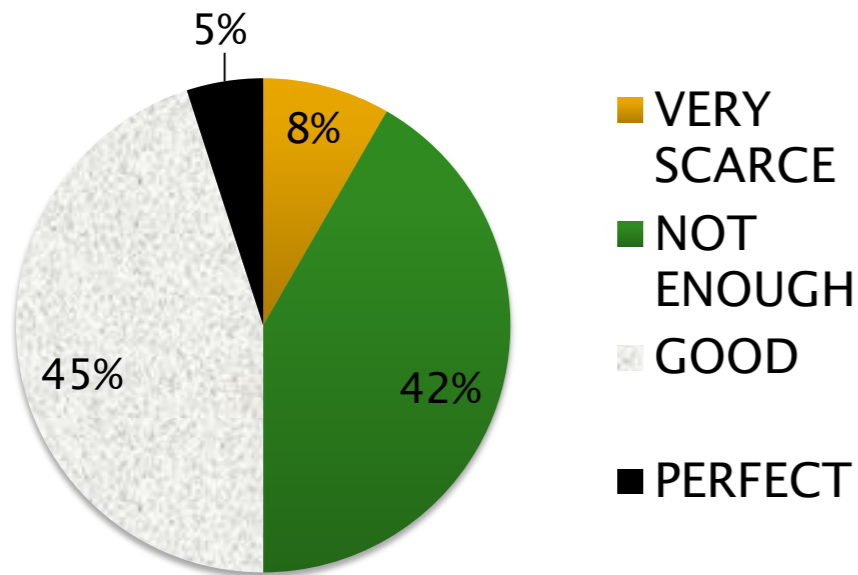
BMI



BMI per gruppi di età



Rate My Mediterranean Diet



The POLLICA Study

Baseline diet composition

FOOD	Men (n=25)	Women n=23)
Total EN intake (Kcal)	3260	2150
Protein (% en)	13	13
Total CHO (% en)	42	47
Total fat (% en)	31	35
<i>Oleic acid (% en)</i>	<i>17</i>	<i>17</i>
<i>SFA (% en)</i>	<i>9</i>	<i>11</i>
<i>PUFA (% en)</i>	<i>4</i>	<i>4</i>
Alcohol (% en)	14	5



Il Reference Site EIP-AHA della Campania per la Promozione dei corretti stili di vita




S. O. S. Saponi Odori Salute

Healthy life style promotion

2 days cooking lab
15 Mediterranean diet original recipes developed
 Translation in french and english available starting october 31° on : Marconi comprehensive Institute , Hotel School Ferrari and ASL Salerno web-site

Nutritional assesment of:
 70 subjects >60
 30 Alzheimer patients through MNA questionnaire

3 Healthy eating training sessions during school year 2013-2014, 1 in 2015:
 350 students, 120 family members and 20 Alzheimer patients




Sport and Health

17 U.S.acli gyms offer activities dedicated to over sixties all over the country


subjects		
All	459	M=25% F=75%
60-64	142	
>65	317	

Engagement into physical activity	
Yes	18%
No	57%
Seldom	10%

Frequence of diabetes	
YES	8,6%
NO	82,6%





In 2015 USacli has organized 47 «walk for health» of all over Italy.



XI Giornata Mondiale contro l'ipertensione Arteriosa: 16 Maggio 2015

Due postazioni: Salerno e Castelnuovo Cilento

Screening dei valori di pressione
Questionari sugli stili di vita
Questionari nutrizionali
200 screening per parametri metabolici
Pranzo a base di piatti della tradizione Mediterranea Cucinati dagli studenti dell'Istituto Alberghiero "Ancel Keys" di Castelnuovo Cilento

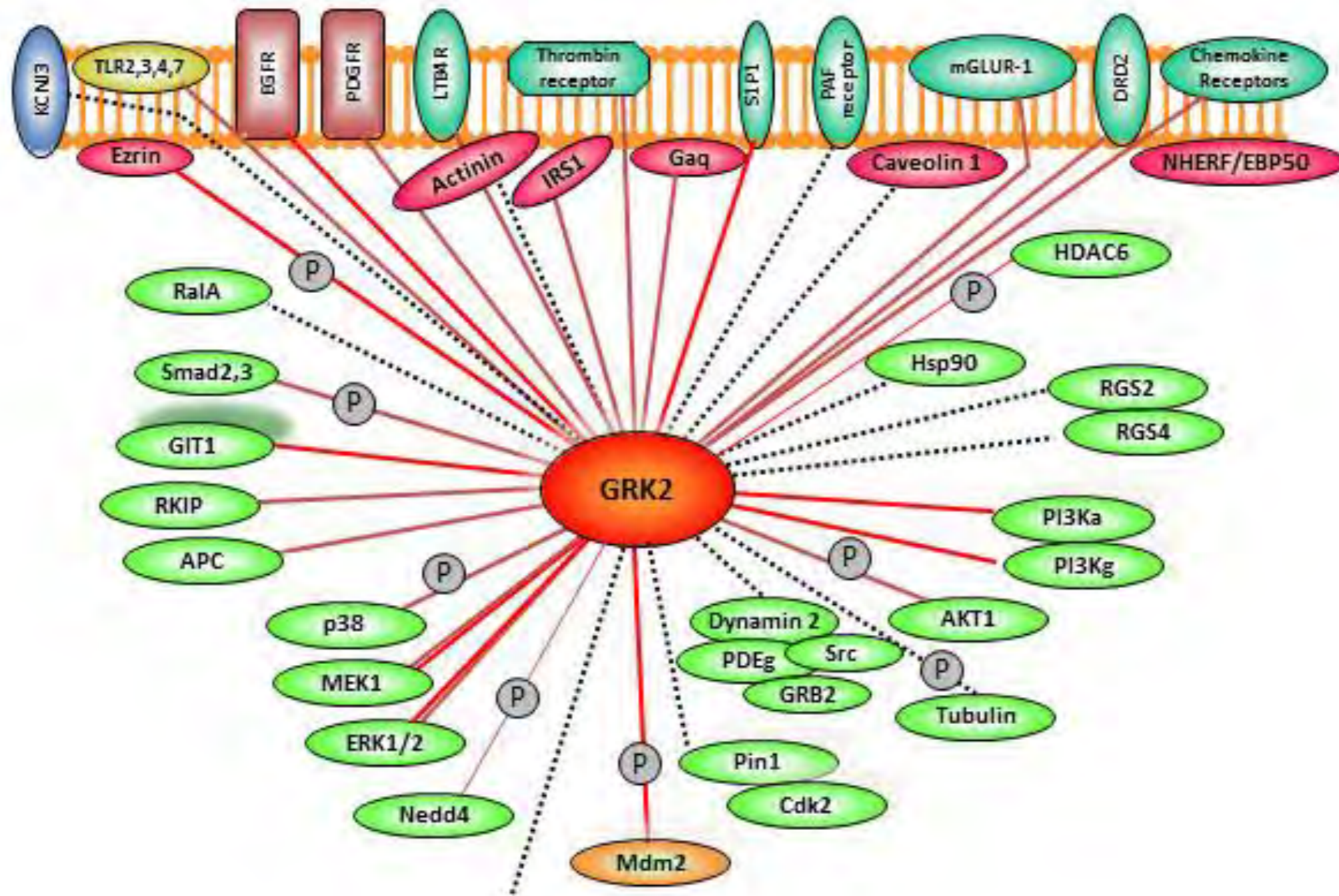
La Città d'Ippocrate



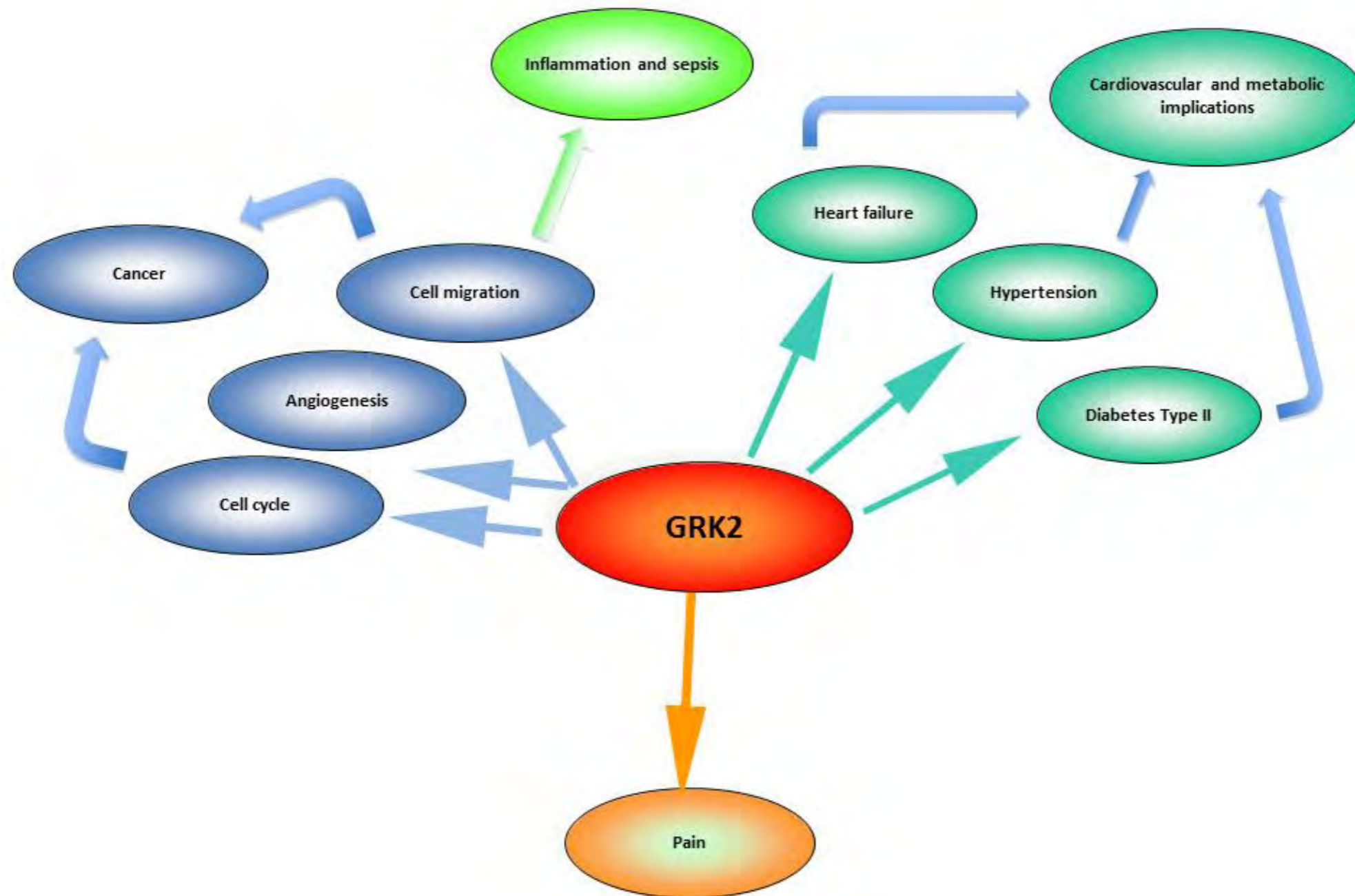
Università degli Studi di Salerno



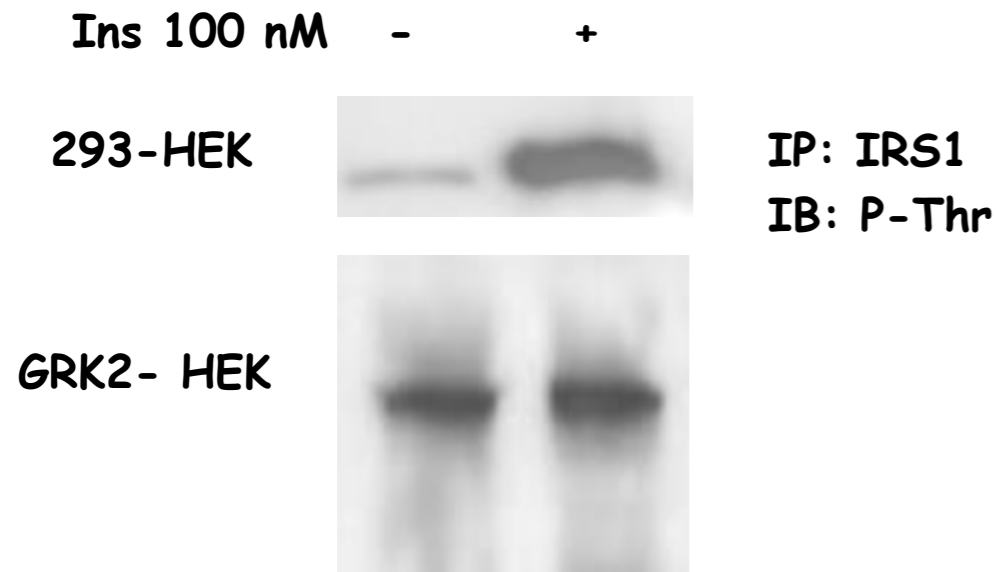
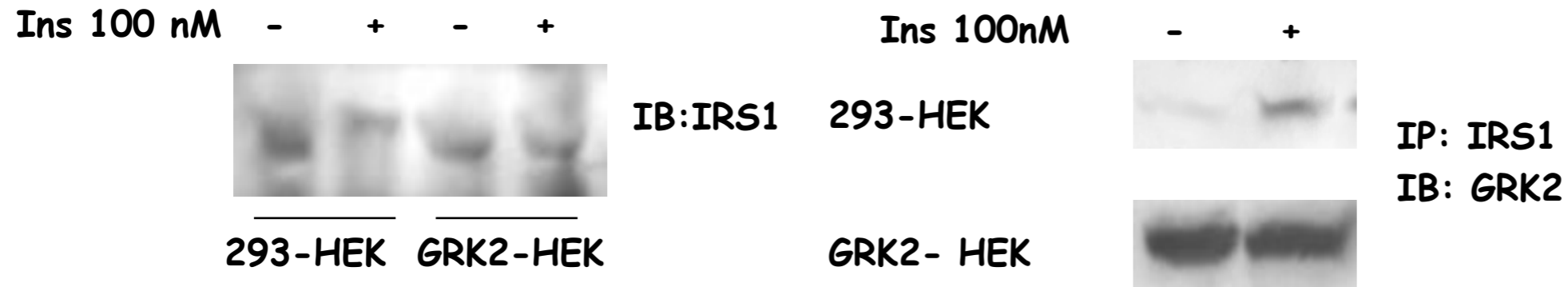
EIP-AHA: More research on mechanisms for Healthy Aging



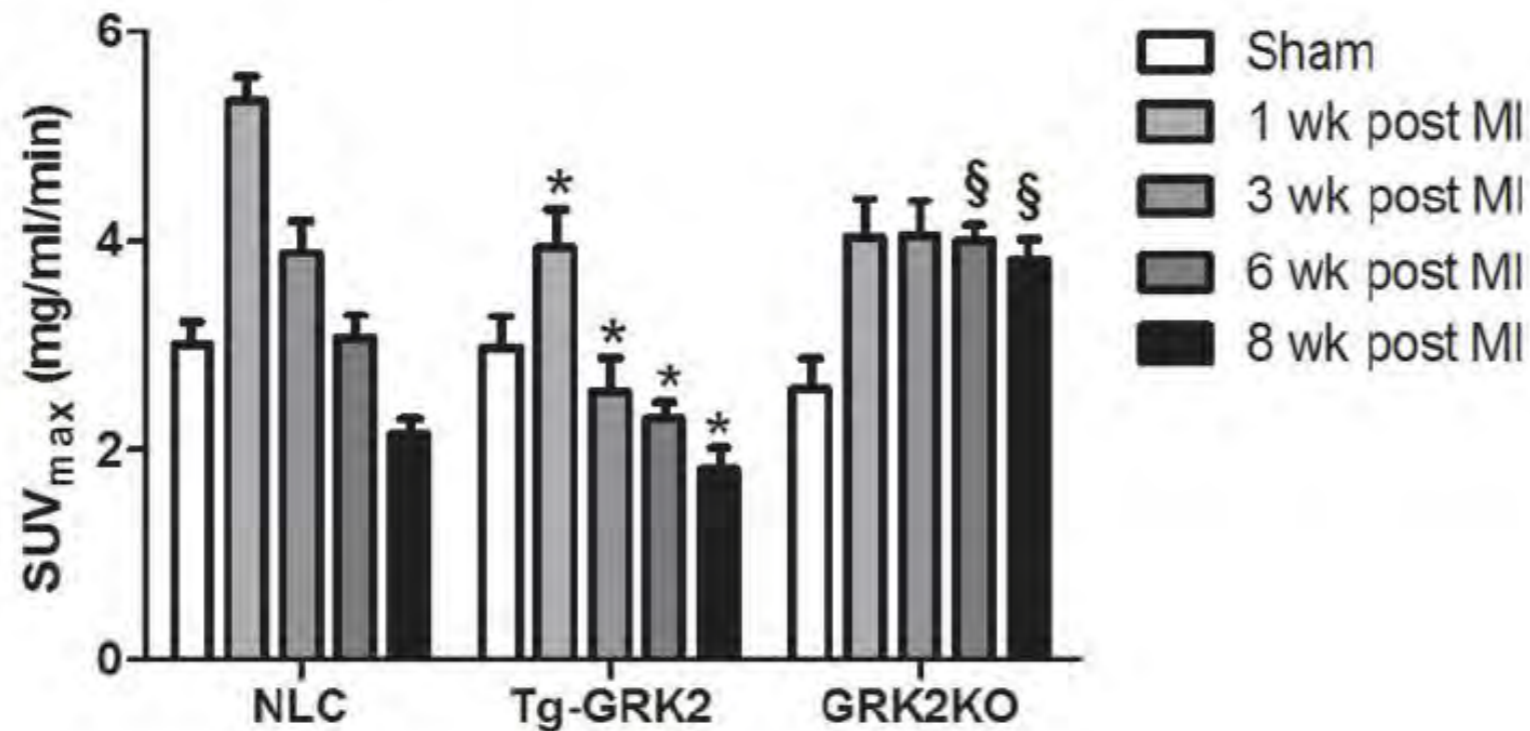
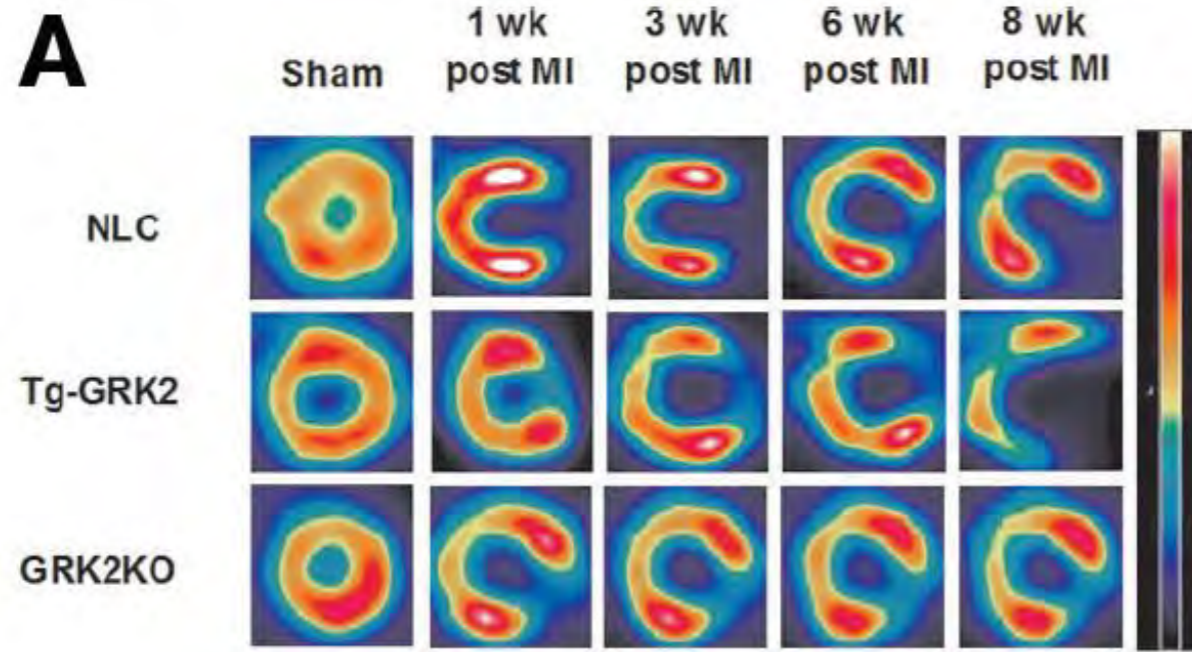
GRK2 come meccanismo molecolare della multimorbilità

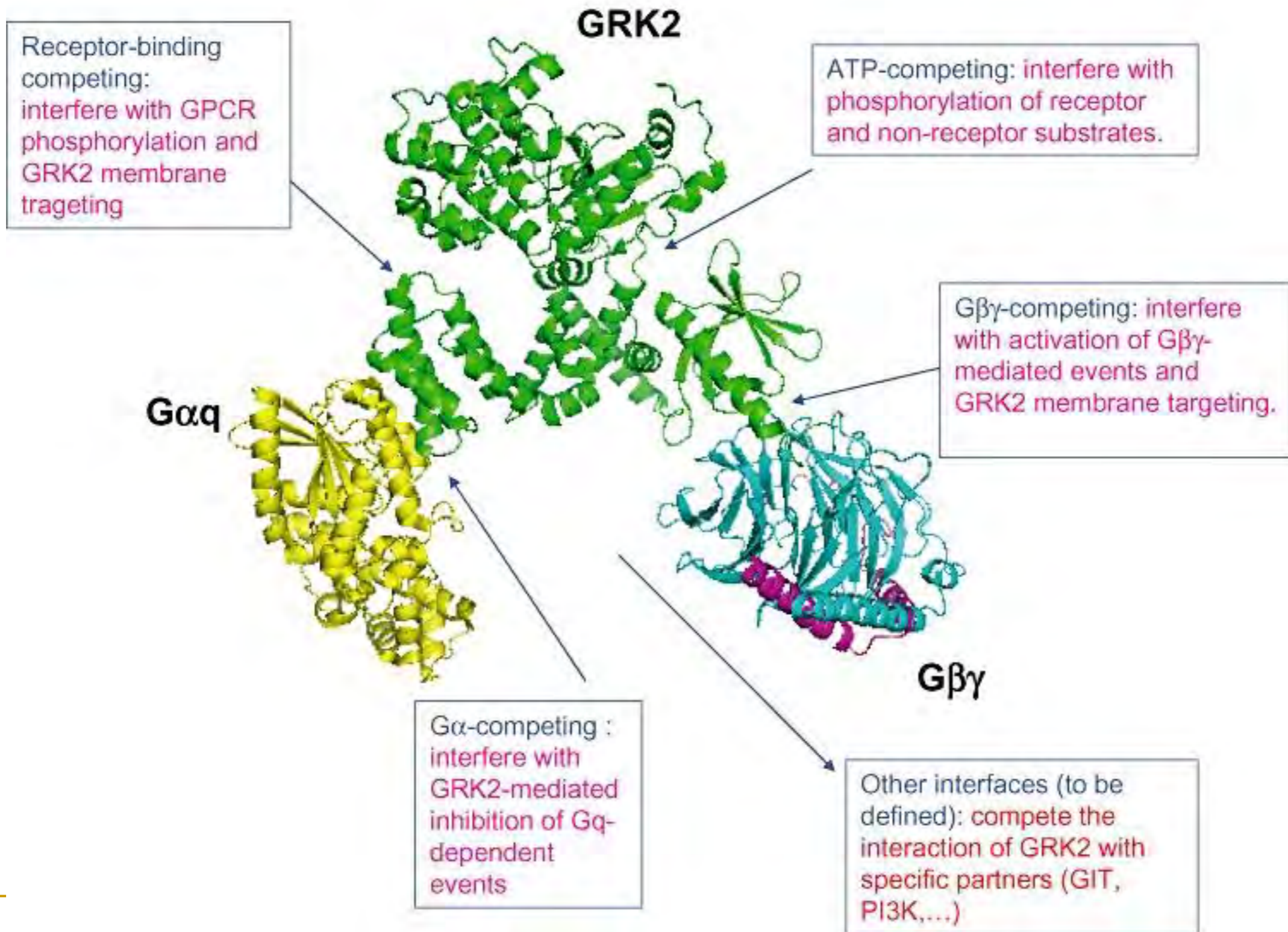


GRK2 inhibits insulin induced IRS1 activation

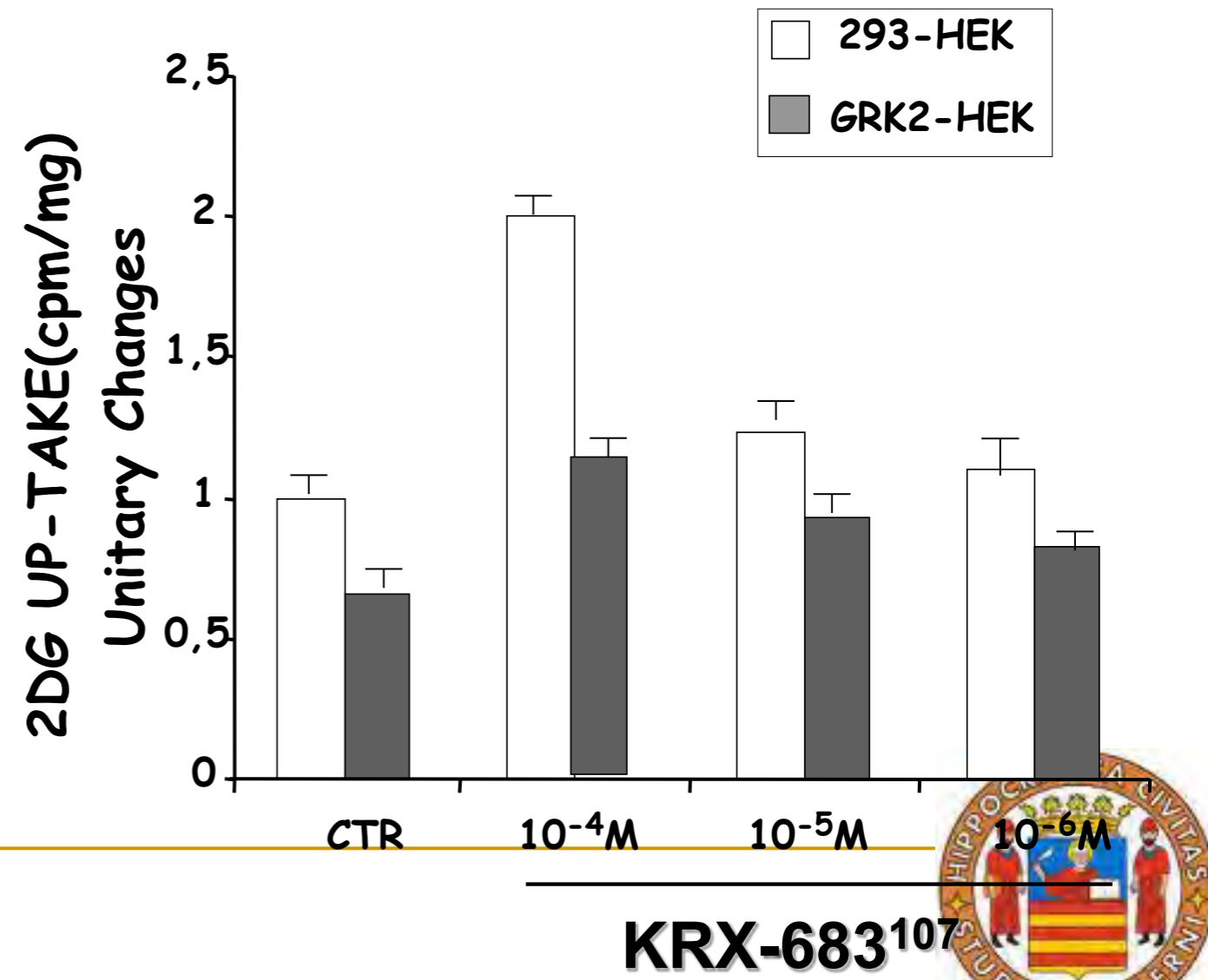
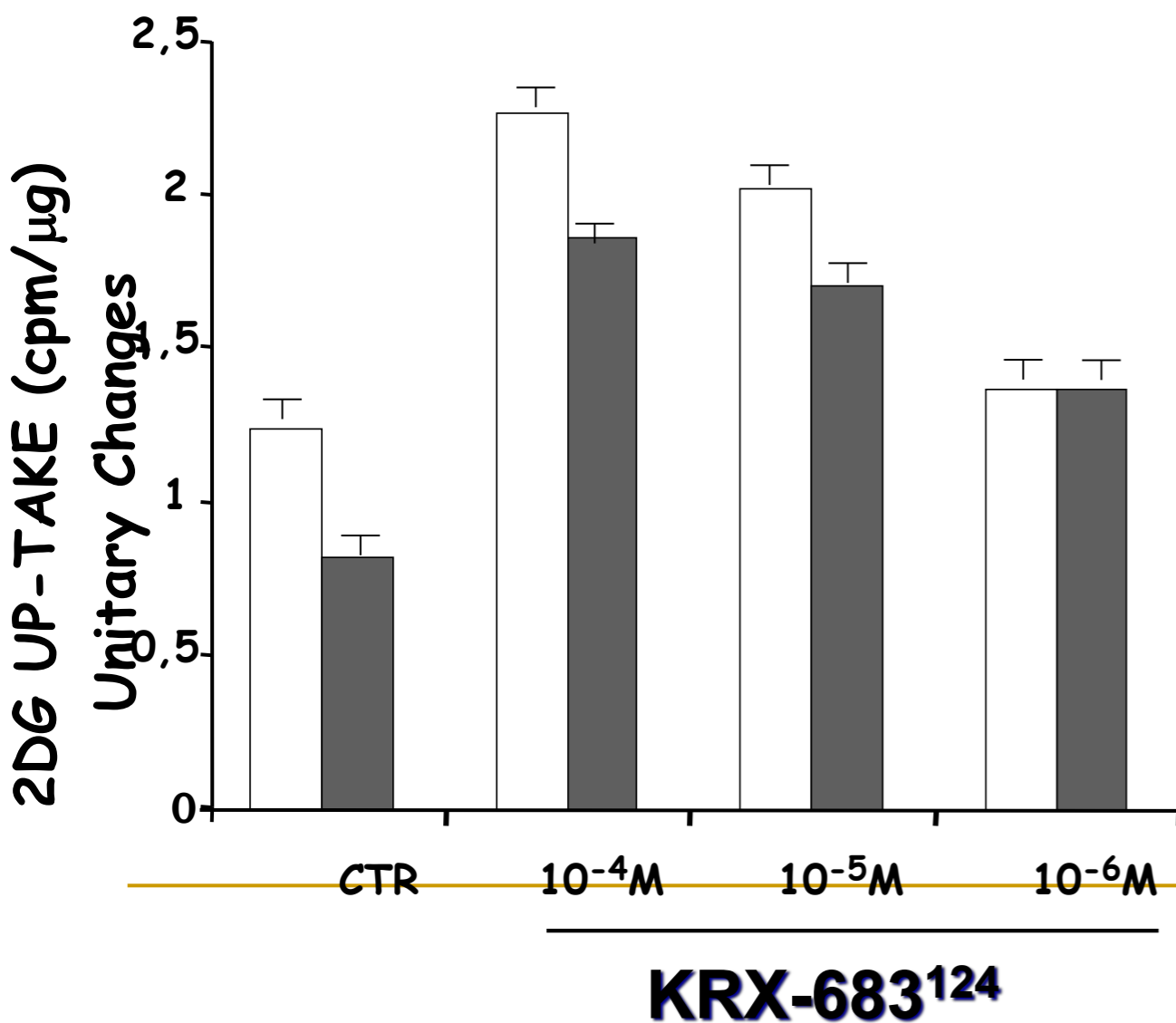


Glucose utilization after MI

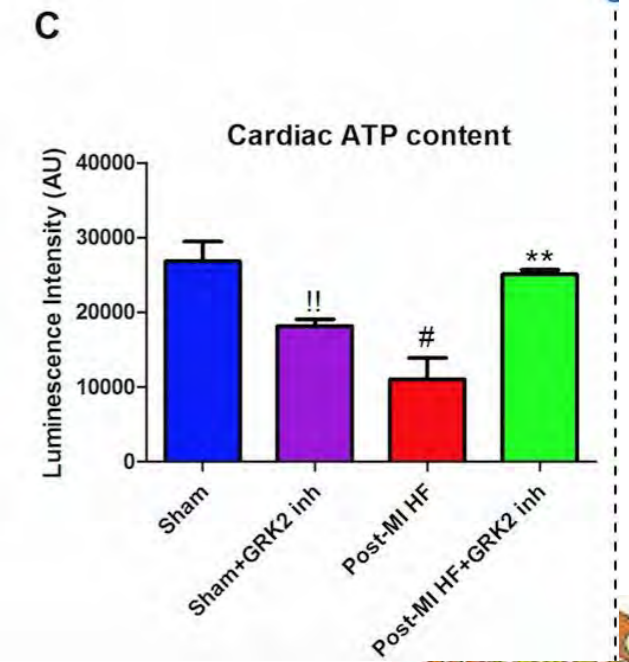
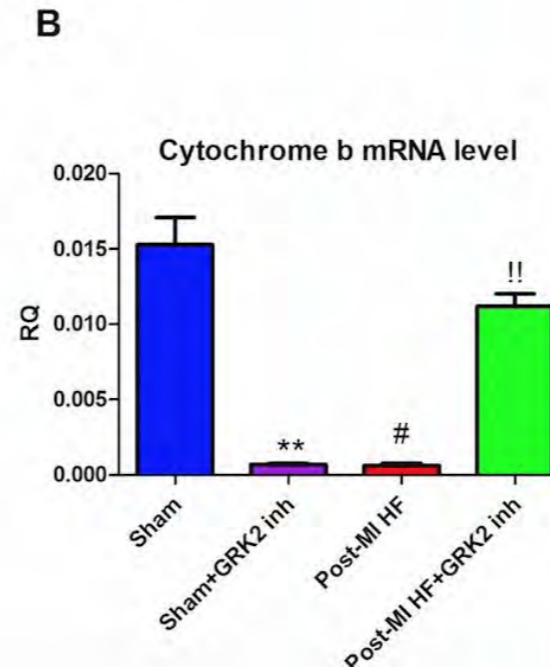
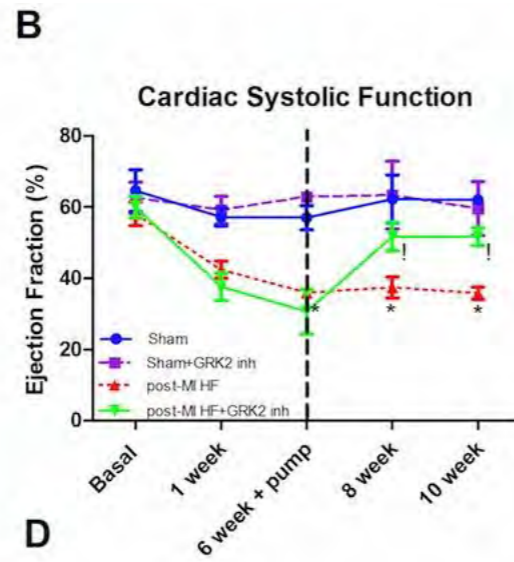
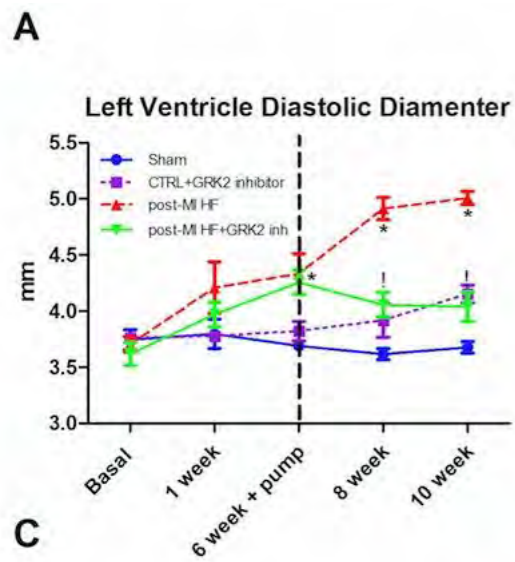
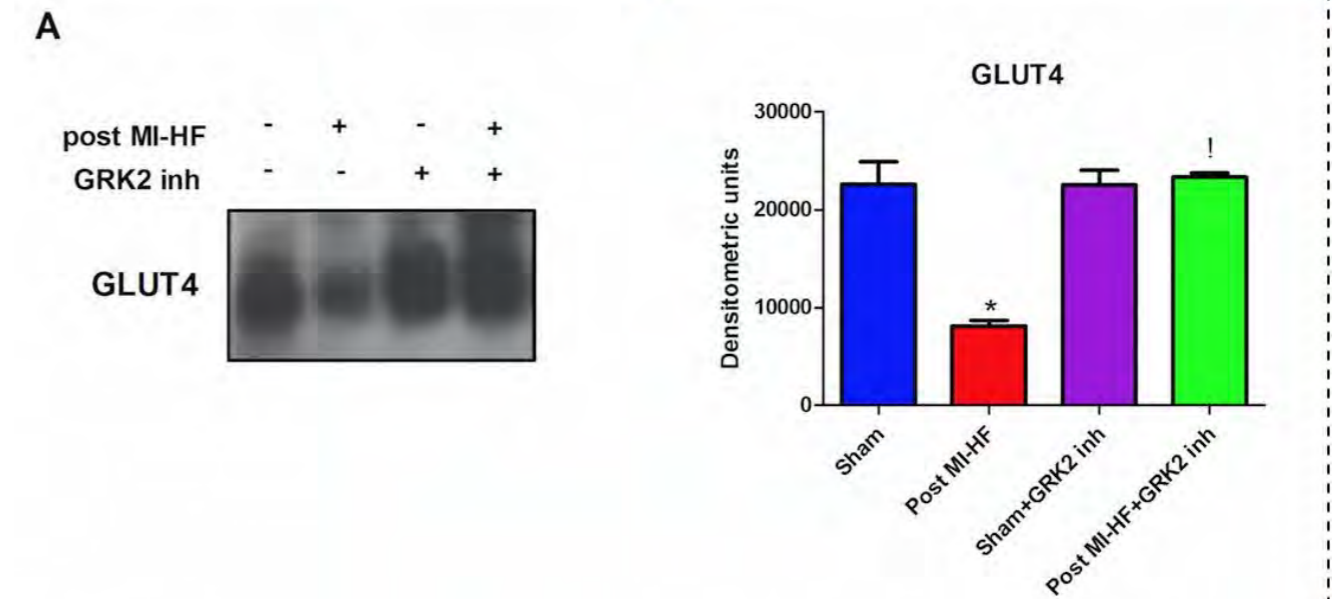
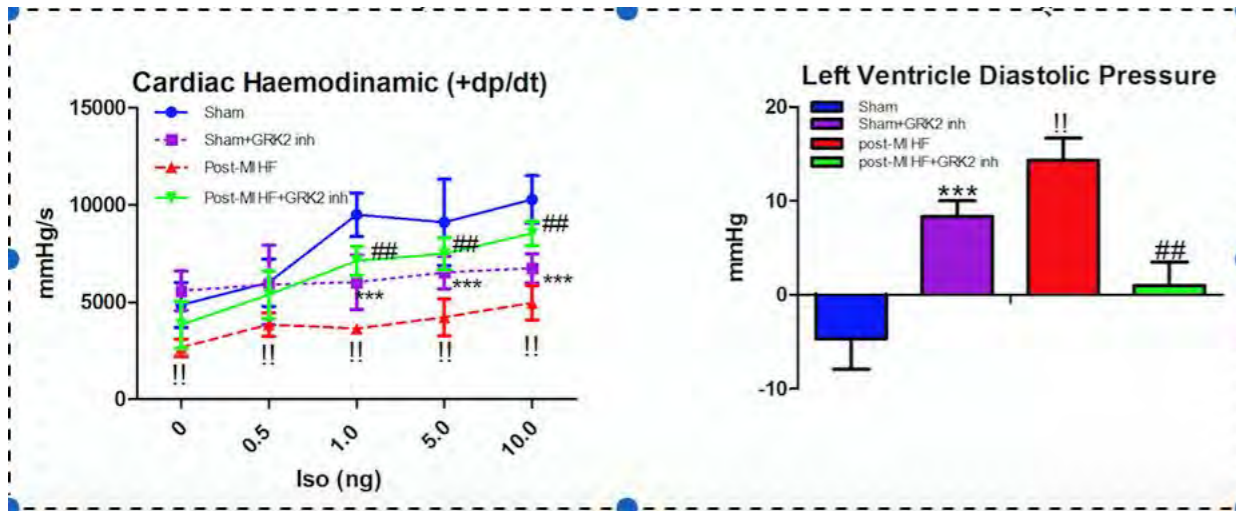




GRK2 inhibition improves Insulin induced Glucose Uptake



Effetti dell'inibizione di GRK2 nello scompenso cardiaco

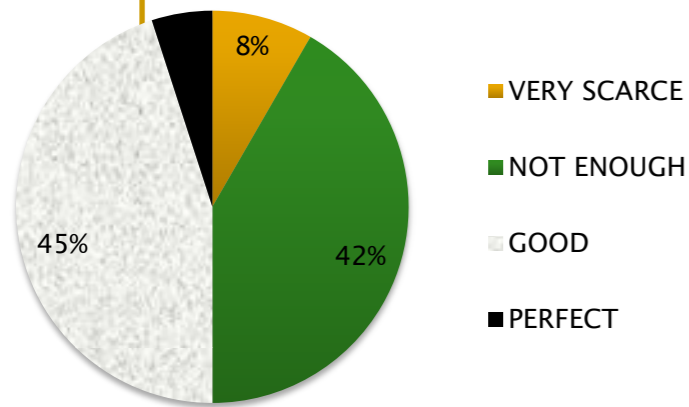


Thank you Slide

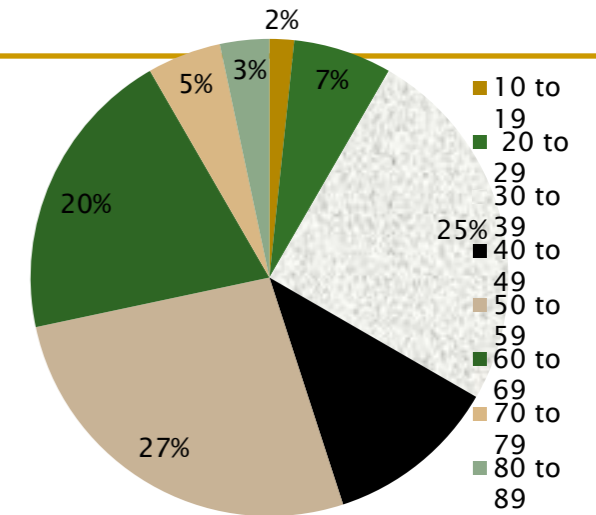
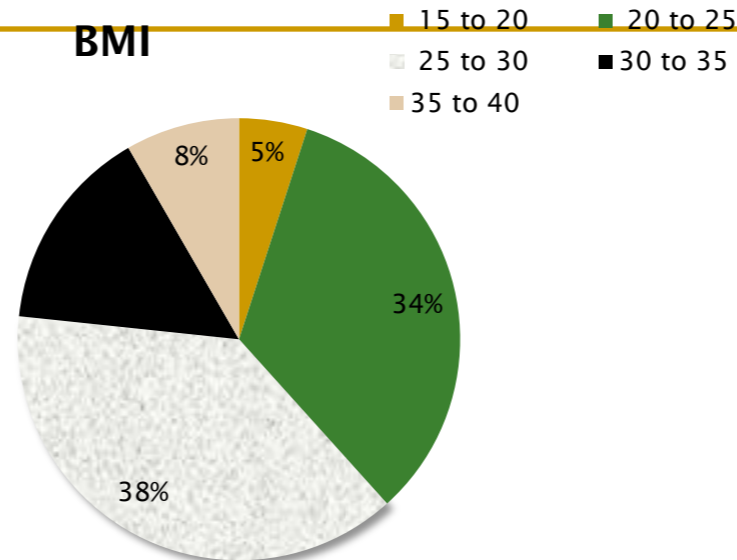
- Daniela Sorriento
- Gaetano Santulli
- Maddalena Ilario
- Ersilia Cipolletta
- Pietro Campiglia
- Michele Ciccarelli
- Bruno Trimarco



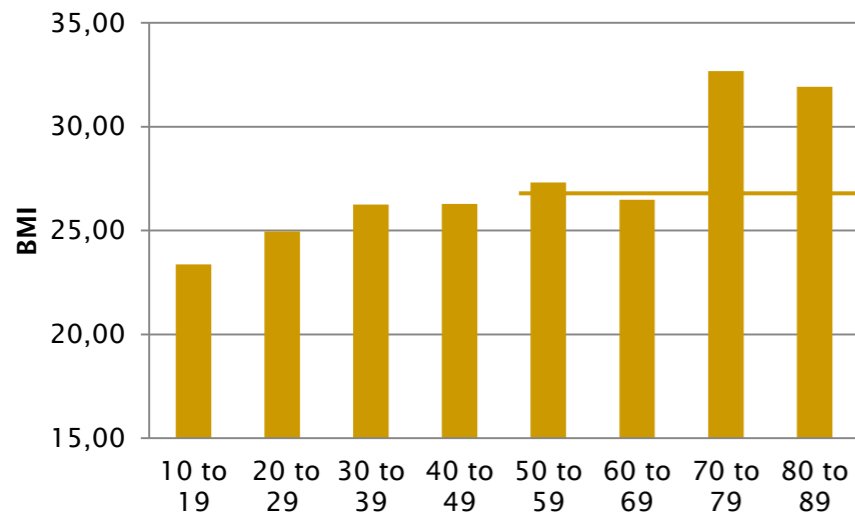
RATE MY MEDITERRANEAN DIET



BMI



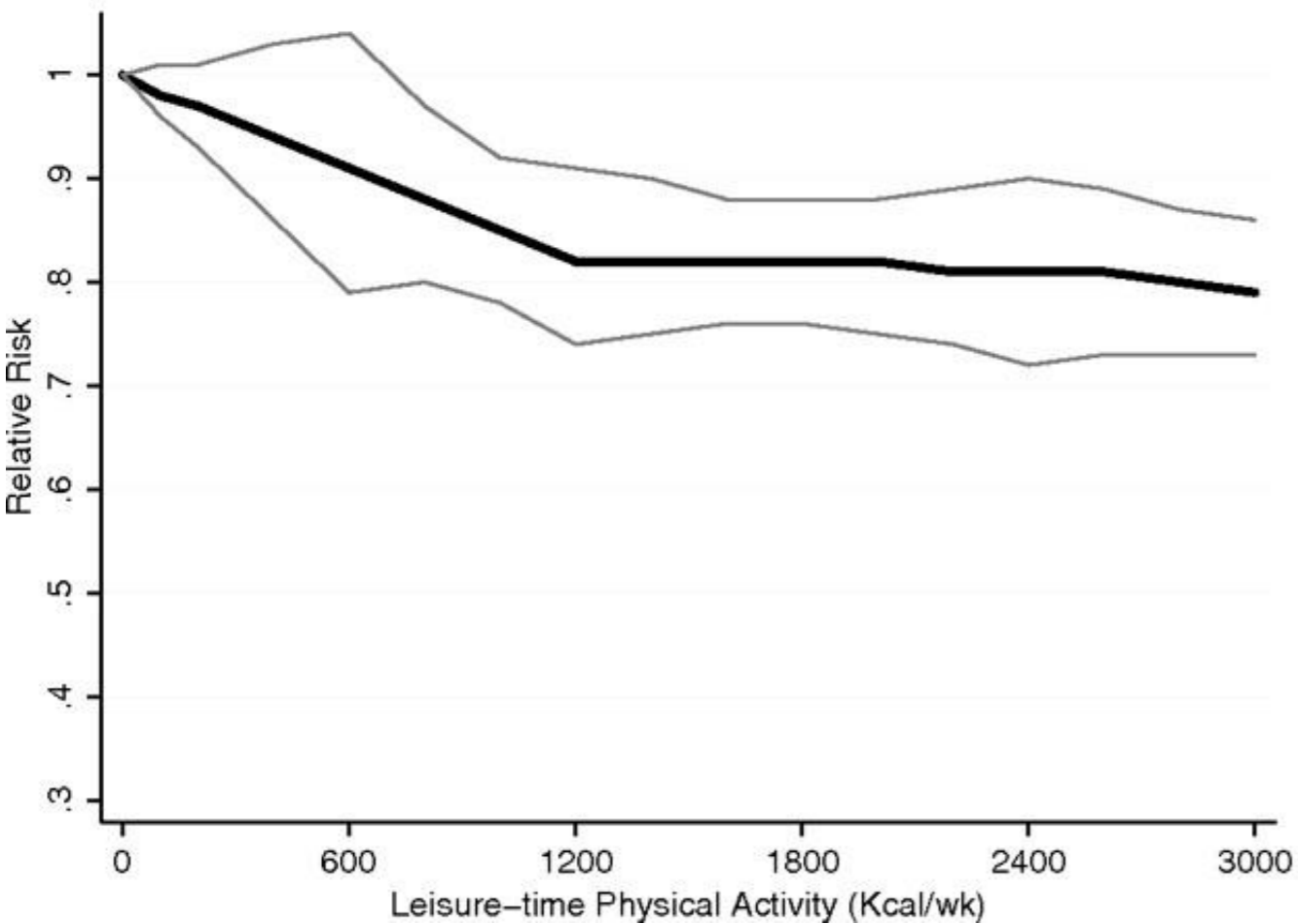
BMI by Age



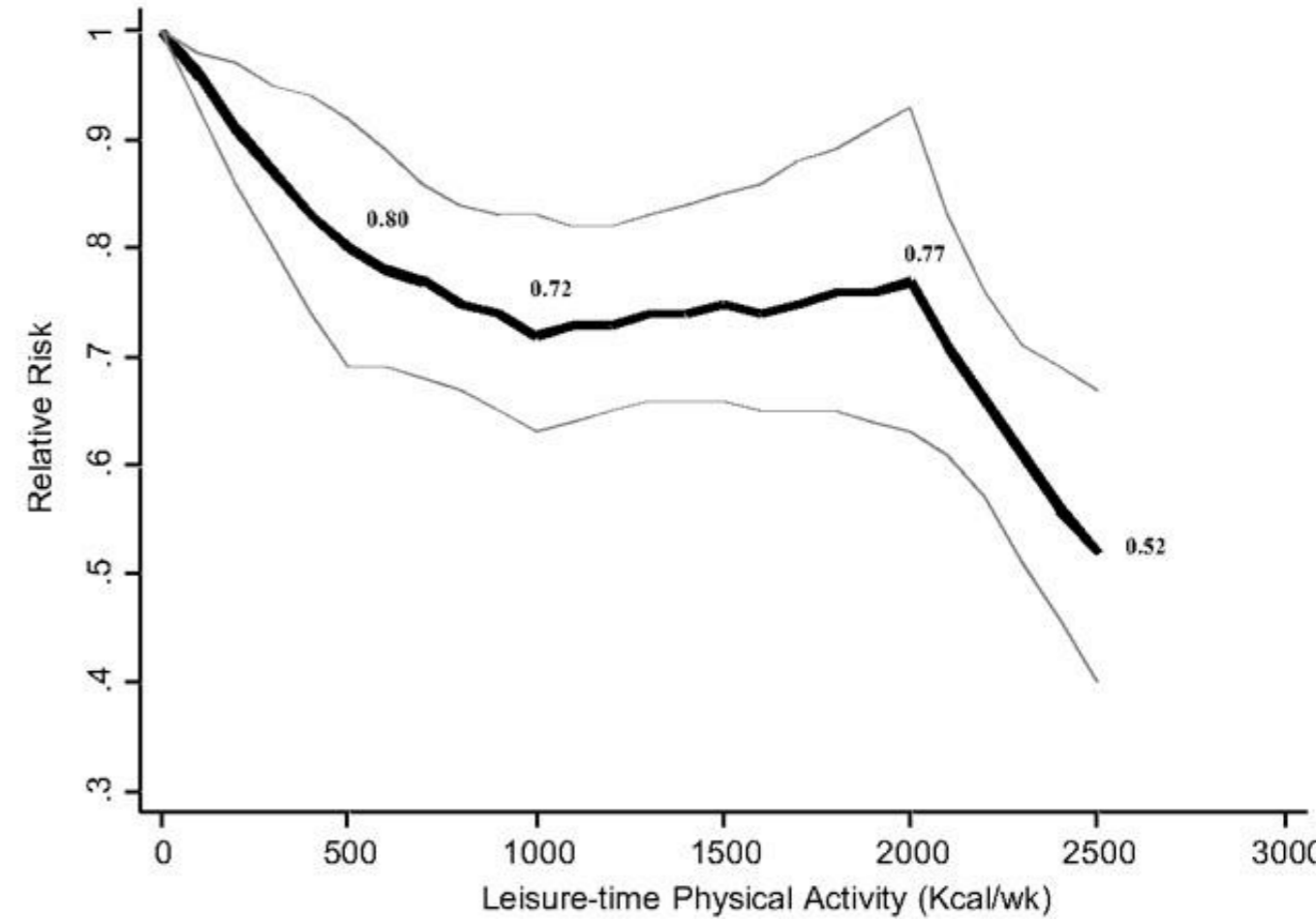
Among the southern italians, the habit to a mediterranean diet is less diffused than in the '50s when Ancel Keys described the Mediterranean Style eating well to stay well. There is room for an intervention to increase the adherence to the mediterranean diet even among older adults in southern Italy.

Generalized least squares (GLST) regression spline (smoothed fit) models with 95% confidence intervals (CIs).

Men - Pooled Relative Risk of CHD by Kcal/wk of LTPA



Women - Pooled Relative Risk of CHD by Kcal/wk of LTPA



Jacob Sattelmair et al. *Circulation*. 2011;124:789-795



PERFECT STORM:

- I sistemi sociosanitari sono sempre più ingolfati
- Con il cambiamento demografico cambiano i bisogni:
Semplici → Sempre più complessi
(Fragilità)
- Gli anni della Crisi peggiorano la disponibilità di risorse

Attività fisica e AHA

Lo studio di Copenhagen dimostrò che essere molto in forma ma non fare attività fisica i.e. un ex atleta che non ingrassa ma non si allena, non assicura protezione contro la mortalità e che al contrario, persone non sedentarie, anche se non in forma (attività fisica leggera per almeno 4 ore a settimana) hanno un rischio più basso rispetto a persone che non fanno attività fisica (anche se in forma)

Per la Salute Pubblica, l'osservazione che l'esercizio fisico fa bene a tutte le età, aiuta ad invecchiare meglio, non deve essere strenuo o prolungato, che include le attività lavorative e non deve essere effettuato tutti i giorni rappresenta una opportunità enorme di intervento





Available online at www.sciencedirect.com

Nutrition, Metabolism & Cardiovascular Diseases

journal homepage: www.elsevier.com/locate/nmcd



Decline of the Mediterranean diet at a time of economic crisis. Results from the Moli-sani study



M. Bonaccio ^{a,*}, A. Di Castelnuovo ^{a,1}, A. Bonanni ^{b,1}, S. Costanzo ^{a,1}, F. De Lucia ^{c,1},
M. Persichillo ^{a,1}, F. Zito ^{d,1}, M.B. Donati ^{a,1}, G. de Gaetano ^{a,1}, L. Iacoviello ^{a,1}

^a Department of Epidemiology and Prevention, IRCCS Istituto Neurologico Mediterraneo Neuromed, Via dell'Elettronica, 86077 Pozzilli (Isernia), Italy

^b Epicomed Research Srl, 86100 Campobasso, Italy

^c Associazione Cuore Sano ONLUS, Campobasso, Italy

^d Transfusion Unit, Ospedale di Isernia, Isernia, Italy



ADHERENCE TO A MEDITERRANEAN-LIKE DIETARY PATTERN IN EUROPE

IDEFICS study (n=16,220, 2-9 yrs old): ecological analysis

