The Mediterranean Diet from an Italian Perspective

“Let food be thy medicine and medicine be thy food”-Hippocrates

November 5-9, 2018
Florence, Italy

A continuing education conference for pharmacists and dietitians
Target Audience

A knowledge and application-based continuing education activity for US pharmacists and dieticians

Academic Rationale

The Mediterranean diet is one of the most unique, delicious and important diets in terms of its ability to optimize our health, promote longevity, prevent disease and sustain our environment. Scientific studies and meta-analyses unequivocally demonstrate that the Mediterranean diet is effective in preventing or even reversing cardiovascular disease, the number one killer in the US and Europe. As a result, the US obesity rates are 3 times higher than Italians and our life span is 4 years shorter.

Although the foods consumed in the Mediterranean countries form quite possibly the healthiest diet in the world, what do Americans really understand about the Mediterranean diet aside from the media portrayal? Similarly, medical professionals have a strong scientific basis for recommending the Mediterranean Diet to their clientele, but do we really understand the nuances of this diet and lifestyle?

The primary purpose of this conference is to reveal new perspectives of the Mediterranean diet and lifestyle to practicing health care providers in the US. Most of the speakers in the conference will be Italians who will provide a unique perspective on the Mediterranean Diet; its important foods, culture, history.

The conference workshops and tours will take full advantage of the rich Mediterranean cuisine and examine first-hand the profound role food plays in community, family, ethnicity, nutrition, health, and national identity. Overall, attendees will experience the insider’s view of the real Mediterranean diet; one that is considerably different than what is portrayed in the US.
Venue:
Palazzo Rucellai
Via della Vigna Nuova 18
Florence, Italy

Palazzo Bargagli
Corso dei Tintori 29
Florence, Italy
Monday, November 5, 2018

2:00-5:00 pm—Registration:
Stop in any time at Palazzo Rucellai to register, obtain conference material, meet the faculty and have a glass of wine and a snack

Tuesday, November 6, 2018

Historical Perspectives: Palazzo Bargagli

9:15am Introduction to the Conference:
Dr. Jill Fitzgerald, PharmD; Director UConn Pharmacy Professional Development and Jane Kerstetter, PhD; Professor Emeritus UConn Department of Allied Health Sciences

9:30am-10:30am— The Mediterranean Diet: A Deliberate and a Fortunate Misnomer
Dr. Peter Fischer, Food Historian; ISI Florence

Upon completion of this session, participants will be able to:

- Discuss the historical evolution and the cultural definition of Mediterranean Diets
- Identify the significant individuals responsible for the advances in medicine and dietary theory
- Describe why a historical perspective is germane to medical issues today
- List 3 ways healthcare providers can use the historical information to empower patients to promote health

ACPE Number: 0009-0000-18-046-L04-P (0.1 CEU or 1 contact hour) (Knowledge-based)

10:30am -11:00am—Break (free time to go for a coffee in one of the many cafeterias near Palazzo Bargagli)

11:00am—12:00pm— The Anthropology of Food and the Mediterranean Diet as an Intangible Human Heritage
Dr. Elisa Ascione, Anthropologist, Umbra Institute, Perugia

Upon completion of this session, participants will be able to:

- Describe an anthropological notion of culture when considering diverse food cultures
- Identify the processes that led to the inscription of the Mediterranean Diet as UNESCO’s Intangible Cultural Heritage of Humanity
- Describe the concept of heritage as a social, political and cultural field that can be used as a tool to revitalize local communities and promote more sustainable lifestyles

ACPE Number: 0009-0000-16-044-L04-P (0.1 CEU or 1 contact hour) (Knowledge-based)*

12:00pm-1:00pm—Leaving the Mediterranean Diet Behind? Migration and the Construction of Italian Cuisine
Dr. Olivier De Maret, Food Historian, Umbra Institute, Perugia

Upon completion of this session, participants will be able to:

- Describe the causes and consequences of Italian migration
- Discuss the role played by food and health concerns in the migrant experience
- Explain how cuisines are (re)created and constructed
- Discuss the role played by the Mediterranean Diet in Italian migration and cuisine

ACPE Number: 0009-0000-18-048-L04-P (0.1 CEU or 1 contact hour) (Knowledge-based)
Afternoon Excursion

Castello di Verrazzano

3:00pm-6:30pm—Depart for Castello di Verrazzano in the heart of the world renowned Chianti region for a tour of the wine estate, ancient garden and tower, cellars and terraces.

Partake in a professional wine tasting.
Wednesday, November 7

Pharmaceutical Perspective: Palazzo Bargagli

9:15am—10:15am Pharmacy practice: Comparing Italy to US – discussion of a public health system approach

Dr. Silvia Puliti, Practicing Pharmacist; MPH, Florence

Upon completion of this session, participants will be able to:

♦ Discuss the differences and similarities of pharmacy practice in Italy and USA
♦ Describe the differences in the role of pharmacists in the two countries
♦ Recall ways of integrating mutual experiences into everyday practice

ACPE Number: 0009-0000-16-037-L04-P (0.1 CEU or 1 contact hour) (Knowledge-based) *

10:15am – 10:45am - Break (free time to go for a coffee in one of the many cafeterias near Palazzo Bargagli)

10:45am-11:45am Pharmaceutical Care in Italy: Organization and professional practice

Dr. Giampaolo Irtinni, General Secretary of the Pharmacists’ Professional Association of the Province of Florence

Upon completion of this session, participants will be able to:

♦ Discuss the concept of pharmaceutical care in a European country with a National Health Service (NHS)
♦ Describe how the NHS is organized and regulated by the state and regional authorities
♦ Discuss which activities are permitted and prohibited to a pharmacist in his/her professional practice
♦ Describe how NHS and commercial sales affects the business of a pharmacy

ACPE Number: 0009-0000-16-038-L04-P (0.1 CEU or 1 contact hour) (Knowledge-based) *

11:45am—12:45pm Olive Oil: Characteristics, Health Benefits and Classification

Dr. Simona Pappalardo, Tuscan Olive Oil Producer in Florence

Upon completion of this session, participants will be able to:

♦ Describe the composition and sensory characteristics of olive oil and how these are related to its health benefits
♦ Distinguish among the different quality grades of olive oil according to international standards
♦ Describe the method for olive oil sensory analysis

ACPE Number: 0009-0000-18-047-L04-P (0.1 CEU or 1 contact hour) (Knowledge-based)

12:45pm-1:30pm Lunch Break on your own
Afternoon/Evening Excursions

Exploration of the Mercato Centrale with Professor Fischer including tastings

Group (15 people max): 1:30pm – 3:00pm

Visit to a working Pharmacy in the center of Florence

Group 1 (15 people max): 2:30pm – 4:30pm
Group 2 (15 people max): 5:00pm – 7:00pm

Cooking class and tastings with Francesco Arancio at Chefactory

Group 1 (12 people max): 2:30pm – 4:30pm
Group 2 (12 people max): 5:00pm – 7:00pm
Group 3 (12 people max): 8:00pm – 10:00pm

To reserve your spot (and guests), register online at:
http://www.signupgenius.com/go/60b0b45afae2da46-mediterranean
Thursday, November 8

The Mediterranean Diet and our Microbiome: Palazzo Bargagli

9:15am—10:15am Diet-Microbiota Interactions: The Mediterranean Diet as a Key to a Healthy Microbiota

Dr. Fabio Piccini, Director of the Italian Microbiome Project, Rimini

Upon completion of this session, participants will be able to:

- Define the human microbiome and the Mediterranean Diet
- Explain the diversity of the human microbiome and its relation to diet
- Discuss the effects of western diet on microbiota diversity and the links between diversity and metabolic output
- Describe the role of the Mediterranean Diet in the prevention of western diseases

ACPE Number: 0009-0000-18-049-L04-P (0.1 CEU or 1 contact hour) (Knowledge-based)

10:15am – 10:45am - Break (free time to go for a coffee in one of the many cafeterias near Palazzo Bargagli)

10:45am-11:45am Our Ever Changing Gut Microbiota and Our Health

Dr. Silvia Turroni, Adjunct Professor and Research Fellow, Department of Pharmacy and Biotechnology, University of Bologna

Upon completion of this session, participants will be able to:

- Describe the changes of the human gut microbiota through the lifespan
- Discuss the impact of lifestyle on the intestinal ecosystem
- Discuss the role of the gut microbiome in enteric and systemic diseases

ACPE Number: 0009-0000-18-050-L04-P (0.1 CEU or 1 contact hour) (Knowledge-based)

11:45am—12:45pm Diet, health and microbiota in children living in different environments

Dr. Paolo Lionetti, Associate Professor of Paediatrics, University of Florence

Upon completion of this session, participants will be able to:

- Describe the role of the gut as a gatekeeper between health and disease
- Discuss the role of the intestinal microbiota in the pathogenesis of inflammatory bowel disease
- Describe the role of diet in shaping the gut microbiota in children living in rural Africa, urbanized Africa and Italy
- Discuss the notion that ancient microorganisms, such as fiber-degrading bacteria, are at risk of being eliminated by the advent of westernized lifestyle

ACPE Number: 0009-0000-18-051-L04-P (0.1 CEU or 1 contact hour) (Knowledge-based)
Afternoon/Evening Excursions

Guided Tour of the Palazzo Vecchio in Florence (Residence of the Medici family) with Prof. Stefano Corrazzini
   Group 1 (15 people max): 2:30pm – 4:30pm
   Group 2 (15 people max): 5:00pm – 7:00pm

Cooking class and tastings with Francesco Arancio at Chefactory
   Group 1 (12 people max): 2:30pm – 4:30pm
   Group 2 (12 people max): 5:00pm – 7:00pm
   Group 3 (12 people max): 8:00pm – 10:00pm

Officina Profumo-Farmaceutica di Santa Maria Novella (one of Italy’s oldest pharmacies, founded in 1385 in Florence by the Dominican Friars)
   Group 1 (12 people max): 3:00pm – 4:00pm
   Group 2 (12 people max): 4:30pm – 5:30pm

To reserve your spot (and guests), register online at:
http://www.signupgenius.com/go/60b0b45afae2da46-mediterranean
Friday, November 9

Nutritional Perspectives: Palazzo Bargagli

9:15am—10:15am Food Patterns and Nutritional Issues of Italian Mediterranean Diet

**Dr. Barbara Pampaloni, Nutritionist, Dipartimento di Medicina Interna, University of Florence**

Upon completion of this session, participants will be able to:

- Identify how the Italian dietitians and nutritionists are trained in comparison to the American system
- Discuss the strengths and weaknesses of the current Mediterranean diet from an Italian perspective
- Identify the changes in the nutritional health of Italians in response to the changes in the food systems
- Recall examples of ways Italians use food as treatment for certain diseases

ACPE Number: 0009-0000-16-042-L04-P (0.1 CEU or 1 contact hour) (Knowledge-based) *

10:15am – 10:45am - Break (free time to go for a coffee in one of the many cafeterias near Palazzo Bargagli)

10:45am-11:45am The Mediterranean Diet and Our Health: Yesterday and Today

**Dr. Jane Kerstetter, Professor Emeritus, University of Connecticut**

Upon completion of this session, participants will be able to:

- Identify the historical research study methodology (interventional vs observational) that laid the initial groundwork for modern dietary recommendations
- Recall the strengths and weaknesses of the pivotal research studies documenting the health consequences of the Mediterranean diet
- Summarize the goals and objectives of the ongoing studies on aspects of the Mediterranean diet and our health

ACPE Number: 0009-0000-16-041-L04-P (0.1 CEU or 1 contact hour) (Knowledge-based) *

11:45am-12:45pm Florence School Lunch: A Unique and Delicious Lunch Experience for Children

**Dr. Jane Kerstetter, Professor Emeritus, University of Connecticut, Elena Pizzighelli, Food Service Manager, City of Florence and Serena Giorgi (translator)**

Upon completion of this session, participants will be able to:

- Discuss how the roots of dietary habits are instilled in Italian children
- Recall the components of the Italian school-based lunch services in terms of food acquisition, handling, preparation, serving and costs
- Describe the link between cultural eating habits of Italian children and the incidence of disease
- Assess the strengths and weaknesses of the Italian school lunch program in comparison to the American programs

ACPE Number: 0009-0000-16-043-L04-P (0.1 CEU or 1 contact hour) (Knowledge-based) *
Closing Dinner

6:30pm-8:30pm - Sesto On Arno (Westin Excelsior)
Piazza Ognissanti

Enjoy a buffet style closing reception with a stunning view of Florence by night in one of the most elegant roof terraces!
Registration Form

Food as Medicine Conference – November 5-9, 2018

Pharmacists: Please register online at:  https://web2.uconn.edu/pharmacyce/program_register.php

Dietitians (or Pharmacists) use form below:

Name ________________________________________________________________

Email: _____________________________________________________________________

Bus/Home Phone ____________________AND member #/NABP ID ____________________
   (Dietitians)     (Pharm)

Company/Organization _______________________________________________________

Home Address _____________________________________________________________

City__________________________State__________Zip__________________________

Please let us know if you require special services due to a disability or food allergy/intolerance:
___________________________________________________________________________

Registration Fees:

General Registration           $950.00
Late Registration – After September 15, 2018           $1150.00

Additional participant for all non-educational sessions, opening and closing activities $450.00

Method of Payment:

1. Enclosed is a check or money order payable to UConn
   Remit payment to:
   UConn School of Pharmacy – Attn: Joanne Nault
   69 N. Eagleville Road Unit 3092
   Storrs, CT 06269

2. Call 860-486-2084 – to give credit card information

3. □ MasterCard □ Visa □ Discover
   If paying by credit card, charges will appear as UConn on your credit card statement.

Credit Card Number Exp. Date (MM/YY) Security Code
___________________________________________________________________________

Name Exactly as it Appears on Card
___________________________________________________________________________

Credit Card Billing Address
___________________________________________________________________________

City State Zip

The conference is limited to 50 attendees and 25 guests and space will be filled on a first come, first serve basis.