

WORKSHOP

One-Health: Personalized Nutrition and Physical Activity Interventions

Sala Tartaruga - Palazzo Passionei, Via Valerio 9 - Urbino

May 30th, 2024 | 14:30-16:30

Aim: Unhealthy lifestyle is globally recognized as a key contributor to morbidity and mortality. Our eating and physical activity behaviors lead to extensive health and sustainability consequences. As the One-health approach, which includes food systems, diets, and physical activity, evolves globally, monitoring people's lifestyles has never been more critical. Yet, there is a need for a stronger consensus on healthy diets and physical activity programs and how to measure them. This omission of healthy metrics for global monitoring is highly consequential. This workshop aims to discuss guidances for healthy lifestyle monitoring and facilitating the uptake and use of metrics and tools for assessing and monitoring personalized intervention, with the goal of increasing the collaboration between the workgroups of the Urbino University affiliated with the Vitality's Spokes of Chieti and Camerino.

14:30 Welcome and Institutional greetings

Prof. Vieri Fusi, Deputy Vice-Rector | Vitality's Spoke 8 leader at Uniurb
Prof. Antonio Ferretti, WP3 leader | Vitality's Spoke 4 Unich
Prof. Sauro Vittori, WP5 leader | Vitality's Spoke 6 Unicam

14:45 Introduction

Prof. Francesco Lucertini, cp/Uniurb, Vitality's Spoke 4 affiliated
Prof. Elena Barbieri, cp/Uniurb, Vitality's Spoke 6 affiliated

15:00 PHYSICAL ACTIVITY & HEALTH

Overview of the WP3 activities for the Spoke 4 (Unich-Uniurb)
TELEMEDICINE AND ENVIRONMENT HEALTH

Monitoring physical activity level: pros and cons of different strategies and devices

Prof. Francesco Lucertini, Department of Biomolecular Sciences, Uniurb

Virtual reality and telerehabilitation: training, adherence, and evaluations of upper limb and cognition.

Prof. Alessandro Capriotti, Researcher and Lecturer at the School of Kinesiology, Uniurb

15:30 NUTRITION & HEALTH

Overview of the WP5 activities for the Spoke 6 (Unicam-Uniurb)

VALORIZATION OF TYPICAL REGIONAL FOOD FOR THE IMPROVEMENT OF HEALTH AND WELL-BEING OF CONSUMERS THROUGH AN INNOVATIVE NUTRACEUTICAL AND NUTRIGENOMIC APPROACH

Personalized strategies on lifestyle to increase citizen's awareness

Prof. Mauro De Santi, Department of Biomolecular Sciences, Uniurb

Focus on the assessment of dietary patterns and nutritional quality

Dr. Giorgia Vici, Department of Biosciences, Unicam

16:00 ROUND TABLE

Discussants:

Members affiliated with the Unich's WP3 | Task 1-3

Members affiliated with the Unicam's WP5 | Task 6

Invited discussants:

Prof. Giosuè Annibalini, Department of Biomolecular Sciences, Uniurb

Prof. Alessandro Capriotti, Researcher and Lecturer at the School of Kinesiology, Uniurb

Prof. Christian Celia, Pharmacy Department, Unich

Prof. Sabrina Donati Zeppa, Department of Biomolecular Sciences, Uniurb

Prof. Raffaella Franciotti, Department of Neurosciences, Imaging and Clinical Sciences, Unich

Prof. Emanuele Lattanzi, Department of Pure and Applied Sciences, Uniurb

16:30 CONCLUSIONS

Join on-line! <https://uniurb-it.zoom.us/j/87584272128>