

STRATEGIES TOWARDS MORE  
SUSTAINABLE FOOD SYSTEMS IN  
THE MEDITERRANEAN REGION



The Mediterranean Diet as a Lever for  
Bridging Consumption and Production, in  
a Sustainable and Healthy Way

PALERMO 15-17 MAY 2019



REVITALIZATION OF  
MEDITERRANEAN DIET  
2° WORLD CONFERENCE



## THE 2° WORLD CONFERENCE CURRENT CHALLENGES IN THE MEDITERRANEAN REGION

**THE MEDITERRANEAN IS CURRENTLY SEEN MOSTLY AS A DIVIDING SEA, BUT CULTURALLY DIVERSE COUNTRIES ARE STILL FOUND UNITED WITHIN THE MEDITERRANEAN DIET HERITAGE, WITHOUT THIS DISTORTING THE IDENTITY OF EACH OF THEM.**

The Mediterranean is today a region in which growing ecological, economic, social and cultural challenges coexist with unresolved international tensions. Significant discrepancies in development levels between countries, together with regional conflicts, raise more challenges for the sustainable future of the Mediterranean region.

Across the Mediterranean region, there is an **“inequalitarian drift”** in the current relations between Northern Mediterranean countries and Southern-Eastern ones, where many difficulties are encountered due to the existing economic, social/cultural disparities and conflicts. In fact, the macroeconomic indicators of the Mediterranean region emphasize the marked heterogeneity among the countries and a growing gap between the advanced economies in the northern shores and the less developed ones in the southern/eastern ones. Indeed, the region is facing unprecedented global challenges that affect food security, nutrition and sustainability, and thus the livelihoods of Mediterranean people.

**1. Ecological sustainability:** over-exploitation of natural resources and adverse impacts of environmental degradation by climate change (such as water scarcity, desertification, drought, land degradation, the loss of biodiversity); lack of good practices for resilience and ecosystem services, urban sprawl, chemical contamination, marine pollution, marine invasive non-indigenous species.

**2. Economic sustainability:** population growth, increased demand for food, poverty and unemployment (especially among young people), conflict areas, food insecurity, migration from rural areas and other countries, urbanization, predominance of imported food, low profitability for smallholders, food sovereignty, lack of efficient rural sustainable development policies (particularly for women and youth), food loss and waste;

**3. Social and cultural sustainability:** food insecurity, malnutrition (undernutrition, hidden hunger and obesity), growing public health expenditures, erosion of the Mediterranean diet heritage, food cultures and traditional, indigenous knowledge, changes in Mediterranean societies and roles of women (cf. gender equality and inclusion), emerging new unsustainable globalized lifestyle behaviors, progressive urbanization, migration from rural areas and from other countries, changing food procurement.

All Mediterranean countries are passing through a **“nutrition transition”** in which under-nutrition problems (wasting, stunting, underweight) and micronutrient deficiencies coexist with over-nutrition problems (overweight, obesity) and diet-related chronic non-communicable diseases. In many Mediterranean countries, eating habits are changing towards “Westernized” style dietary patterns.

The urbanization of society, the integration of women into the labor market, long working hours and retail development are modifying considerably dietary behaviors. Mediterranean local-food products of origin-linked quality are strongly connected to the sustainability of the Mediterranean diet and the preservation of biodiversity.

**The Mediterranean is among the richest regions in biodiversity in the world**, home to a multiplicity of ecosystems and species. It has in fact been identified as a “hotspot” of biodiversity, an area featuring exceptional concentrations of endemic and historically imported species, but which are sadly experiencing unprecedented loss of habitat. This loss of agricultural diversity occurring around the region has negative repercussions on the food and nutritional security and livelihood of the local populations.

In the last two decades, the population has doubled due to high birth rates, with this **demographic change** taking place rapidly on a rich but fragile resource base, with acknowledged limitations in terms of land, water and food production, especially characterized by rain-dependent production and traditional agro-silvo-pastoral systems and artisanal fisheries. Insecurity is aggravated by high unemployment rates in the general population, especially among youth.

**The impacts of poverty and unemployment** have contributed to social marginalization, which is further compounded by income disparities, and gives rise to social and political instability. Mounting economic, social, and environmental strains and their resultant implications on livelihood security make the situation unsustainable in **NENA** (Near East and North Africa) countries.

In particular, the NENA is a region intensively exposed to the dynamics of **climate change**, such as drought and **desertification** processes, which contribute to escalating the vulnerability of rural livelihoods. Food losses and waste (FL&W) in the NENA region are high and contribute to reduced food availability, aggravate **water scarcity**, adverse environmental impacts and increased food imports in an already highly import-dependent region.

**The Mediterranean coasts** account for 30 per cent of global tourist arrivals in the region. Global shipping routes through the Mediterranean Sea make the density of maritime traffic exceptional for this semi-closed sea. Approximately one-third of the Mediterranean population is concentrated along its coastal hydrological basins, where environmental stresses have increased significantly. **Urban agglomerations** on the Mediterranean coasts, along with tourist infrastructure, have resulted in the development of large and mega-cities, with consequent pollution pressures from the growing population and the increase in economic activities in a particularly **fragile environment** along the coastal zones. The marine resources and ecosystems of this region have come under increasing pressure in recent decades, driven by demographic and economic growth as well as by diversification and intensification of marine and maritime activities, as well as the expansion of the Suez Canal.



## THE 2° WORLD CONFERENCE SCOPE AND GOALS

The Second World Conference has the scope, with a science-based approach, to continue **strengthening the dialogue, between North and South Mediterranean countries, by linking food security and nutrition to sustainability**, for a shift towards more sustainable food systems in the region, for ensuring sustainable development, security, stability and well-being for present and future generations.

The Conference has the aim to better identify strategies, programs and actions, able to provide solutions for coping with current critical challenges in the region towards more sustainable Mediterranean food systems, by bridging sustainable consumption and production (SCP) through the Mediterranean diet as a lever.

The acknowledgement of the Mediterranean Diet as a lever bridging production and consumption in a sustainable and healthy way, in the context of the diversity of Mediterranean food systems, can contribute to catalyze broader **multi-stakeholder and innovative efforts**, thus paving the way for coping with the challenges facing the Mediterranean countries.

The underpinning rationale of the Second World Conference is that a better understanding of the **multi-dimensionality of the sustainability of food systems** will strengthen the dialogue between North and South countries to jointly address growing challenges for food security, nutrition and sustainability, in the Mediterranean region

In the **international debate** on the sustainability of food systems, the interest on sustainable diets has grown in recent years, by linking consumption and production, and therefore, the interest on the **Mediterranean diet as a sustainable diet model**, with multiple benefits and country-specific variations, has been reawakened.

Starting from the **safeguarding of Mediterranean marine ecosystems** and the enhancement of **blue fish and artisan small scale fisheries, as a symbol of the revitalization of the Mediterranean diet**, the Conference looks to catalyze broader multi-stakeholder actions, through the Med Diet 4.0 Framework, on the multiple benefits of the Mediterranean Diet, as a sustainable diet model, with country specific variations:

- 1) Recognized and well-documented major health and nutrition benefits, in the prevention of chronic diseases and in reducing public health costs as well as in the overall improvement of well-being;*
- 2) Low environmental impact and richness in biodiversity, appreciation of biodiversity value, reduction of pressure on natural resources and mitigation of climate change;*
- 3) Positive local economic returns, sustainable territorial development, reduction of rural poverty;*
- 4) High social and cultural value of food, reduction of food wastes, growth of mutual respect, identity recovery, social inclusion and consumer empowerment.*

**The Mediterranean diet, as expression of the diversity of Mediterranean food cultures** and their different food and culinary systems, has not yet been recognized as a resource of sustainable development in the Mediterranean region, a **'driver'** in addressing demand for more sustainable food consumption, thereby influencing the production.

**Research, innovation, sharing knowledge and capacity building** by strengthening multi-stakeholder dialogues, from North to South and from South to South, will be valorized as driving forces for accelerating the shift towards more Mediterranean sustainable food systems for the achievement of the **Agenda 2030's SDGs** in the region.

## OBJECTIVES

- ▼ To acknowledge the Mediterranean diet as a sustainable diet model, with multiple sustainable benefits and country-specific territorial variations, for contemporary Mediterranean lifestyles;
- ▼ To continue to reinforce science-based dialogues between North and South Mediterranean countries to better understand growing interdependent challenges in the Mediterranean, towards the achievement of the Agenda 2030's SDGs in the region for present and future generations;
- ▼ To identify strategies, programs, projects and actions for improving the sustainability of food systems in the Mediterranean region;
- ▼ To foster the development of a "Mediterranean Multi-stakeholder Sustainable Food Systems Initiative" within the United Nations One Planet Network, to unlock the potential of research, innovation, sharing knowledge and capacity building, between public and private partnerships from North and South Mediterranean countries, to increase more sustainable food consumption and production in the region;
- ▼ To consolidate the initiative of the World Conference of the Revitalization of the Mediterranean Diet as a permanent North to South/South to South Forum for multi-stakeholder transdisciplinary dialogues on Mediterranean sustainable food systems, through SCP approaches.

# P R O G R A M



**WEDNESDAY, 15 MAY 2019**

REGIO TEATRO S. CECILIA

7.30-8.30 **REGISTRATION**

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8.30 -9.30 **WELCOME**

Leoluca Orlando, Mayor of Palermo; Sebastiano Musumeci, President, Sicilian Region; Fabrizio Micari, Rector of Palermo University; Ruggero Razza, Commissioner Sicilian Health Dept.; Roberto Lagalla, Commissioner Sicilian Training and Education Dept;

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9.30-10.00 **OPENING REMARKS**

Introduction: Sandro Dernini, Coordinator of the Conference

Graziano da Silva, Director-General, FAO

Maurizio Raeli, Director, CIHEAM-Bari; Lluís Serra Majem, President, IFMeD

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10.00-11.00 **KEYNOTE ADDRESSES**

**Humans, Fish and the Mediterranean**

Arni M. Mathiesen, FAO Assistant Director-General, Fisheries Dept.

**Mediterranean Diet: Healthy Food for People and Sustainable for the Planet**

Alessandra Pesce, UnderSecretary of State, Ministry for Agricultural Food, Forestry and Tourism Policies, Italy

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11.00-12.15 **SESSION 1: A MEDITERRANEAN CONTRIBUTION ON ENVIRONMENT AND SUSTAINABLE CO-DEVELOPMENT TO THE " SUMMIT OF THE TWO SHORES"**

*Objective: To provide a platform of dialogue for different programs and approaches to sustainability at the regional level, as a Mediterranean contribution to the " Summit of the Two Shores" on environment and sustainable co-development.*

Chaired by Enrico Granara, Coordinator, Euro-Mediterranean Activities, Italian Senior Official to the UfM, Ministry of Foreign Affairs and Intl Cooperation.

Speakers:

Pierre Duquesne, interministerial Delegate for the Mediterranean, Ministry of Foreign Affairs, France

**Sustainable food systems for a positive Mediterranean**

Mohammed Sadiki, President, CIHEAM Governing Board

**Implementing the Sustainable Development Goals by advancing the integration of the Mediterranean region**

Nasser Kamel, Secretary-General, Union for the Mediterranean

Ludovic Schultz, WestMED Co-Chair, Director for Environment – Europe, General Secretariat for the Sea, France;

**BLUEMED Pilot, for a Plastic-free, Healthy Mediterranean Sea**

Fabio Fava, University of Bologna & IT Representative in the GSO BLUEMED Working Group, on behalf of the whole GSO BLUEMED Working Group.

**Investing in Mediterranean human capital and natural resources**

Blanca Moreno-Dodson, Manager, Centre for the Mediterranean Integration, Marseilles

**Youth and intercultural dialogue as a driver for the Mediterranean integration**

Nabil Al-Sharif, Executive Director, Anna Lindh Foundation

12.15-13.15 **Session 2: CONNECTING MEDITERRANEAN COUNTRIES: FROM EXPO 2015 MILAN TO EXPO 2020 DUBAI THROUGH THE CHANNEL OF SUEZ**

*Objective: To foster dialogues on sustainable development between Mediterranean countries of the Two Shores, as continuation of the Milan Expo 2015 Bio-Mediterranean Cluster dialogue towards the Dubai Expo 2020, through its direct route of the Suez Canal to better understand global entrepreneurial opportunities as well as new challenges for sustainable development in the Mediterranean region.*

Co-chaired by Dario Cartabellotta, Director-General, Sicilian Fishery Dept.

Simon Jabbour, Commissioner General of Lebanon Expo Pavilion

Opening remarks by Commissioner Girolamo Turano, Sicilian Productivity Activities Dept.

Speakers:

**Connecting industries, academia and blue stakeholders for a sustainable growth in the Mediterranean.**

Roberto Cimino, President, National Technological Cluster BIG Italian Blue Growth

Vincenzo Russo, I.U.L.M

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13.15-14.30 **LUNCH BREAK**

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14.30.-15.00 **MEDITERRANEAN SCIENTIFIC COLLABORATION ACROSS THE DIVIDE: THE CONTINUATION OF AN 2005-2019 ISRAELI/PALESTINIAN SCHOLAR DIALOGUE**

Opening remarks by Maria Letizia Di Liberti, Director-General, Sicilian Health Activities and Epistemological Observatory Dept.

Introduction by Enrico Molinaro, Rete Italiana per il Dialogo EuroMediterraneo, Anna Lindh Foundation

A Joint Presentation by Ziad Abdeen, Al Quds University, Jerusalem; Elliot Berry, Hebrew University, Jerusalem

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15.00- 16.50 **Session 3: MILAN URBAN FOOD POLICY PACT: SUSTAINABLE FOOD SYSTEMS IN THE MEDITERRANEAN CITIES**

*Objective: To better understand how actions in urban areas can ensure sustainable food systems in the Mediterranean.*

Co-chaired by Leoluca Orlando, Mayor of Palermo; Souad Abderrahim, Mayor of Tunis

Facilitated by Jorge M. Fonseca, FAO, and moderated by Florence Tartanac, FAO

Giuseppe Sala, Mayor of Milan, video (tbc)

Speakers:

**FAO Framework for the Urban Food Agenda: On-going and future work**

Jorge M. Fonseca, FAO

**World Sustainable Urban Food Centre of València: A knowledge hub about urban food systems**

Vincente Domingo, City of Valencia;

**The Milan Urban Food Policy Pact: Urban food practices for ensuring sustainable food systems**

Panayota Nicolarea – Milan Urban Food Policy Pact (tbc)

**Reorienting Territorial Food Systems in the Mediterranean Area: Revisiting the Mediterranean Diet.**

Florence Egal, Independent expert

Anika Reinbott, GIZ, Germany

16.50-17.10 **COFFEE BREAK**

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17.10–19.00 **Session 4: TOWARDS THE SUSTAINABILITY OF SMALL SCALE FISHERIES AND AQUACULTURE IN THE MEDITERRANEAN: STATUS, ACTIVITIES AND PROSPECTS**

*Objective: To receive guidance on how to proceed successfully towards sustainable small scale fisheries and aquaculture in the Mediterranean Region.*

Chaired by Árni M. Mathiesen, FAO Assistant Director-General;

Opening remarks, Commissioner Edgardo Bandiera, Sicilian Agriculture and Mediterranean Fisheries Dept.

Speakers:

**Status of Stocks in the Mediterranean and GFCM Activities.**

Roland Kristo, Chairperson, General Fisheries Commission for the Mediterranean (GFCM); Deputy Minister of Agriculture and Rural Development of Albania;

**EU Role in the Mediterranean.**

Elisa Roller, Head of Unit for CFP and Structural Support, Policy Development and Coordination, Directorate general for Maritime Affairs and Fisheries, European Commission;

Riccardo Rigillo, Director-General, Fisheries (DPCM), Ministry for Agricultural Food, Forestry and Tourism Policies

**National aquaculture activities: Turkey**

Hüseyin Sevgili, Head of Fish Breeding and Genetics, Mediterranean Fisheries Research Production and Training Institute, Turkey

**Sicilia Sea Food**

Rosolino Greco, Director-General, Sicilian Mediterranean Fisheries Dept.

**The Nemo Project's Approach: A New Vision of Small-Scale Fisheries for the Sustainable Development of Coastal Communities.**

Biagio Diterlizzi, Deputy Director, CIHEAM-Bari

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20.30 **DINNER**

## THURSDAY, 16 MAY 2019

8.30.-10.30 **PARALLEL SESSIONS**

### HALL 1: REGIO TEATRO S. CECILIA

#### **Session 5: SOLUTIONS FOR COPING WITH MALNUTRITION, PRIMARY PREVENTION AND PUBLIC HEALTH NUTRITION IN THE MEDITERRANEAN REGION**

*Objective: To present and discuss doable solutions to make progress in better understanding mounting complexity of the malnutrition in the Mediterranean region.*

Co-Chaired by Gaetana Ferri, General-Director, Hygiene, Food Safety and Nutrition Dept., Italian Health Ministry; Lluís Serra Majem, University of Las Palmas de Gran Canaria; Lorenzo Donini, Sapienza University of Rome.

Speakers:

#### **Solutions for Coping with Malnutrition, Primary Prevention and Public Health Nutrition in the Mediterranean Region: The Case of Morocco**

Rekia Belahsen, Chouaib Doukkali University, Morocco

#### **Challenges of Health Systems facing changing health needs in North African countries**

Jalila El Ati, Institut National de Nutrition et de Technologie Alimentaire, Tunis

#### **Overweight, selected aspects of Mediterranean diet and cancer risk**

Carlo La Vecchia, University of Milan, Italy

#### **Impact of shifting to a healthy Mediterranean food consumption pattern on environmental sustainability and food security in MENA countries**

Nahla Hwalla, American University of Beirut, Lebanon  
Ziad Abdeen, Palestine

#### **May precision agriculture have a role in the prevention of NCDs? From DiMeSa to the 123 PASSI study and beyond**

Giuseppe Carruba, ARNAS-Palermo, Italy

10.30-11.00 **COFFEE BREAK**

### HALL 2: GAM- GALLERIA D'ARTE MODERNA

#### **Session 6: DEVELOPING SKILLS FOR ADDRESSING THE DEEP ROOTS OF MIGRATION IN THE MEDITERRANEAN: TRAINING YOUTH, DEVELOPING AGRICULTURE AND CREATING OPPORTUNITIES FOR RURAL SUSTAINABLE DEVELOPMENT**

*Objective: To present and discuss concrete solutions and best practices in knowledge sharing, skill development and research in order to tackle the deep roots of migration in rural areas and coastal communities through better opportunities for rural populations based on agriculture and employment.*

Co-Chaired by Javier Sierra, Director, CIHEAM Zaragoza; Giuseppe Provenzano, UfM;

Speakers:

#### **Sustainable Solutions to Rural Exodus**

Blanca Moreno-Dodson, Center for the Mediterranean Integration

Arni Mathiesen, FAO Assistant Director-General, Fisheries Dept.

#### **Challenges and pitfalls in achieving the SDGs: water scarcity and migration**

Majd Al Naber, Wana Institute, Jordan

#### **HOMERe: a circular mobility for improving local employability of Youth**

Léo Vincent, HOMERe France; Massimo Guarascio, GAMe-MichelangeloHOMERe, Italy

10.30-11.00 **COFFEE BREAK**

### HALL 3: ARCHIVIO STORICO COMUNALE

#### **Session 7: SOLUTIONS FOR COPING WITH IMPACTS OF WATER SCARCITY, LAND DEGRADATION AND CLIMATE CHANGE ON MEDITERRANEAN FOOD SYSTEMS**

*Objective: To discuss doable solutions to enforce the sustainability of Mediterranean Food Systems under a mounting complexity of environmental challenges, including water scarcity, climate change and land degradation.*

Co-Chaired by Nicola Lamaddalena, CIHEAM-Bari; Pasquale Steduto, FAO.

Opening remarks by Salvatore Cordaro, Commissioner Sicilian Territory and Environment Dept.

#### **Regional approaches to environmental challenges in the Mediterranean: the contribution of the UfM"**

Miguel García-Herraiz Roobaert, Deputy Secretary-General for Water and Environment, UfM;

#### **Benchmarking Innovation for Sustainable Agri-Food Systems under Climate Change in the Mediterranean Region: What do ICARDA and the CGIAR have to offer?**

Jacques Wery, Deputy Director-General for Research, ICARDA;

#### **Regional Initiative for the Assessment of Climate Change Impacts on Water Resources and Socio-Economic Vulnerability in the Arab Region: Integrated vulnerability assessment findings and response measures**

Carol Chouchani Cherrane, Chief, Water Resources Section, UN Economic and Social Commission for Western Asia (ESCWA)

#### **Regional Actions to Counter Land Degradation, Enhance Resilience and Promote Sustainable Production Landscapes in the Mediterranean, Near East and Europe: The FAOLAD MEDNET Initiative**

Pandi Zdruli, CIHEAM-Bari

10.30-11.00 **COFFEE BREAK**

### HALL 4: PALAZZO COMITINI

#### **Session 8: THE DIVERSITY OF MEDITERRANEAN FOOD CULTURES AND CULINARY SYSTEMS AS A DRIVER FOR THE REVITALIZATION OF THE MEDITERRANEAN DIET IN THE CONTEXT OF SUSTAINABLE FOOD SYSTEMS IN THE MEDITERRANEAN REGION**

*Objective: To contribute to better understand the sustainability of Mediterranean Food Systems related to local cultures, productions, cuisines, gastronomies and lifestyles, as an outstanding resource locally produced in culturally local contexts, in and for the Mediterranean basin.*

Co-Chaired by Xavier F. Medina, Universitat Oberta de Catalunya (UOC)/ICAF; George Baourakis, CIHEAM-Chania. Opening remarks by Sandro Pappalardo, Commissioner Sicilian Tourism, Sport and Entertainment Dept.

Speakers:

#### **The diversity of mediterranean food cultures and the culinary systems**

Françoise Aubaile. Musée de l'Homme. Paris;

**Old Concepts, New Concepts, Diversity and Change; ideas about the 'Mediterranean Diet' from a biosocial perspective**  
Helen Macbeth. Oxford Brooke's University. Oxford.

#### **The Tunisian model as a component of culture's food diversity and Mediterranean culinary practices.**

Sonia Mlayah Hamzaoui, de l'Institut National du Patrimoine de Tunis;

#### **Innovative approaches and tools to achieve sustainable agriculture and food systems in Mediterranean**

Parviz Koohafkan, World Agricultural Heritage Foundation;

#### **Exploring links between diet and landscape in the Mediterranean**

Alexandre Meybeck, CIFOR, and Vincent Gitz, CIFOR

#### **Revitalization of Med Diet through Tourism: The case of Premium quality food Products.**

George Baourakis, CIHEAM-Chania.

10.30-11.00 **COFFEE BREAK**

**HALL 1: REGIO TEATRO S. CECILIA**

**Session 9: APPEAL, ACCEPTANCE, ADOPTION OF A CONTEMPORARY SUSTAINABLE MEDITERRANEAN DIET LIFESTYLE THROUGH EDUCATION, COMMUNICATION AND CONSUMER EMPOWERMENT**

*Objective: To showcase and discuss different projects and initiatives which have been implemented in different settings to promote the Mediterranean Diet as a sustainable diet.*

Co-chaired by Suzanne Piscopo, Head of Dept. of Health, Physical Education and Consumer Studies, University of Malta, and SNEB; Lluís Serra-Majem, President, IFMeD and University of Las Palmas de Gran Canaria

Speakers:

**Achieving a 'Green New Diet': What's a Nutrition Educator To Do?**  
Jennifer L. Wilkins, Society for Nutrition Education and Behavior  
**Healthy Children, Healthy Planet: A School-Based Educational Programme Focusing on Promoting Healthy and Sustainable Eating Behaviours in Children**

Vassiliki Costarelli, Harokopio University, Athens

**Two Year School-Based Intervention and One Year Washout Nutrition Interventions to Promote Healthy Eating and Physical Activity in Lebanese School Children**

Nahla Hwalla, American University of Beirut;

**The FED Regional Programme: What It Is and What Has Been Achieved**

Giuseppe Carruba, ARNAS-Civico, Palermo; DIAITA

**Education cannot begin early enough for the Sustainable Mediterranean Diet and Lifestyle**

Elliot M Berry Braun School of Public Health, Hebrew University, Jerusalem

**From Smart Rabbits to Sustainable Habits: School-based Education and Community Interventions Promoting the Mediterranean Diet in Malta**

Suzanne Piscopo, University of Malta

**Teaching the Mediterranean Diet: Food as a Bridge Between Theory and Practice**

Anne McBride, Torribera Mediterranean Center and Culinary Institute of America

**Eating Art**

Sandro Dernini, Forum on Mediterranean Food Cultures

13-00 14.30 **LUNCH**

**HALL 2: GAM - GALLERIA D'ARTE MODERNA**

**Session 10: THE CHALLENGE OF ORGANIC FOOD SYSTEMS LINKING SUSTAINABLE PRODUCTION AND CONSUMPTION IN THE MEDITERRANEAN**

*Objective: To provide scientific evidences and real-world examples about how the organic food system can contribute to the sustainability of food systems in the Mediterranean.*

Co-Chaired by Flavio Paoletti, CREA-Research Centre for Food and Nutrition; Denis Lairon

Speakers:

**Organic Food System Programme a Core initiative of United Nations One Planet network – background and how it could contribute to the revitalization of the Mediterranean Diet**

Jostein Hertwig, Organic Food System Programme Oslo

Organic facts and figures on the Mediterranean

Patrizia Pugliese, Mediterranean Organic Agriculture Network, CIHEAM-Bari

**The Biodistricts as an example of local sustainable food systems**

Salvatore Basile, International Network of Eco-Regions (INNER)

**The organic strategy in Tunisia- Approaches and plans for the creation of bioterritories**

Samia Maamer, Ministère de l'Agriculture, des Ressources Hydrauliques et de la Pêche, Tunis

**SEKEM, a 40 years model for organic agriculture and sustainable development in Egypt**

Jane G. Hanna, Heliopolis University for Sustainable Development, Cairo

**Organic food consumption patterns: a link between sustainable food consumption and production. Data from the French Nutrinet-Santé cohort study.**

Denis Lairon, Aix-Marseille University and OFSP, Marseille;

Emmanuelle Kesse-Guyot, EREN-Paris 13, Bobigny

13-00 14.30 **LUNCH**

**HALL 3: ARCHIVIO STORICO COMUNALE**

**SESSION 11: UNDERSTANDING THE FOOD ENVIRONMENT IN THE MEDITERRANEAN: INTERLINKAGES BETWEEN SUSTAINABLE DIETS AND SUSTAINABLE FOOD SYSTEMS**

*Objective: To discuss the concept of food environment and how it can be applied to improve the sustainability of food systems and diets.*

Co-Chaired by Gianluca Brunori, University of Pisa; Alexandre Meybeck, CIFOR

Speakers:

**Social determinants of sustainable diets: the role of power differentials**

Roberta Sonnino, University of Cardiff

**Constructing a food environment that supports healthy eating practices**

Dalia Mattioni, University of Pisa

**Short food supply chains as catalysers of food environments favouring sustainable diets: an analysis by economic and network sociology.**

Yuna Chiffolleau, INRA-Montpellier

**The Mediterranean diet in face of an increasingly globalized food system: the case of the Tunisian food model.**

Sonia Mlayah Hamzaoui, de l'Institut National du Patrimoine de Tunis

**Enhancing the sustainability of high-quality typical agro-food products as cornerstone of the Mediterranean diet: The case study of Apulia in Italy**

Gianluigi Cardone, CIHEAM Bari

13-00 14.30 **LUNCH**

**HALL 4: PALAZZO COMITINI**

**SIDE EVENT 1 NETWORKING EUROMEDITERRANEAN COUNTRIES FOR SUSTAINABLE FOOD CONSUMPTION AND PRODUCTION STRATEGIES USING THE MEDITERRANEAN DIET FOR THE PREVENTION OF NONCOMMUNICABLE DISEASES**

Coordinated by Regional Medical Council, Palermo

**Health status in Mediterranean countries**

Giuseppe Disclafani, Regional Medical Council, Palermo

**Role of the Mediterranean Diet in the prevention of chronic non-communicable diseases**

Salvatore Verga, Polyclinic, University of Palermo

**Skin and Mediterranean diet**

Salvatore Amato, President, Regional Medical Council, Palermo

**Lifestyle and prevention of chronic non-communicable diseases**

Ligia Dominguez, General Hospital, University of Palermo

**Mediterranean diet certification program**

Alberto Firenze, Polyclinic, University of Palermo

Invited talk

**Role of the Halal and Kosher diets**

Musa Awad Hussein, ASL RM B, Rome

**Round Table**

Salvatore Amato, President Regional Medical Council, Palermo

Mohamed Bekkat Berkani, COMEM

Adam Darawsha, COMEM

Mojina Dourandish, COMEM

Luigi Galvano, Regional Secretary, FIMMG

Musa Awad Hussein, COMEM

Raimondo Ibba, COMEM

13-00 14.30 **LUNCH**

14.30 -16.30 PARALLEL SESSIONS

HALL 1: REGIO TEATRO S. CECILIA



### FORUM "THE TWO SHORES"

#### BLUE ECONOMY, GREEN ECONOMY, CIRCULAR ECONOMY: PARTNERSHIP PROPOSALS FOR AN URBAN AND COASTAL SUSTAINABLE DEVELOPMENT IN THE WESTERN MEDITERRANEAN

Coordinated by Sicilian Fisheries District and Blue Growth, Nino Carlino, President

14.30: **Contribution from the Sicilian Fishery District**

15.30: **Italian proposal: address**  
Enrico Granara, MAECI

15.40: **Circular Economy for Food: Partnership for sustainable coastal cities in Western Mediterranean**

Giulia Maci, speaker, Group of the 10, Italy

16.00: **Contributions from the partners**  
France, Tunisia, Morocco, Algeria, Malta

17.30: **Contribution from Westmed Initiative**  
Roberto Cimino, Cluster BIG

17.45: **Discussion with the civil society to finalize a joint common proposal**

19.00: **Conclusions**  
speakers from the participating countries

HALL 2: GAM - GALLERIA D'ARTE MODERNA

### SIDE EVENT 2 SICILIA SEA FOOD AND SEA WOMEN

Coordinated by the Sicilian Mediterranean Fisheries Dept  
Co-Chaired by Dario Cartabellotta, Director-General Sicilian Agriculture Dept.; Concetta Bruno, President, Donne di Mare ETS

Speakers:

**The Strategic Role of Women in the Strengthening the Mediterranean**

Concetta Bruno, President, Donne di Mare ETS

**Women in Support to the Enhancement of Unwanted Catches**

Cinzia Suriano, Marine Biologist

**Environmental disclosure as an awareness tool**

Paola Gianguzza, University of Palermo

**Innovation and Tradition: New Tourism Brand**

Antonella Donato, manager

**Women in the frontline to protect legality**

Daniela Mainenti, giurista

**Not only Food**

Bonetta dell'Ogliom Chef

**Pink Leadership for a new vision of the Planet Sea and Artisanal Fishing**

Giusi Gerratana, Associazione Donne per la Pesca

16.30-17.00 COFFEE BREAK

HALL 3: ARCHIVIO STORICO COMUNALE

### Session 12: SUSTAINABLE AGRICULTURE, AGRO-ECOLOGY AND SUSTAINABLE FOOD VALUE CHAINS DEVELOPMENT IN THE MEDITERRANEAN REGION

*Objective: To illustrate how food systems development in the Mediterranean can be revisited by taking a horizontal network, systemic and territorialised approach. By looking both within and across value chains, positive trends and drivers will be identified in actor arrangements that are bringing sustainability into food systems.*

Co-Chaired by Pascal Bergeret, Director, CIHEAM-Montpellier; Florence Tartanac, FAO

Speakers:

**Sustainable Agriculture, Agro-Ecology and Sustainable Food Value Chains Development in the Mediterranean Region**

Marie de Lattre-Gasquet, CIRAD, UMR ART-Dev

**Innovative markets' as drivers of sustainable food value chains? Insights from short food supply chains' models of development**

Yuna Chiffolleau, INRA, France

**Experience from the biodiversity for food and nutrition project in Turkey**

KürDad ÖZBEK, Ministry Agriculture, Turkey;

**Urgenci Mednet When Food Unites Peoples Beyond Borders**  
Fatima Hocini, URGENCI

**Science and tradition: two keys to make origin of product credible**

Egizio Valceschini, INRA, France

**Geographical indications for sustainable food systems in the Mediterranean region**

Florence Tartanac, FAO

16.30-17.00 COFFEE BREAK

HALL 4: PALAZZO COMITINI

### Session 13: RESEARCH AND INNOVATION AS DRIVING FORCES FOR THE SHIFT TOWARDS MORE SUSTAINABLE FOOD SYSTEMS IN THE MEDITERRANEAN

*Objective: To illustrate the main research and innovation initiatives and their perspectives for promoting more sustainable food systems in the Mediterranean countries.*

Co-chaired by Mouin Hamze, Secretary General, CNRS, Lebanon; Francesco Loreto, Director, DiSBA, CNR, Italy; Teodoro Miano, Vice-President, CIHEAM  
Facilitator: Giuseppe Provenzano, UfM

Speakers:

**Primary Resources Planetary Boundaries: A Holistic View at the Water-Energy-Food-Health Nexus for Eastern Mediterranean**

Rabi Mohtar, American University of Beirut, Lebanon

**New Era in Solving Water Scarcity for Agriculture-Food systems Using Green Technology: From Theory to Application in MENA Region**

Ramia Albakain, University of Jordan

**Genetic Resources conservation for the enhancement of a sustainable agrobiodiversity in the South Mediterranean countries**

Olfa Saddoud Debbabi, INRAT, Tunisia

**The Frontiers of Bioeconomy in the Mediterranean Area**  
Mauro Gamboni CNR - Department of Biology, Agriculture and Food Sciences, Italy

**PRIMA-Partnership for Research and Innovation in the Mediterranean Area**

Angelo Riccaboni, PRIMA/University of Siena, Italy

**BLUEMED-Research and Innovation Initiative for Blue Jobs and Growth in the Mediterranean Area**

Angelo Bonanno, CNR e BLUEMED CSA, Italy

16.30-17.00 COFFEE BREAK

17.00 – 19.00 **PARALLEL SESSIONS:**

#### HALL 1: REGIO TEATRO S. CECILIA



Continuation **FORUM FORUM “THE TWO SHORES” BLUE ECONOMY, GREEN ECONOMY, CIRCULAR ECONOMY: PARTNERSHIP PROPOSALS FOR AN URBAN AND COASTAL SUSTAINABLE DEVELOPMENT IN THE WESTERN MEDITERRANEAN**

Coordinated by Roberto Cimino, Cluster BIG; Anna Luise, ISPRA; Roberto Morabito, ENEA, Italy

20.30 **DINNER**

#### HALL 2 : GAM- GALLERIA D'ARTE MODERNA

##### SIDE EVENT 3

##### **FOOD EDUCATION AND TRAINING FOR A HEALTHIER FUTURE**

Coordinated by DASOE - Regional Health Department, Sicily  
Chairpersons:

Paola Ferro, DASOE, Palermo

Daniela Segreto, DASOE, Palermo

##### **An introduction:**

Giuseppe Carruba, SIRS, ARNAS-Civico, Palermo

Pietro Di Fiore, ASP-Palermo

##### **The FED regional program: background and perspectives**

Salvatore Requerez, ASP - Trapani

##### **Mediterranean lifestyle and chronic diseases: scientific evidences and nutritional issues**

Franco Leonardi, Food Education Italy, Catania

##### **The promotion of Mediterranean Diet in the FED program: SIAN activities and strategies**

Elena Alonzo, SIAN, ASP-Catania

##### **Permanent training activities: from FED education to beneficiary empowerment**

Daniela Falconeri, CEFPAS, Caltanissetta

With the participation of IPSSAR Borsellino and Piazza - Palermo

20.30 **DINNER**

#### HALL 3: ARCHIVIO STORICO COMUNALE

##### SIDE EVENT 4

##### **TRAINING FOR THE AGRO-FOOD SECTOR IN SICILY**

##### **Agro-food chain verticalization to increase input efficiency with an environmental friendly approach**

Francesco Pugliese, Bonifiche Ferraresi SpA, Jolanda di Savoia (FE)

##### **Precision digital farming: technologies, principles and approaches as an integrated and sustainable agriculture managing system**

Dott. Donato Cillis, Bonifiche Ferraresi SpA, Jolanda di Savoia (FE)

20.30 **DINNER**

#### HALL 4: PALAZZO COMITINI

##### **Session 14: COPING WITH FOOD LOSSES AND WASTE IN THE MEDITERRANEAN THROUGH MORE SUSTAINABLE FOOD SYSTEMS**

*Objective: To discuss actions that can result in “quick wins” and/or long-term strategies for reducing food losses and waste in the Mediterranean and contribute to a sustainable development.*

Chaired by Jamie Morrison, Director/Strategic Programme Leader, Food Systems Programme, FAO

##### **Open discussion**

Jorge Fonseca, FAO

##### **Diet change, food wastage prevention and reduction, farming system diversification toward a sustainable Mediterranean Sea.**

Lorenzo Ciccarese, ISPRA, Italy

Mario Enea, University of Palermo (tbc)

Gianluca Brunori, University of Pisa

Alexandre Meybeck, CIFOR

20.30 **DINNER**

14.30 – 16.30 **PARALLEL SESSIONS:**

#### **HALL 5: PALAZZO DELLE AQUILE**

##### **Session 15: LESSONS LEARNED FROM DIFFERENT SUSTAINABLE DIET CASE STUDIES: JAPANESE DIET, NEW NORDIC DIET AND MEDITERRANEAN DIET**

**Objective: Present and discuss how it is possible by intervention policies to influence the dietary pattern of people to better associate health benefits to sustainability.**

Chaired by Jacques Delarue, FENS;

Speakers

**Features and challenges of the Japanese diet from the viewpoint of the national Shokuiku (food and nutrition education) promotion.**

Yukari Takemi, Kagawa Nutrition University. Chiyoda, Saitama-city, Saitama, Japan

**The rise of kale: how progressive policy enabled healthy and sustainable consumer choices**

Mads Frederik Fischer-Møller, Nordic Council of Ministers Copenhagen, Denmark

**Mediterranean diet and sustainability in current dietary patterns in Spain**

Carmen Pérez-Rodrigo, University of the Basque, Bilbao, Spain

**Mediterranean Diet: from health to sustainability**

Laura Rossi, CREA Centre of Research on Food and Nutrition., Rome, Italy

**Investigating the place of meat in more sustainable diets: insights from the two Mediterranean shores**

Nicole Darmon, INRA 1110, CIRAD, CIHEAM-IAMM, SupAgro, Montpellier Université, Montpellier, France

20.30 **DINNER**

17.00 – 19.00 **PARALLEL SESSIONS:**

#### **HALL 5: PALAZZO DELLE AQUILE**

##### **Session 16: SUSTAINABLE DIETS: LINKING NUTRITION AND FOOD SYSTEMS.**

**Make progress in better understand transdisciplinary linkages between sustainable diets and sustainable food systems.**

Chaired by Barbara Burlingame, Massey University; Sandro Dernini, Forum on Mediterranean Food Cultures

Speakers:

**Globally Important Agricultural Heritage systems (GIAHS): A legacy for Food and Nutrition Security**

Parviz Koohafkan, World Agricultural Heritage

**Traditional Foods at the Epicentre of Sustainable Food Systems**

Antonia Trichopoulou, Hellenic Health Foundation

**The Med Diet 4.0 Framework: a Multidimensional Driver for Revitalizing the Mediterranean Diet as a Sustainable Model - lessons learned about the assessment of food systems.**

Massimo Iannetta and Milena Stefanova, ENEA.

**Crossing Sociological, Ecological, Economical and Nutritional Perspectives on Agrifood Systems Transitions: Towards a Transdisciplinary and Multistakeholder Approach**

Marie Josèphe Amiot-Carlin, MOISA, Univ Montpellier, CIRAD, CIHEAM-IAAM, INRA, Montpellier SupAgro

**Naorai - Myazaki Food and Agricultural Heritage System of Japan**

Tomonori Tasaki, Takachiho Town Office, Miyazaki; Nahoko Shimada, the Research Institute for Humanity and Nature, Japan

**The Transdisciplinary Imperative: Pushing policy Instruments for Sustainable Diets**

Barbara Burlingame, Sustainable Diets Task Force of IUNS

20.30 **DINNER**

## **FRIDAY, 17 MAY 2019**

### **REGIO TEATRO S. CECILIA**

8.30-10.30 **Session 17: THE MEDITERRANEAN DIET AS A LEVER FOR BRIDGING CONSUMPTION AND PRODUCTION IN A SUSTAINABLE AND HEALTHY WAY IN THE MEDITERRANEAN REGION**

**Objective: To receive guidance on how to proceed successfully towards the revitalization of the Mediterranean diet by linking sustainable consumption and production in the Mediterranean Region in the context of the improvement of the sustainability of Mediterranean food systems**

Co-Chaired by Roberto Capone, CIHEAM-Bari; Elliot Berry, Hebrew University; Sandro Dernini, Forum on Mediterranean Food Cultures

**Open discussion**

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10.30-10.45 **COFFEE BREAK**

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10.45. 12.45 **Session 18: FOSTERING MULTI-STAKEHOLDER ENGAGEMENT AND PARTNERSHIPS TOWARDS MORE SUSTAINABLE FOOD SYSTEMS IN THE MEDITERRANEAN REGION**

**Objective: To receive guidance on how to proceed successfully for engaging interested parties in the co-development of a Multi-stakeholder Sustainable Food Systems Initiative for the Mediterranean region, to accelerate the shift towards more Sustainable Food Systems.**

Co-Chaired by Jamie Morrison, Director/Strategic Programme Leader, Food Systems Programme, FAO; Sandro Dernini, CIHEAM-Bari

Speakers:

**The One Planet (10YFP) Sustainable Food Systems Programme as a multistakeholder platform for a systemic approach**  
Patrick Mink, Coordination Desk, One Planet Sustainable Food Systems Programme, Federal Office for Agriculture, Switzerland

**The shift towards Sustainable Consumption and Production and Circular Economy at the Union for the Mediterranean**  
Alessandra Sensi, Union for the Mediterranean

**Integration of circular economy, bioeconomy and blue growth for new production and consumption models in the framework of Sustainable Food Systems**

Massimo Iannetta, ENEA, on behalf of the National Technological Cluster Italian Blue Growth BIG

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12.45-13.15 **CONCLUSIONS**

Introduction: Sandro Dernini, Coordinator of the Conference

Leoluca Orlando Mayor of Palermo, Placido Plaza, Secretary-General, CIHEAM; Gaetano Armao, Vice President Sicilian Region, Commissioner Sicilian Economy Dept., Vice President

## HISTORICAL BACKGROUND OF THE 2° WORLD CONFERENCE IN PALERMO

Since **2002**, the Forum on Mediterranean Food Cultures, CIHEAM-Bari, Las Palmas University of Gran Canarias, La Sapienza University of Rome, and ICAF (International Commission of the Anthropology of Food and Nutrition), have developed a continuous collaboration on the Mediterranean diet as a resource of sustainable development for Mediterranean countries.

In **2005**, in Rome, "**The Call of Rome for a Common Action on Food in the Mediterranean**" was issued on the occasion of the third Euro-Med Forum "*Dialogues between Cultures and Civilizations of the Mediterranean on Food Security*", jointly organized by the Forum on Mediterranean Food Cultures and the Sapienza University of Rome, in collaboration with CIHEAM-Bari, ICAF, and the support of the regions of Sicily and Calabria.

In **2009**, in Parma, at the 3rd International Conference "*The Mediterranean Diet Today: A Model of Sustainable Diet*", jointly organized by CIISCAM, in collaboration with the Forum on Mediterranean Food Cultures, CIHEAM-Bari, Bioversity International, and the technical support of FAO, the Mediterranean diet pyramid was revised in the light not only of its well-known health benefits, but also of its other sustainable benefits for the environment, the economy and for its social and cultural values.

As follow up, in **2010**, at FAO in Rome, the Scientific Symposium "*Biodiversity and Sustainable Diets: United Against Hunger*" was organized by FAO and Biodiversity International, with the collaboration of INRAN, CIHEAM-Bari, FENS, IUNS, in which a common position was reached on the definition of "sustainable diets".

In **2011**, FAO and CIHEAM identified the Mediterranean diet as a sustainable diet case study for the characterization and evaluation of the sustainability of food consumption and diets in the Mediterranean region.

In **2012**, in Malta, on the occasion of the 9th Meeting of Agriculture Ministers of the CIHEAM member countries, the role

of the Mediterranean diet was highlighted as a "driver" for sustainable food systems within the Regional development strategies.

In **2015**, at the EXPO of Milan, "**The Med Diet EXPO Milan 2015 Call: Time to Act**" was issued by CIHEAM on the occasion of the International Conference "*Does the Mediterranean Diet Still Exist? Nutrition-Health-Quality-Sustainability-Innovation-Evolution*", jointly organized by CIHEAM-Bari, CNR, CREA, ENEA and Forum on Mediterranean Food Cultures and endorsed by 81 institutions.

Always, in **2015**, at the EXPO of Milan, the Sustainable Food Systems Programme (SFSP) of the United Nations 10 Year Framework of Programmes on Sustainable Consumption and Production Patterns (10YFP), now called "*One Planet*" was established, with FAO and CIHEAM part of its governance.

In **2016**, in Milan, the First World Conference of the Mediterranean Diet on "*Revitalizing the Mediterranean Diet from a Healthy Dietary Pattern to a Healthy Mediterranean Sustainable Lifestyle*", was organized by IF-MeD (International Foundation of Mediterranean Diet), in collaboration with CIHEAM-Bari and FENS (Federation of European Nutrition Societies), and the FAO technical collaboration for the CIHEAM side event "*From Production to Consumption: The Mediterranean Diet as a Lever in the Mediterranean, within the Framework of the SDGs*". On this occasion, "**The Call for Action on the Revitalization of the Mediterranean Diet**" was issued and endorsed by 37 scientific societies, research institutes and national and international organizations.

In **2017**, in Bari, the FAO/CIHEAM International Workshop "*Development of Voluntary Guidelines for the Sustainability of the Mediterranean Diet in the Mediterranean Region*" was organised at CIHEAM-Bari in the context of the One Planet Sustainable Food Programme Systems of the United Nations (SFSP).



- HALL 1. Regio Teatro S. Cecilia, via Piccola del Teatro S. Cecilia
- HALL 2. Galleria d'Arte Moderna, via Sant'Anna, 21
- HALL 3. Archivio storico Comunale, via Maqueda, 157
- HALL 4. Palazzo Comitini, via Maqueda, 121
- HALL 5. Palazzo delle Aquile, piazza Bellini

## STRATEGIES TOWARDS MORE SUSTAINABLE FOOD SYSTEMS IN THE MEDITERRANEAN REGION



### INTERNATIONAL SCIENTIFIC COMMITTEE

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Elliot M. Berry, Hebrew University, Jerusalem, Israel  
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Sandro Dernini, Forum on Mediterranean Food Cultures, Italy  
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Mauro Gamboni, CNR – Department of Biology, Agriculture and Food Sciences, Italy  
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Roberto Capone, CIHEAM-Bari  
Sandro Dernini, Forum on Mediterranean Food Cultures



### COORDINATOR OF TECHNICAL SCIENTIFIC COMMITTEE

Sandro Dernini, Forum on Mediterranean Food Cultures/CIHEAM-Bari/IFMED

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Società DIAITA per gli Stili di Vita [www.diaitaa.com](http://www.diaitaa.com)



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