

Methodologies to guide consumers towards a healthy and sustainable Mediterranean Diet

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OVERVIEW



Multi-centre study¹ involving several partners from Mediterranean regions to **increase**:

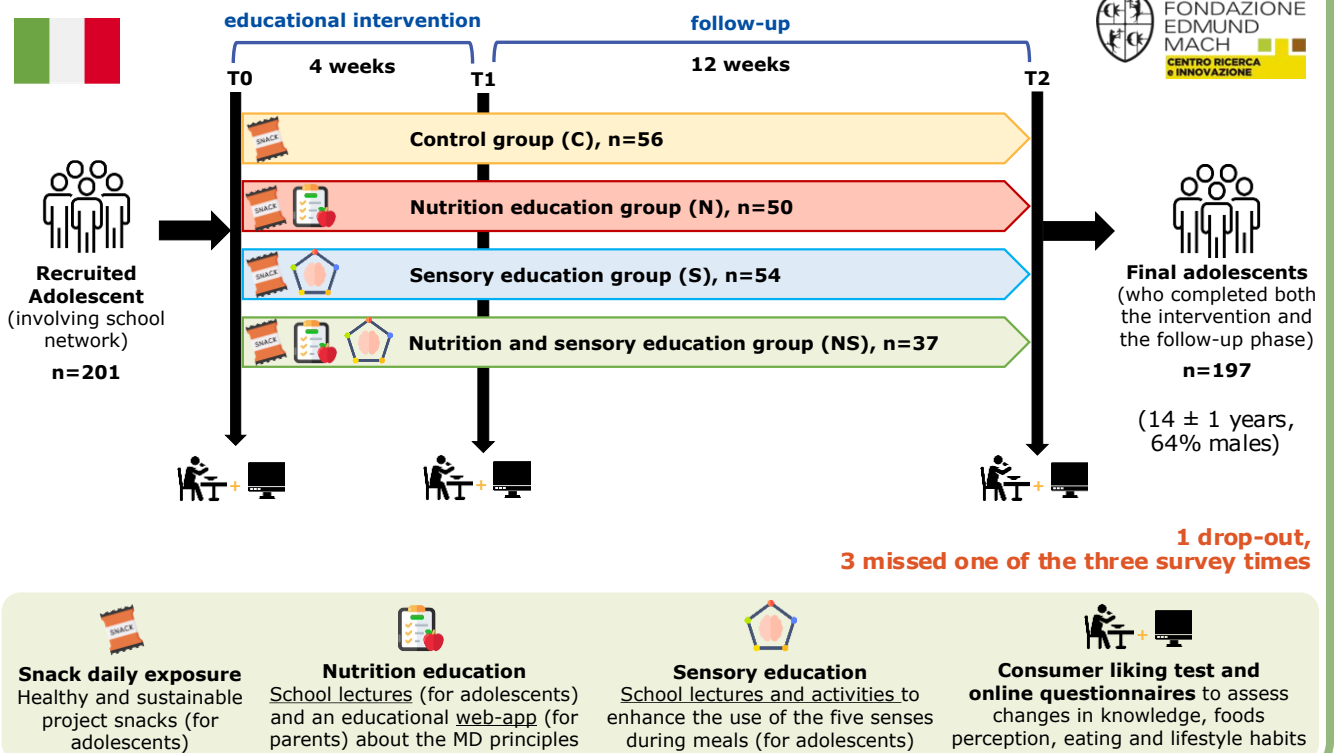
- the **adherence Mediterranean Diet (MD)**
- the **nutritional knowledge**
- the ability to **choose Mediterranean foods**

MULTI-ACTOR APPROACH
targeting



Adolescents
(14-16 y) 200 per country
and their families

STUDY DESIGN



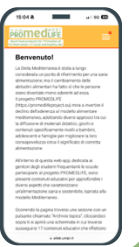
DEVELOPMENT OF THE NUTRITION EDUCATIONAL MATERIAL



Toolkit for teachers to held 4 lecture-based lessons (Diet and nutrients, Food groups, Balanced meals, Healthy and sustainable diets):

- Power point presentation
- Educational game
- Transcript lesson
- Take home messages

17 nutrition topics and an **example of an MD-inspired weekly food plan**, provided to parents within a dedicated web app.



MAIN RESULTS

EVALUATION OF THE EFFECTIVENESS OF THE TOOLS WITHIN THE PROJECT INTERVENTION STUDY

Figure 1 (A) MD adherence from T0 to T2 and (B) effect of the education intervention in terms of KIDMED score (KIDMED questionnaire²).

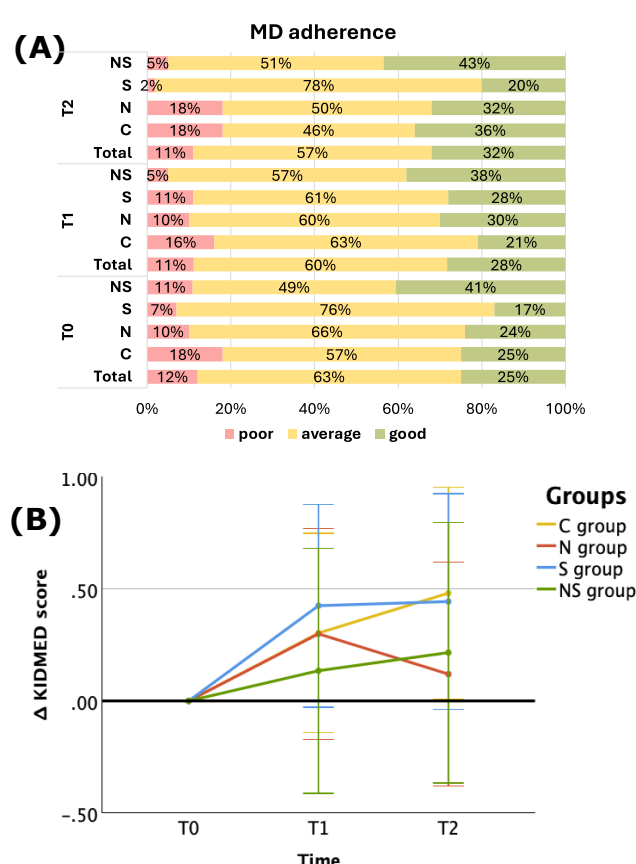
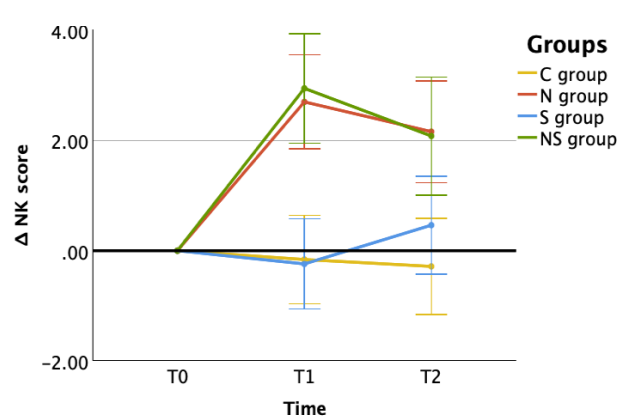


Figure 2 Changes in **Nutritional Knowledge (NK)** (questionnaire score developed for the study).

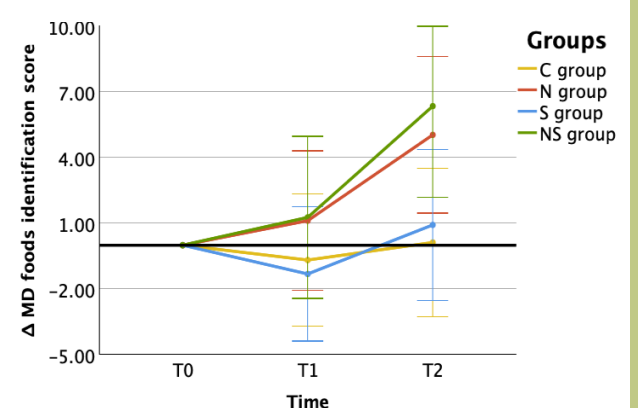


Only groups N and NS had a significant increase in NK ($p < 0.001$).

Other statistically significant differences:

between-groups comparison:
 at T1 between C-N, C-NS, S-N, and S-NS
 at T2 between C-N and C-NS
within-groups comparison over time:
 N between T0-T1 and T0-T2
 NS between T0-T1 and T0-T2

Figure 3 Effect of the education intervention in the ability to **identify Mediterranean and non-Mediterranean foods** from T0 to T2 (Mediterranean Food Choices Task developed by researchers).



A possible change in the ability to identify Mediterranean and non-Mediterranean foods. Indeed, a **statistically significant overall time effect** ($p = 0.001$) was observed, noticeable in detail between T0 and T2 in N ($p = 0.018$) and NS ($p = 0.009$) groups.

In conclusion, **nutrition education seems to have improved knowledge about the MD and the ability to recognize Mediterranean foods**. However, observing a **concrete and long-lasting shift into healthy eating habits** probably **requires a longer period and a higher family engagement**.

¹ PROMD (2022) PROMEDLIFE project. Available from: <https://promedlifeproject.eu/> [Accessed 13/06/24].

² Serra-Majem, L. et al. (2004) Food, youth and the Mediterranean diet in Spain. Development of KIDMED, Mediterranean Diet Quality Index in children and adolescents. Public Health Nutr, 7(7), pp. 931-935.