

Health benefits and social determinants of the Mediterranean diet at a time of economic crisis : results from the moli-sani study

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van MARIALaura BONACCIO

HEALTH BENEFITS AND SOCIAL DETERMINANTS OF THE MEDITERRANEAN DIET AT A TIME OF ECONOMIC CRISIS: RESULTS FROM THE MOLI-SANI STUDY

Maastricht, March 18th 2015

1. Language is the house of Being. Man dwells in this house, and the thinkers and the poets are the guardians of this house (Martin Heidegger, German philosopher, *Letter on Humanism*)
2. Everyone stands alone at the heart of the world, pierced by a ray of sunlight, and suddenly it's evening (Salvatore Quasimodo, Italian poet, *And suddenly it's evening*, 1930)
3. Originally, the traditional Mediterranean diet was the typical diet of the poorest groups. Large amount of plant foods, some fish, olive oil as main fat source, moderate wine intake during frugal meals did convey health advantages to the Mediterranean populations.
4. In the XXI century, the traditional Mediterranean diet is still able to provide health advantages despite the nutritional changes of foods. Benefits are documented both in the general population and in high-risk groups.
5. Unlike in the past, nowadays a good set of skills and knowledge and greater material resources are strictly linked to the adherence to the Mediterranean dietary pattern.
6. The close association between socioeconomic and healthful dietary behaviors is a major threat during a period of economic crisis especially for the less affluent individuals.
7. Freedom without social justice is nothing but a fragile achievement that for many of us results in the freedom of starving (Sandro Pertini, former President of the Italian Republic, Address to the nation, December 1983).
8. Commitment to reducing socioeconomic disparities in health represents a mandatory action to promote global health.
9. The encouragement of healthful lifestyles should be strictly accompanied by concrete actions to allow people at pursuing healthy choices.
10. Adhering to a Mediterranean diet is the best choice for the health of people, of the healthcare system and for planet's sake.