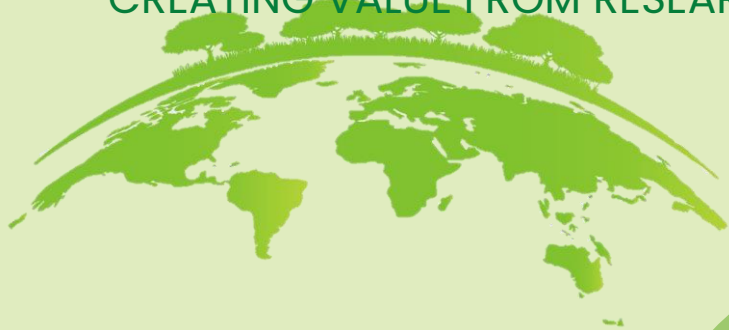




RESEARCH & ENTERPRISE

CREATING VALUE FROM RESEARCH AND INNOVATION



INTERNATIONAL CONFERENCE

AGRI-FOOD
ECOSYSTEM 2021

IPSANTAREM_26, 27 MAY



2021PORTUGAL.EU



<https://paulapinto.wixsite.com/mediweb>

Paula Pinto | Vanda Andrade | Marta Tagarro

IPSANTARÉM-ESA-ESE



IMPACT OF MEDITERRANEAN DIET AND OTHER LIFESTYLE FACTORS ON WELL-BEING



Consortium

7 countries from Southern Europe
5 MED; 2 NON-MED

2019-2022

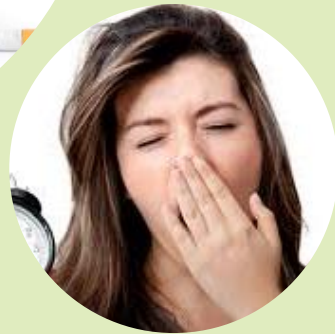
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AGRI-FOOD
ECOSYSTEM 2021

IPSANTAREM_26, 27 MAY 2021

IPSantarém: Paula Pinto, Vanda Andrade, Rui Jorge, Paula Ruivo, Marta Tagarro (PT) Centro de Edafología y Biología Aplicada del Segura (CEBAS-CSIC): María-Teresa García Conesa (SP) Democritus University of Thrace: Eirini Deligiannidou, Christos Kontogiorgis (GR) Slow Food in Bulgaria: Mihail Chervenkov; Institute of Biodiversity and Ecosystem Research (IBEI-BAS): Teodora Ivanova, Petkova-Varadinova, Yulia Bosseva. (BG) Goce Delcev University: Tatjana Ruskovska, Viktorija Maksimova, Katarina Smilkov, Darinka Gorgieva Ackova., Lence Miloseva. (NMK) Institute of Clinical Physiology (IFC) National Research Council (CNR): Marika Massaro, Egeria Scoditti, Stefano Quarta. (IT) University of Nicosia: Elena Philippou (CY)

AIMS



Int J Environ Res Public Health 2020,17(23):8758

2) Explore associations with lifestyle



3) Assess Subjective Well-Being (SWB)

1) Assess adherence to Mediterranean Diet (MD)

METHODOLOGY



Adherence to MD: 14-MEDAS

Assessment of SWB: 9-HESWB

N=2403; PCA

N=402; 3-FD vs 2x 14-FFQ

MeDiWeB questionnaire
Online April 2019 to March 2020
N=3350
Eligible for analysis
PT=488; SP=467; IT=503; GR=288;
CY=417 BG=440; MK=343

Validation of 14-MEDAS ✓
MD assessment ✓
MD correlations ✓
Validation of 9-HESWB
SWB correlations

RESULTS

Open Access Article

Exploring the Validity of the 14-Item Mediterranean Diet Adherence Screener (MEDAS): A Cross-National Study in Seven European Countries around the Mediterranean Region

by Maria-Teresa Garcia-Conesa¹, Elena Philippou², Christos Pafilas², Marika Massaro³, Stefano Quarta⁴, Vanda Andrade⁵, Rui Jorge^{5,6,7}, Mihail Chervenkov^{8,9}, Teodora Ivanova^{8,10}, Dessislava Dimitrova^{8,10}, Viktorija Maksimova¹¹, Katarina Smilkov¹¹, Darinka Gjorgieva Ackova¹¹, Lence Miloseva¹¹, Tatjana Ruskovska¹¹, Georgia Eirini Deligiannidou¹², Christos A. Kontogiorgis¹² and Paula Pinto^{5,6,*}

Nutrients 2020, 12(10), 2960; <https://doi.org/10.3390/nu12102960>

Open Access Article

Mediterranean Diet Adherence and Subjective Well-Being in a Sample of Portuguese Adults

by Vanda Andrade¹, Rui Jorge^{1,2,3}, Maria-Teresa Garcia-Conesa⁴, Elena Philippou^{5,6}, Marika Massaro⁷, Mihail Chervenkov^{8,9}, Teodora Ivanova^{9,10}, Viktorija Maksimova¹¹, Katarina Smilkov¹¹, Darinka Gjorgieva Ackova¹¹, Lence Miloseva¹¹, Tatjana Ruskovska¹¹, Georgia Eirini Deligiannidou¹², Christos A. Kontogiorgis¹² and Paula Pinto^{1,2,13,*}

Nutrients 2020, 12(12), 3837; <https://doi.org/10.3390/nu12123837>

14-item MEDAS simultaneously validated in healthy adults, in a number of different countries around the Southern European Mediterranean area using the same methodology.

Factors positively associated with MD:
Female gender; being employed; time spent in nature; number of meals per day; Subjective well-being

RESULTS

Open Access Article

Persistent Moderate-to-Weak Mediterranean Diet Adherence and Low Scoring for Plant-Based Foods across Several Southern European Countries: Are We Overlooking the Mediterranean Diet Recommendations?

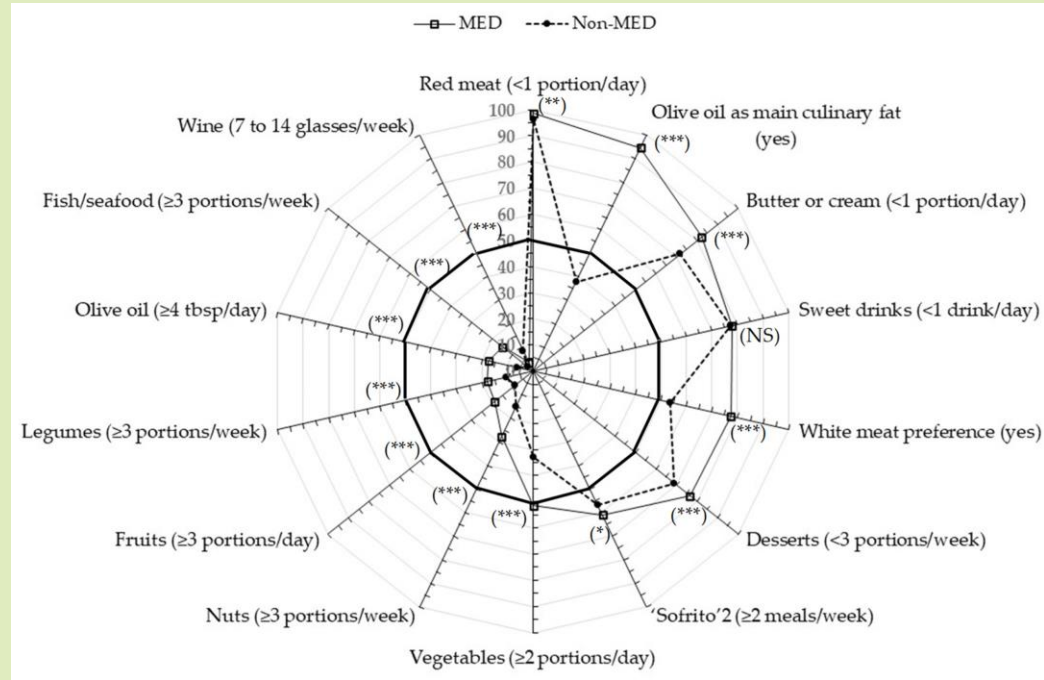
by Stefano Quarta¹, Marika Massaro², Mihail Chervenkov^{3,4}, Teodora Ivanova^{4,5}, Dessislava Dimitrova^{4,5}, Rui Jorge^{6,7,8}, Vanda Andrade⁶, Elena Philippou^{9,10}, Constantinos Zisimou⁹, Viktorija Maksimova¹¹, Katarina Smilkov¹¹, Darinka Gjorgieva Ackova¹¹, Lence Miloseva¹¹, Tatjana Ruskovska¹¹, Georgia Eirini Deligiannidou¹², Christos A. Kontogiorgis¹², Julio Sánchez-Meca¹³, Paula Pinto^{6,7,*} and María-Teresa García-Conesa^{14,*}

Nutrients 2021, 13(5), 1432; <https://doi.org/10.3390/nu13051432>

Country	14-MEDAS
SP	7.9 ± 1.7
PT	7.4 ± 2.1
GR	7.1 ± 2.0
IT	6.8 ± 1.5
CY	6.1 ± 2.0
BG	5.8 ± 1.8
MK	5.3 ± 1.8

moderate MD adherence
(only 11% high adherence)

weak MD adherence



Percentage of participants in each group within the Mediterranean diet adherence recommendation
Dark circle = 50% cut-off point

RESULTS

9-item-SWB Index

How worried did you feel during the last week?

Did you feel depressed during the last week?

During last week, how often did you feel nervous and stressed?

During last week, how often did you feel that you were unable to cope with all the things you had to do?

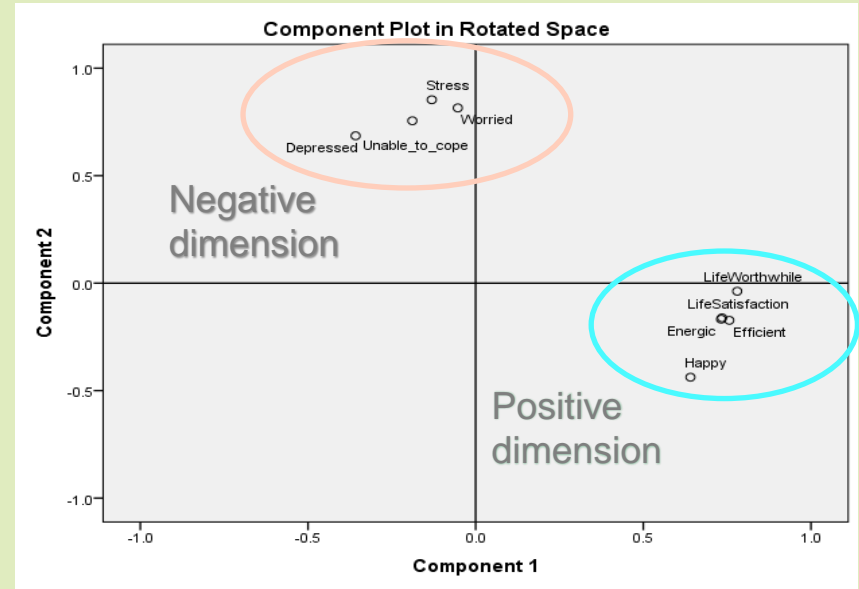
Overall, how satisfied are you with your life as a whole these days?

How happy did you feel during the last week?

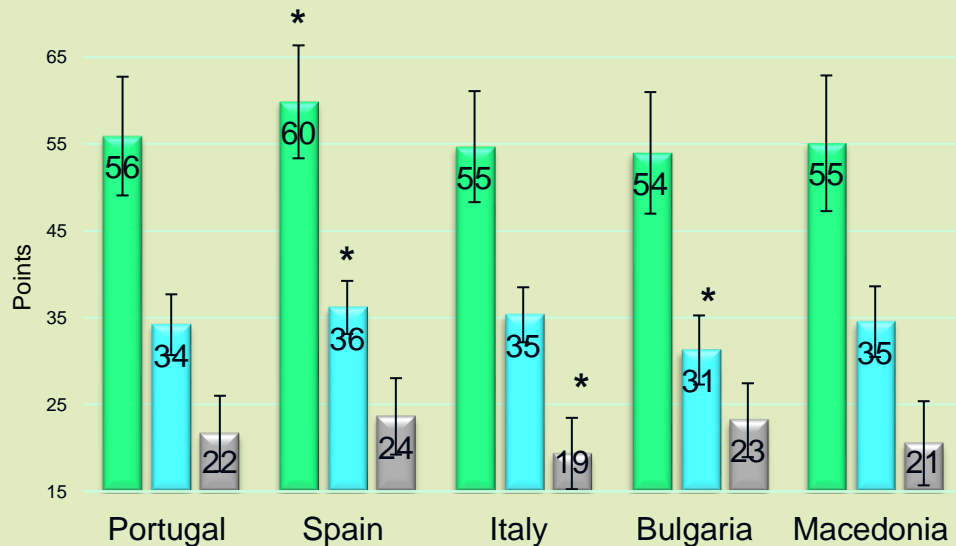
Last week, how energetic did you feel in the middle of the day?

To what extent do you feel that the things you do in life are worthwhile?

Last week, how efficient did you feel in the middle of the day?



RESULTS



9-item-SWB Index (0-90 points), Positive (0-50 points) and Negative (0-40 points) dimensions per country. Data are represented as mean/sd. * indicate significant differences ($p<0.05$) from all the other countries.

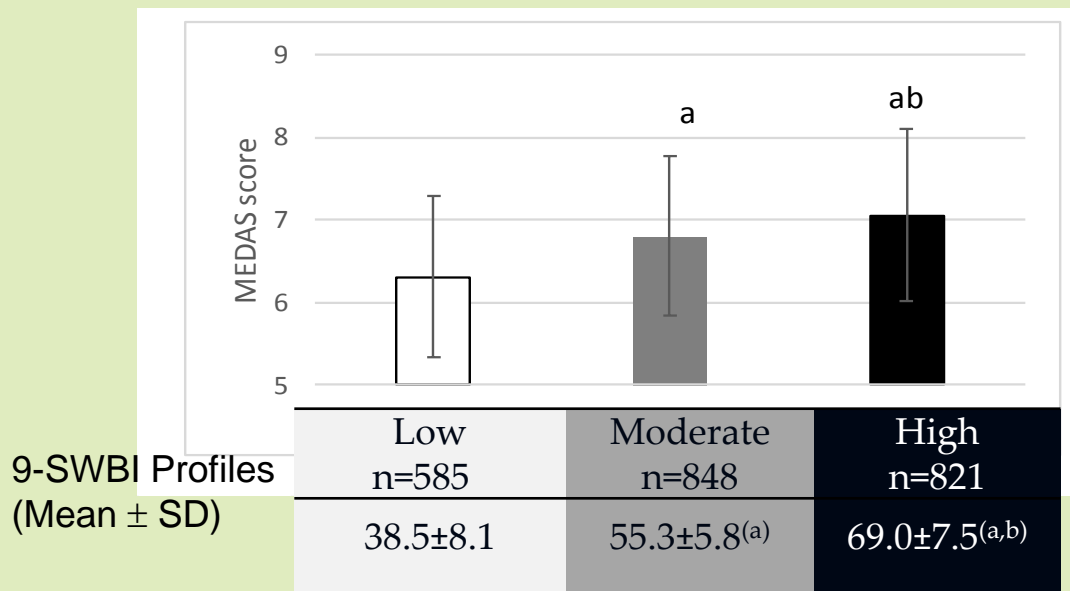
RESULTS

Correlations of sociodemographic & lifestyle factors with 9-SWBI

	Global 9-item-SWB	Positive Dimension	Negative dimension
Sociodemographic factors			
Sex	-0.103/0.000	-0.059/0.009	0.110/0.000
Health factors			
Pathology	-0.077/0.001	-0.051/0.023	0.076/0.001
Lifestyle factors			
Night sleep	0.140/0.000	0.071/0.002	-0.155/0.000
Time in Nature	0.067/0.004	0.046/0.042	-0.080/0.000
Time with friends	0.328/0.787	0.101/0.000	-0.066/0.003
Daily activity	0.048/0.039	0.083/0.000	-0.020/0.378
Sport activity	0.052/0.026	0.077/0.001	-0.061/0.007
MEDAS score	0.070/0.003	0.126/0.000	0.207/0.867

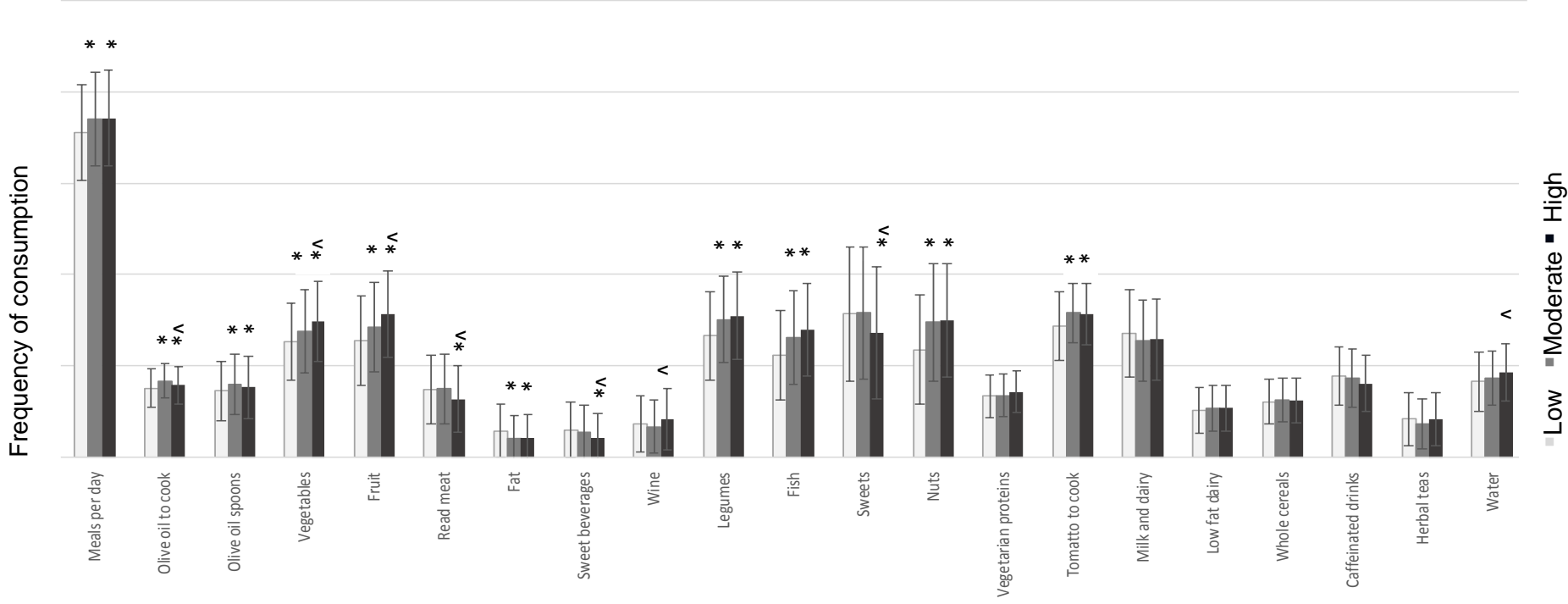
Data are expressed as rho/p-value. Correlations were considered significant when $p < 0.002$ (adjusted by Bonferroni correction)

RESULTS



Different letters indicate significant differences between profiles ($p < 0.05$)

RESULTS



*“We sit at table not to eat,
but to enjoy eating together”*



Mediterranean way of life

High consumption
fruit, vegetables,
whole cereals,
legumes, nuts

Raw or low
processed

With olive oil

With herbs and less salt

Traditional, local,
& eco-friendly

Low consumption
Red & processed
meat

Moderate consumption
White meat, fish, dairy
wine



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Por favor preencham o questionário

Thank you

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