

# Dietary needs of healthy and frail older people

August 3<sup>rd</sup>, 2015

Conference Room "Luisella Sironi", Building U4, Room 8  
University of Milano-Bicocca, Piazza della Scienza,  
Milan, Italy

09:00 – 09:15 **Opening address:**

Cristina Messa, Rector, University of Milano-Bicocca, Milan, Italy  
Hannelore Daniel, EU Expo 2015 Scientific Steering Committee for Expo 2015, Brussels, Belgium  
Francesca Zajczyk, Scientific Committee EXPO 2015, Milan, Italy  
Giorgio Annoni, Geriatric Medicine, University of Milano-Bicocca, Milan, Italy

09:15 - 10:15 **Keynote speeches:**

- Gian Carlo Blangiardo, University of Milano-Bicocca, Milan, Italy  
**FEEDING PEOPLE IN THE 21ST CENTURY: CHANGES AND NEEDS FOR AN AGEING WORLDWIDE POPULATION**
- Laura Fratiglioni, Karolinska Institutet, Stockholm University, Sweden  
**OUR AGING PROCESS MIRRORS LIFELONG EATING HABITS**

10:15 – 11:00 **Session I: Respecting food preferences and taste issues of the older individuals**

Opening address: Maria Carla Gilardi, IBFM CNR, Milan, Italy

Panellists

- Stefano Predieri, IBMET CNR, Bologna, Italy  
**AN HEALTHY-TASTY MEDITERRANEAN DIET FOR SENIOR CONSUMERS: SENSORY AND HEDONIC STRATEGIES TO PREVENT FOOD DISAFFECTION AND MALNUTRITION IN LATER AGE**
- Giuseppe Sergi, University of Padova, Padua, Italy  
**TASTE LOSS AND FOOD PREFERENCES IN THE ELDERLY**

11:00 – 11:30 Coffee break

11:30 -13:00 **Session II: Medical aspects**

Opening address: Gianpaolo Ceda, University of Parma, Parma, Italy

Panellists

- Juergen M. Bauer, University of Erlangen-Nuremberg, Erlangen, Germany  
**THE ROLE OF NUTRITION IN THE PREVENTION AND TREATMENT OF FRAILITY**
- Miriam Capri, University of Bologna, Bologna, Italy  
**INFLAMMAGING AND DIET**
- Antonia Trichopoulou, University of Athens, Athens, Greece  
**MEDITERRANEAN DIET AND LONGEVITY**

13:00 – 14:00 Working lunch

14:00 - 15:00 **Session III: "Bad" consumption of elderly**

Opening address: Paola Palestini, University of Milano-Bicocca, Milan, Italy

Panellists

- Stefania Maggi, Center on Aging CNR, Padua, Italy  
**EPIDEMIOLOGY OF OBESITY IN OLDER POPULATION**
- Lodovico Balducci, Moffit Cancer Center, Tampa, FL, USA  
**NUTRITION, CANCER, AND AGING**

15:00 - 16:15 **Session IV: Eating in isolation**

Opening address: Lorenzo Morelli, Catholic University of Sacred Heart, Milan, Italy

Panellists

- Carla Facchini, University of Milano-Bicocca, Milan, Italy  
**LIVING ALONE CHANGE THE EATING HABITS?**
- Guendalina Graffigna, Catholic University of Sacred Heart, Milan, Italy  
**ENGAGING ME IN TAKING CARE OF MY HEALTH: PSYCHO-SOCIAL DETERMINANTS OF HEALTHY AND ACTIVE AGING LIFE STYLES**
- Sergio PASSARETTI, Secretary-General of the SPI-Italian Union of Seniors, Milan, Italy  
**PROMOTING SUSTAINABLE LIFE STYLES FOR THE ELDERLY: THE ROLE OF SOCIAL ORGANIZATIONS**

16:15 - 16:45 **Closing remarks and discussion**

Cristina Messa, Rector, University of Milano-Bicocca, Milan, Italy  
Francesca Zajczyk, Scientific Committee EXPO 2015, Milan, Italy  
Laura Fratiglioni, Karolinska Institutet, Stockholm University, Sweden  
Giorgio Annoni, Geriatric Medicine, University of Milano-Bicocca, Milan, Italy

16:45 – 17:00 **Closing refreshment**

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