

FOOD EDUCATION PROJECT "GOOD FOOD AND GOOD HEALTH" EUROFLORA 2022



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BACKGROUND & AIMS

Euroflora is one of the main floral events in Europe. For the visibility to a national and international public, it is also considered one of the most important events all over the Ligurian area. Polyclinic Hospital San Martino, in collaboration with UNIGE Dietetics Degree Course, Agricultural Institute of Marsano, Marco Polo and Bergese Hotel Institutes of Genoa, decided to take part in this event setting up a stand to promote health and food education, based on concept "good food and good health".

METHODS

The 80 mq of stand, decorated with edible flowering plants and aromatic herbs belonging to Mediterranean scrub by agricultural school students, hosted a synergistic vegetable garden. The Dietetics degree course in collaboration with Hotel Institutes prepared informative material: a brochure showing nutritional properties of plants and flowers present in the stand and a "health" recipe book suggesting the use of these plants, with a view to food sustainability. The activity at Euroflora was an integral part of the internship of the students of the Degree Course who carried out food education activities, also submitting the Medi-Lite (UNIFI) questionnaire to the participants and providing personalized indications in relation to the score obtained.

RESULTS

879 people visited the Polyclinic stand, completed the Medi-Lite questionnaire and received personalized indications to improve their eating habits. From the preliminary analysis of the questionnaires, the mean adherence score was 12 ± 2 , significantly higher in women than in men ($p=0.022$). Analyzing the main components, we observed that the Medi-Lite items on the consumption of some products generated response clusters. Subjects who consume more meat, tend to eat more dairy products as well, so it could be index of a fattier diet. By contrast, subjects who consume more fish also consume more fruits and vegetables, with a trend to prefer healthier foods.

MEDI-LITE QUESTIONNAIRE		Count	Column N%
Sex	Female	565	64,3%
	Male	314	35,7%
Age	18-30 years	261	29,7%
	31-45 years	148	16,8%
	46-60 years	241	27,4%
	61-75 years	197	22,4%
	76-90 years	29	3,3%
	>90 years	3	0,3%
Qualification	Primary school	24	2,7%
	Middle school	147	16,7%
	Graduated high school	399	45,4%
	University degree	309	35,2%
Civil Status	Unmarried	300	34,1%
	Married	325	37,0%
	Cohabitant	129	14,7%
	Separated	85	9,7%
	Widow	40	4,6%

Table 1: Characterization of sample of visitors stratified by sex, age, qualification and civil status

TOTAL SCORE MEDI-LITE		Count	%
LOW adherence	Score ≤ 7	44	5%
MODERATE adherence	Score 8-10	234	27%
HIGH adherence	Score ≥ 11	601	68%

Table 2: Total Score of Medi-Lite questionnaire, mean 12, Standard Deviation 2



Figure 2-3: Stand and edible plants



Figure 1: UNIGE Dietetics Students



Figure 5: UNIGE-POLYCLINIC Equipe

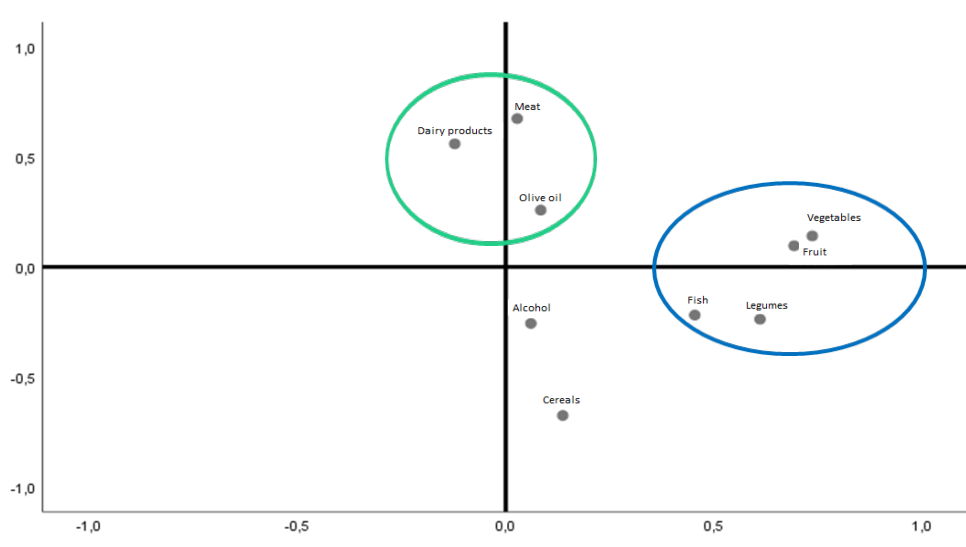


Figure 4: Food clusters analysis

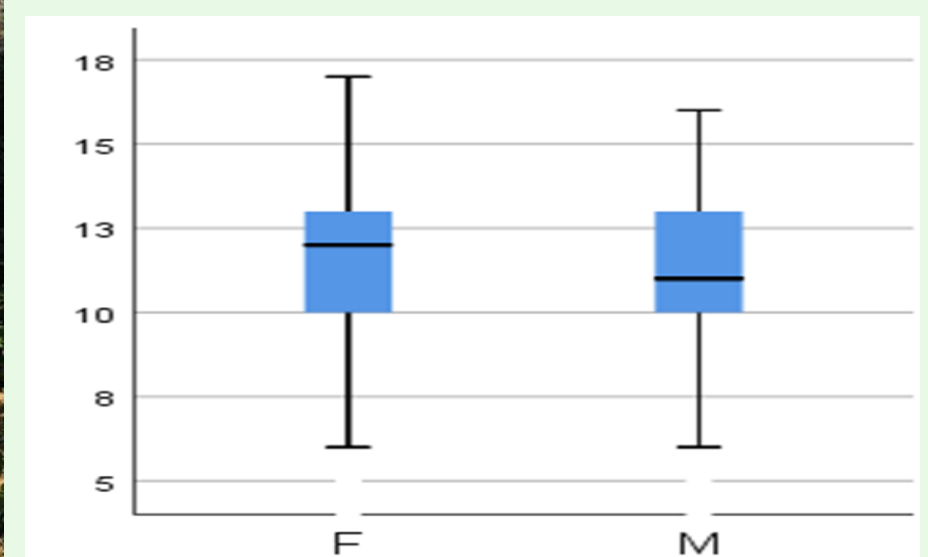


Figure 6: Medi-Lite Score for sex: Females result more adherent to Mediterranean Diet versus Males, $p < 0.05$ for Wilcoxon-Mann-Whitney test

CONCLUSION

Although the sample's adherence to the Mediterranean Diet score is good/moderate, initiatives such as Euroflora "Good food and good health" could foster a synergistic action between the education world and the scientific world, in order to increase responsibility and awareness of citizens in compliance with correct eating habits in a non-healthcare setting.