

## EuGMS Global Europe Initiative (GEI) SPRIN-G Event

### Event report

The eternal city of Rome hosted the initial SPRIN-G meeting on the 7<sup>th</sup> and 8<sup>th</sup> of June, 2022. This meeting is part of the EuGMS' Global Europe Initiative (GEI) efforts to create a novel concept for events on major issues related to ageing trajectories, by bringing together experts in biomedical fields and public health policy makers with social, cultural and economic allies. The specific focus of this year's meeting was the impact of nutrition onto the trajectory of neurocognitive decline, focusing on the application of the scientific evidence on the public policies of modern and historical Italian societies.

The first day began with a presentation of the project by its leader, Pr. Athanase Benetos (EuGMS Immediate past president and Coordinator of the GEI). After the roadmap was established by Pr. Benetos, Pr. Stefania Maggi (EuGMS past president) delivered a masterful presentation on the Role of Nutrition & Diet on the trajectories of cognitive decline. This session was chaired by Pr. Antonio Cherubini (EuGMS Academic Director) and was an opportunity to begin a productive conversation on the meeting's main topic. The day's main event followed, a Round Table discussing National policies on nutrition for children and older adults. Moderated by Drs Ioannis Georgiopoulos (FR) and Marina Kotsani (FR); this lively conversation began with the specific Italian policies of obesity reduction in children and adults as presented by Pr Lorenzo Donini (Nutritionist, Sapienza University, Rome), Pr. Francesco Landi (Geriatrician, Università Cattolica del Sacro Cuore, Rome) and Pr Olimpia Vincentini (Biologist, Italian National Institute of Health). Further on, the discussion centred on the interactions amongst scientific partners with the food industry and political leaders regarding the legislation on food labelling and nutrient composition of foods. The conversation was then broadened to include the specific characteristics and policies implemented in other European and Mediterranean countries, led by Gülistan Bahat (Professor of Geriatrics, Istanbul University), Pr Nenad Bogdanovic (Head of Neurogeriatric Clinic, Karolinska Institutet of Stockholm and University of Zagreb) and Pr Radhouane Gouiaa (Director of CNSS Policlinic, Medical Faculty of Tunisia and Tunisian Association of Gerontology Chairman). A significant point raised was the need to reach the broader public with a clear message of diet's influence on cognitive fitness. The day's events ended with a unique blending of cuisine and music, created by [FOOD ENSEMBLE](#). Sounds of the chef's preparation of delicious dishes were expertly mixed with guitar and electronic musical samples, crafting a culinary soundtrack to the gastronomical delights that followed.



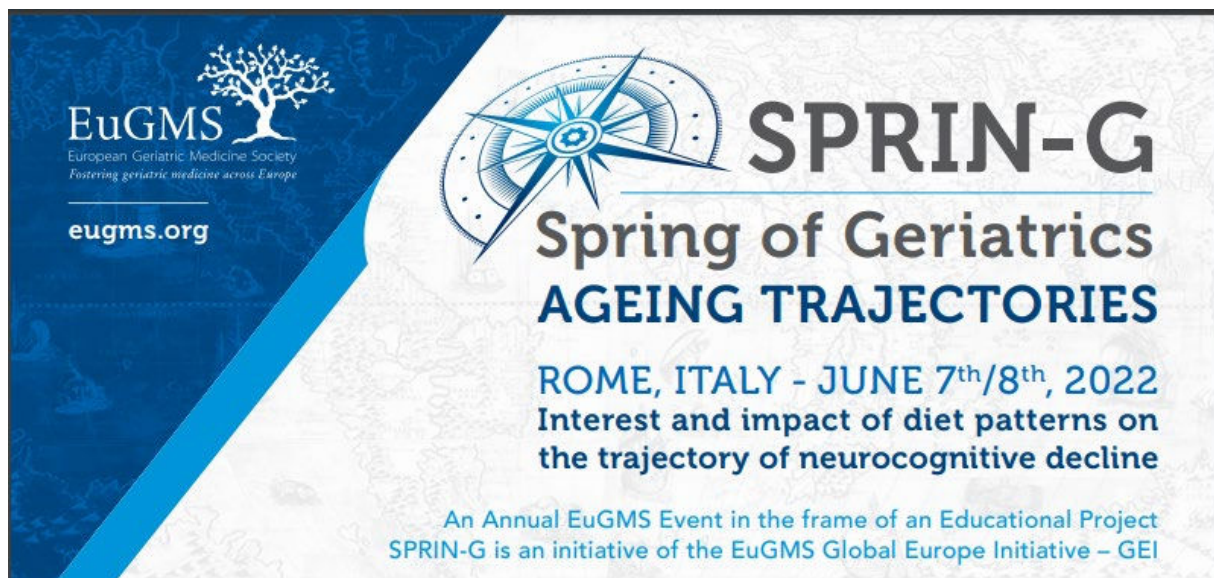
The second day began with a visit to the Policlinico Gemelli Hospital and a presentation of the facilities and the SPRINTT European project headquartered there. A historical retrospective of the origins of the Mediterranean Diet was presented by Pr. A. Capurso (Director of the Scientific Committee, Mediterranean Diet Foundation, Italy), establishing the historical importance of this diet in all cultures of the Mediterranean basin. Next, Pr. A. Reynaud-Simon (Head of Geriatrics Dept. AP-

HP Bichat Paris, France) expertly described the scientific developments and clinical effects of nutrition in older individuals with cognitive disorders. Finally, M. Cutuli (Italy) took us on an inspiring journey to the volcanic slopes of Mt Etna, to explore the production of high quality organic Extra Virgin olive oil. This engaging session stimulated much conversation among attendees, and provided the backdrop to the concluding comments by Pr. Benetos. A unique meeting come to its end, and its success was confirmed by the GEI's plans to follow up the dialogue with an online discussion with this year's participants by the start of 2023. Additionally, plans for the next SPRIN-G meeting in Romania in June 2023 are being currently finalised and will be announced shortly. For further information, please contact the EuGMS global coordinator Ms Benedetta Bellotti by email : [secretariat@eugms.org](mailto:secretariat@eugms.org).

On behalf of the Global Europe Initiative,

Ioannis Georgiopoulos

Marina Kotsani



The poster features a blue diagonal design on the left side. On the left, the EuGMS logo is displayed, consisting of a tree icon above the text 'EuGMS European Geriatric Medicine Society Fostering geriatric medicine across Europe' and the website 'eugms.org'. To the right, a compass rose icon is positioned above the main title 'SPRIN-G Spring of Geriatrics AGEING TRAJECTORIES'. Below the title, the event details are listed: 'ROME, ITALY - JUNE 7<sup>th</sup>/8<sup>th</sup>, 2022' and the topic 'Interest and impact of diet patterns on the trajectory of neurocognitive decline'. At the bottom, a subtitle reads: 'An Annual EuGMS Event in the frame of an Educational Project SPRIN-G is an initiative of the EuGMS Global Europe Initiative – GEI'.

**EuGMS**  
European Geriatric Medicine Society  
*Fostering geriatric medicine across Europe*  
[eugms.org](http://eugms.org)

**SPRIN-G**  
**Spring of Geriatrics**  
**AGEING TRAJECTORIES**

**ROME, ITALY - JUNE 7<sup>th</sup>/8<sup>th</sup>, 2022**  
**Interest and impact of diet patterns on the trajectory of neurocognitive decline**

An Annual EuGMS Event in the frame of an Educational Project  
SPRIN-G is an initiative of the EuGMS Global Europe Initiative – GEI

## SPRIN-G 2022 ROME, JUNE 7<sup>th</sup>/8<sup>th</sup>

### Interest and impact of diet patterns on the trajectory of neurocognitive decline

## TUESDAY, JUNE 7<sup>th</sup> 2022

16.00 **WELCOME TO SPRIN-G**

16.15 **Presentation of the SPRIN-G project**, A. Benetos (F)

16.45 **Opening lecture: Role of nutrition and diet on the trajectories of cognitive decline**, S. Maggi (I)

Chairperson: A. Cherubini

17.45 **Round table: National policies on nutrition for children and older adults**

Chairpersons: I. Georgiopoulos, M. Kotsani

Participants: L. Donini (I), F. Landi (I), O. Vincentini (I),  
R. Gouiaa (Tun), G. Bahat (Tur), N. Bogdanovic (Swe)

19.00 **The Food Ensemble Experience**

## WEDNESDAY, JUNE 8<sup>th</sup> 2022

08.45 **Historical origins of the Mediterranean Diet**, A. Capurso (I)

09.30 **Clinical Nutrition in older individuals with cognitive disorders**, A. Raynaud-Simon (F)

10.15 **Organic Production of EVO oil in the South of Italy - Etna, Sicily**, - M. Cutuli (I)

11.15 **Presentation of the SPRINTT European Project**, R. Bernabei (I)

13.00 **Conclusions and take home message**

## AGEING TRAJECTORIES

The trajectory of ageing is a lifelong process. It begins at birth and will depend on the interaction of genetic, environmental and random factors. This multitude of endogenous and exogenous factors explains the great heterogeneity of the functional state of people who reach an advanced age, especially after 80 years.

The aim of the **SPRIN-G** project and annual events is to promote measures and policies that have a significant effect on the ageing trajectories and can increase the chances of living longer and in a better health.

For this reason, the **SPRIN-G** events propose a multi-dimensional approach combining biological, clinical, social and economical aspects of such measures and their application in the society.

## THE 4 AXES OF THE SPRIN-G PROJECT

**THEME** > Ageing trajectories and healthy ageing as a life-long dynamic process

**FORMAT** > Complementary scientific and cultural aspects: lectures, workshops, cultural and social activities to involve participants in a 360-degree experience

**SPACE** > SPRIN-G embraces the spirit of the EuGMS Global Europe Initiative to contribute to the development of geriatric medicine all over Europe. The project will move to a different country every year.

**TIME** > Local EuGMS endorsed projects will be activated to allow continuity in action in local (medical or not) society and to create the basis for sustainable positive transformations.