

## ABSTRACT

### Mediterranean diet and today's medical science

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Health is related with several factors, as living and working conditions, the environment and diet, among many other variables.

There is actually a consensus in the scientific community, regarding the role of certain nutritional factors, like vegetables, fruit, fish and whole grains in the prevention of the major chronic degenerative diseases.

This is an expression of a growing trend to associate Mediterranean diet (Md) to a better health outcome and quality of life.

Aging is a nuclear health challenge around the world and there are reports with emerging evidence on the positive effect of Md on microbiota and healthy ageing.

Back to the socio-economic determinants of health, poverty, associated with poor housing, unhealthy diet and exposure to environmental pollution, is one of the most devastating inequalities across the globe, being cause of stress, immune, inflammatory and metabolic dysfunction, related with the development of several chronic entities, as cardiorrespiratory and metabolic diseases.

Coimbra Faculty of Medicine (FMUC) is involved in a European project called Med4Youth, targeting adolescents with obesity to strengthen the link between Md health effects against youth obesity and associated cardiovascular disease risk factors.

In fact, youth obesity has more than quadrupled over the past 30 years, being its prevalence especially higher in Mediterranean countries, such as Spain, Italy and Portugal.

It is our responsibility to contribute to the prevention of disease and the promotion of health, and there is currently no doubt that Md is an important factor in this commitment.