

4th World Summit on **O**BESITY AND **W**EIGHT **M**ANAGEMENT

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Aletheia foundation: The secret of well-being**Riccardo Fargione***Director of the Aletheia Foundation, Italy*

The foundation: The Aletheia Foundation, under the patronage of the Ministry of Health, is a think-tank aiming to shed light on the link between "food" and "health". Aletheia was precisely founded for this purpose and the need encompassed the meaning of its own name: that is 'to reveal' by telling the truth and investigating issues of utmost relevance with the support of the scientific board. By its academic field of study and research, the Foundation will explore all issues related to the exploitation of agri-food heritage and its link with health, in order to reduce the food wastage, to prevent the standardization of consumption as well as to stop the rising trend of obesity and ultra-processed foods than natural ones.

The Scientific Board: The scientific board is a high profile team of experts, scientists, professors and doctors within the Italian and international framework. The 'independent' and 'free' scientific board aims to consolidate the outstanding connection between food, nature and health. The research activities, the frameworks and the topics of the Foundation are entrusted to its scientific board.

The Research Activities:

- insight analysis on issues concerning the enhancement of 'agri-food heritage';
- development of 'knowledge' and dissemination activities;
- supporting and promoting research;
- partnerships with relevant stakeholders engaged in the protection of 'health' and other topics under investigation, like for example obesity rates and problems.

The Frameworks:

agribusiness, health, obesity, environment, culture, sports, economy, research.

The Topics:

Food and consumer eating, behaviours, cell-based (artificial) food, ultra-processed food, misleading labelling and, nutriscore, food waste, obesity.

The main issues be addressed are:

- lab-grown cell-based foods (meat and dairy);
- ultra-processed foods and obesity;
- misleading labelling: nutriscore, health claims...;
- food and health: healthy diets and impacts on health;
- transparency and traceability in the agri-food systems;
- food, sport and health;
- production pattern differences on a global scale, amid environmental sustainability and food safety;
- agricultural by-products exploitation and food waste reduction.

The reports:

The Foundation has produced several reports and documents including:

- The Mediterranean Diet: economic, social and environmental impact of healthy nutritional model;
- Waste and hunger: the economic, social and environmental costs of food waste –
- Diseases, Food and Health: The risks of wrong nutritional models and the benefits of the Mediterranean Diet.

Biography

After graduating in economics and commerce with an honours degree and an academic award from the University of Cassino, he carried out a two-year research grant at the University of Bologna. In recent years he worked in the economic area of Coldiretti following previous assignments and collaborations with research institutes, public organisations, universities and high consulting firms. In recent years he has been working in the economic area of Coldiretti following previous assignments and collaborations with research institutes, public bodies, universities and high level consultancy companies. In addition, he has published several articles in national and international journals on the impact of policies and innovation on the agri-food sector. He has international experience both in the field of development cooperation and in the European policies, particularly in rural development policies. Born in Formia (LT - Italy) on 10 November 1989, he lives in Rome.