

**LE GIORNATE DELL'INFANZIA
SERVIZI EDUCATIVI 0/3 E SCUOLE DELL'INFANZIA
20 e 21 gennaio 2017**

**l'alimentazione nei servizi per l'infanzia e nelle scuole dell'infanzia:
normativa sanitaria, aspetti nutrizionali, relazionali ed affettivi**

**Sicurezza alimentare e nutrizionale nei nidi e nelle
scuole dell'infanzia**



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Salute 2020 2° asse prioritario: le sfide per la salute in Europa: malattie non trasmissibili e trasmissibili

garantire la più ampia
disponibilità di alimenti
minimamente processati
mediante filiere corte ha il
potenziale per contribuire in
modo significativo alla creazione
di sistemi alimentari sani e
sostenibili e per supportare le
economie locali, garantendo nel
contempo che le politiche agricole
siano coerenti con gli obiettivi
globali dello sviluppo sostenibile e
fattore di impatto sulla salute.

World Health Organization
Region of Europe

HEALTH 2020

Health 2020: agriculture and health through food safety and nutrition

Synergy between sectors: working together for better agriculture and health outcomes

Summary

The Health 2020 policy framework has been adopted by all Member States of the WHO European Region in order to address Europe's great social and health challenges, calling upon the health sector to reach out to, and work with, all the various sectors and parties in the continuous work of improving people's health and well-being. Today, cardiovascular diseases, cancer, diabetes and chronic respiratory diseases and their behavioural risk factors, which include unhealthy diets, overweight and obesity, account for the most preventable diseases and death in the European Region. We are also facing an emergence of new pathogens and the re-emergence of infectious diseases, including antimicrobial resistance (AMR). By working together, the health and agriculture sectors can ensure policy coherence and deliver a safe and nutritious food supply that not only contributes to good health and well-being but also fosters healthy communities and economies.

The agriculture sector can help to create healthier people and communities through:

- working together with the health sector and other areas of government to ensure that safe and nutritious foods are available and affordable for all;
- promoting healthy sustainable rural communities, including by exploring the potential of short and sustainable supply chains and by addressing food and nutrition insecurity;
- ensuring policy coherence in the production and supply of food and goods that are key to addressing one of Europe's greatest health challenges – noncommunicable diseases (NCDs);
- working with the health sector on international food trade issues to ensure the best outcomes for people and communities, and
- strengthening the prevention of foodborne and zoonotic diseases, including AMR.

Strengthening the link between health and agriculture through food safety and nutrition

In 2012, all 53 Member States in the European Region adopted Health 2020, the new common European health policy framework, and committed themselves to developing integrative policies that engage with all sectors in addressing the social and economic determinants of health and well-being. The poorest members of our communities carry the greatest burden of food-related diseases in terms of both nutrition and food safety.

Linking with the agriculture sector presents an opportunity for the health sector to increase the supply of and demand for healthier and safer food. Agriculture policies can assist by ensuring the greater availability and affordability of a diverse range of healthier food and food products. Ensuring the wider availability of minimally processed foods through changes to production and supply chain practices has the potential to contribute significantly to creating healthy and sustainable food systems. In addition, linking with the agriculture sector is essential in preventing and controlling foodborne and zoonotic diseases. This is most cost-effective when addressed early in the food chain. Strengthening the surveillance of foodborne and zoonotic disease in humans is critical to informing risk-based monitoring and action in the agriculture sector. Furthermore, collaboration among the human and animal sectors and the environment sector is also crucial to addressing AMR.

1. creare ambienti alimentari sani
2. promuove il guadagno di salute con una dieta sana lungo il corso di tutta la vita, **specialmente per i gruppi più vulnerabili**
3. rafforzare i sistemi sanitari per promuovere diete sane
4. supportare la sorveglianza, il monitoraggio, la valutazione e la ricerca
5. consolidare le alleanze intersettoriali e le reti per la salute in tutte le politiche

diete sane e sostenibili (dieta mediterranea), farm to school



- materia prime, menu, grammature, metodi di preparazione e cottura
- protocollo latte materno



www.asuits.santa.fvg.it



54 ispezioni: poli cottura, cucine, mense (62% RC)

non conformità: 16% della RC



13 asili nido, 3 tesi in CTF

- 187 campioni analizzati capacità antiossidante totale, flavonoidi, polifenoli, composti ossidati



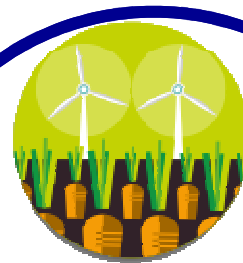


Fonte: J R C (2014) - F O R E S I G H T S T U D Y Tomorrow's Healthy Society Research Priorities for Foods and Diets

Forte spirito di comunità



Un nuovo
mondo sano



Curare
il mondo

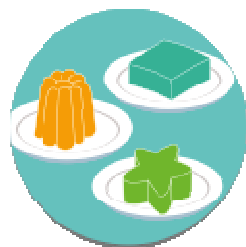
Valori sociali

Basso

Prezzo dei beni agroalimentari

Alto

Io,
me stesso



Mangiare
per vivere

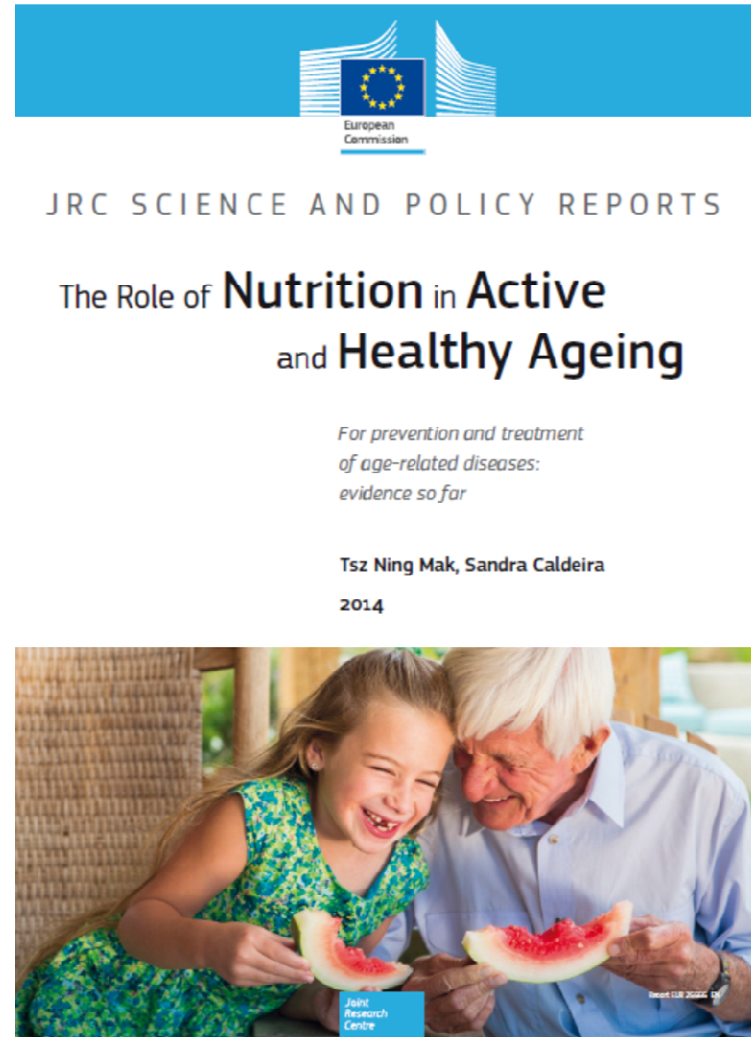


Valori sociali

Società individualistica

...un'altra alternativa per assicurare una corretta alimentazione nelle persone anziane è quello di **massimizzare il loro apporto di vitamine, minerali e composti bioattivi da fonti alimentari naturali**.

...i **micronutrienti naturali ingeriti con gli alimenti possono interagire tra loro e presentano effetti sinergici sulla salute**, questi effetti sono assenti dalla supplementazione dei nutrienti in forme sintetiche.



grazie per l'attenzione