



WHAT WILL BE THE KEY THEMES OF THE CONGRESS ?

We are excited to announce the key themes for the upcoming Lifestyle, Diet, Wine and Health Congress, which will be held in Rome from **March 26-28, 2025**. Second of its kind, the congress will bring together leading scientists, researchers, and professionals from around the globe to explore groundbreaking advancements and innovations shaping the future of science.

1. EPIGENETICS

Epigenetics is the trending topic which will open the congress. Today, it is accepted that epigenetic changes due to environmental factors such as an unhealthy or sedentary lifestyle, obesity, excessive stress, and aging will influence our health throughout life. The epigenome regulates which genes are expressed and which ones are not without changing the genetic code. Nutritional epigenetics seeks to explain the effects of nutrition on gene expression. This and more will be discussed during the congress.

2. LONGEVITY - THE SECRETS TO HEALTHY AGING

Longevity and healthy aging are strongly influenced by lifestyle factors such as diet, physical activity, mental well-being, and social connections. A nutrient-rich diet, like the Mediterranean diet, and regular exercise help maintain physical health, reduce the risk of chronic diseases, and support cardiovascular and muscle function. Mental wellness enhances cognitive and emotional health, while strong social ties and community engagement lower stress and improve overall well-being. Additionally, avoiding harmful habits like smoking and excessive consumption of alcoholic beverages further promotes longevity by reducing the risk of age-related diseases, ensuring not just a longer life, but a healthier, more fulfilling one. These topics and more will be discussed throughout the congress.

3. MODERATE WINE CONSUMPTION IN THE MEDITERRANEAN DIET UNDER DEBATE

The Mediterranean Diet has been found to be one of the healthiest diets in the world and has been associated with a lower incidence of several chronic diseases such as cardiovascular disease, diabetes and cancer. Moderate wine consumption is a component of the Mediterranean diet. However, there seems to be a scientific debate whether wine can still be

part of such a dietary pattern, a topic that will be discussed throughout the congress.

4. GASTRONOMY: THE PLEASURE OF EATING AND HEALTH

Gastronomy bridges the pleasure of eating with health, emphasizing that food can be both enjoyable and nutritious. It celebrates the art of preparing and savouring meals while promoting a balanced diet that supports well-being. At the same time, it also highlights the importance of moderation and choosing foods that nourish the body. This approach shows that culinary pleasure and health are not mutually exclusive, but can complement each other to enhance both physical and emotional well-being.



Book your hotel

Secure your accommodation as soon as possible since 2025 will be a Jubilee year in Rome, bringing many visitors.



The Program

Discover the [program](#) and the speakers who have already confirmed.



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Organisers



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The "Lifestyle matters" Declaration

The "Lifestyle Matters" Declaration was introduced by the Committee that organised the international congress "Lifestyle, Diet, Wine and Health" on 19/20 October 2023 in Toledo, Spain.

This declaration aims to give voice to the many scientists around the world who research diligently, honestly, and successfully in the disciplines concerning lifestyle and health risks to achieve a balanced view of the scientific evidence.

The Declaration can only be signed by scientists with on-going research, teaching, publication, or presentation activity, and who are in any way affiliated with either a university or a research-driven organisation.

Sign the "Lifestyle Matters" declaration

