



LIFESTYLE, DIET, WINE & HEALTH CONGRESS 2025

INTERNATIONAL EXPERTS GATHER IN ROME FOR A TWO-DAY FORUM ON NUTRITION, PREVENTION AND HEALTH PROMOTION

Rome, 26 March 2025 – From 26 to 28 March, Rome will host the second edition of the **Lifestyle, Diet, Wine & Health Congress** (www.lifestyle-wine-congress.com), bringing together leading international experts in nutrition, medicine and public health. The congress, promoted by the **Wine Information Council (WiC)**, **Istituto per la Ricerca su Vino, Alimentazione e Salute (IRVAS)**, and **Wine in Moderation (WiM)**, has become a key reference point for the global scientific community.

Over the course of two days, the event will offer a **high-level exchange on the role of nutrition and lifestyle in the prevention of chronic diseases** – such as obesity, cardiovascular conditions, diabetes and cancer – **and in the promotion of long-term health and quality of life**. “Nutrition and lifestyle play a crucial role in the prevention of chronic diseases, which represent one of the greatest challenges in public health today,” says **Professor Attilio Giacosa, President of IRVAS**. “The Lifestyle, Diet, Wine & Health Congress was created to foster dialogue based on the latest scientific evidence, encouraging a multidisciplinary approach that integrates nutrition, preventive medicine and scientific communication. Only through rigorous research can we provide practical tools to support informed choices and overcome extremism and misinformation.”

The importance of nutrition in disease prevention will be central to the discussions, with a particular focus on the impact of diet on longevity and metabolic health. The congress will explore the role of nutrition in regulating epigenetics and modulating the gut microbiota—both increasingly central themes in scientific research. Among dietary models, the Mediterranean Diet continues to be recognised for its beneficial effects on health and quality of life. “For decades, research has shown that the Mediterranean Diet is the most effective model for preventing cardiovascular and metabolic diseases, due to its anti-inflammatory and antioxidant properties,” explains **Professor Ramon Estruch, Department of Internal Medicine, Hospital Clínic Barcelona**. “However, it is essential to continue studying its components and their health impacts, to provide increasingly precise and data-driven recommendations. This Congress is a unique opportunity to share the latest findings and promote a science-based approach to nutrition—free from trends and fads.”

In addition to investigating the health impact of diet, the conference will address a critical aspect of nutrition science: **the reliability and quality of scientific evidence**. A systematic review of the strongest evidence is essential for developing practical guidelines. “A balanced approach to health must be grounded in solid scientific evidence, clear communication, and practical recommendations,” states **Ursula Fradera of the Wine Information Council**. “Numerous studies demonstrate that combining a healthy diet with regular physical activity and moderate consumption of all foods, within a healthy lifestyle framework, can significantly contribute to well-being and chronic disease prevention. That’s why, during the first edition of the congress



held in Toledo in 2023, we launched the Lifestyle Matters Declaration—a document that aims to recognise the consistent work of researchers producing evolving scientific evidence and to promote its inclusion in the development of guidelines and recommendations. This year's edition offers a key opportunity for researchers to present new findings that can be translated into practical behaviours for a longer, healthier life."

In this vein, **Professor Giuseppe Poli, Honorary Professor of General Pathology at the University of Turin**, will highlight the biological mechanisms underlying major chronic diseases. "We now know that oxidative stress and low-grade chronic inflammation are fundamental contributors to many widespread conditions, including diabetes, cancer and cardiovascular disease. Therefore, a healthy lifestyle must be based on essential pillars: a balanced diet, regular physical activity, good sleep quality, and, in some cases, moderate caloric restriction. These factors, when synergistically combined, help modulate inflammation and slow cellular ageing, promoting healthy longevity. It is crucial to raise awareness of the pivotal role daily choices play in prevention, through accurate information and practical tools that support long-term sustainable behaviours."

Communication will be another key theme of the congress. "When discussing nutrition and health, responsible communication is essential," says **Sandro Sartor of Wine in Moderation**. "The debate around wine consumption is often polarised and does not always reflect the full scope of available scientific evidence. That's why it's important to promote balanced, evidence-based information that reflects current research. The Lifestyle, Diet, Wine & Health Congress provides a valuable opportunity to explore these topics with transparency and scientific rigour, ultimately supporting greater individual awareness."

With its broad international participation and the relevance of the topics discussed, the Lifestyle, Diet, Wine & Health Congress 2025 is confirmed as a flagship event for the scientific community—offering a vital platform for dialogue between research, medicine, and public health. It represents a unique opportunity for scientists, physicians, nutritionists and health institutions to share future perspectives on prevention, shaping strategies based on high-quality research and a multidisciplinary approach.

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