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Dipartimento di  
Sanità Pubblica, Medicina  
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**Istituti Clinici Scientifici Maugeri**  
presents

# **EATING HABITS AND BEHAVIOR OF OUR MEDICAL SCIENCE UNIVERSITY STUDENTS**

International seminar with the participation of:  
**Prof. Anna Brytek-Matera, PhD**

SWPS University of Social Sciences and Humanities  
Faculty of Psychology  
Katowice, Poland

**Aula Bogoncelli**  
Via S. Maugeri, 10  
27100 Pavia (PV)

**Sep 25, 2019**  
**10.00 – 12.30**

<https://goo.gl/maps/gFWrxx4pH4jQrj5p9>

**FREE ENTRY**



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## EATING HABITS AND BEHAVIOR OF OUR MEDICAL SCIENCE UNIVERSITY STUDENTS

Non-communicable diseases (NCDs) represent a growing burden globally, posing significant challenges in both high-income and low- and middle-income countries. In particular, certain lifestyle risk factors such as physical inactivity, smoking habit, sleep deprivation and unhealthy diet could expose people to an increased risk of developing NCDs. However, at the same time, societies are paying great attention to the individual responsibility for health (“new health consciousness”), called “healthism”, assuming that health can be accomplished in an unproblematic way through individual discipline and moral conduct, mainly through regular exercise and healthy eating. Consequently, an excessive concern with diet and health is growing and is contributing to the development of a persistent fixation about healthy eating, named orthorexia nervosa (ON). According to recent studies, orthorexic behavior is very common among young adults and health professionals.

### SEMINAR PROGRAM

10.00 – 10.30 **Presentation of The HOLISTic multicenter study** – Hellas Cena, Rachele De Giuseppe

10.30 – 11.00 *Preliminary results: focus on dietary habits and lifestyle differences between Italian and Turkish Health care students* – Debora Porri and Gozde Utan

11.00 – 11.15 Question time

11.15 – 11.30 **Coffee break**

11.30 – 12.00 *A transdisciplinary approach to orthorexia nervosa* – Anna Brytek-Matera

12.00 – 12.15 Question time

12.15 – 12.30 **Conclusions**

*Anna Brytek-Matera, PhD, Head of Department of Clinical and Health Psychology, Head of Eating behavior and physical ActiviTy Laboratory (EAT Lab) Head of Postgraduate studies in the field of Psychodietetics, SWPS University of Social Sciences and Humanities, Katowice*

*Hellas Cena, MD, Post graduate Degree in Dietetics and Clinical Nutrition, Academic Director of the Dietetics and Clinical Nutrition Master's Degree program (MDCN), Head of the Clinical Nutrition Laboratory, University of Pavia*

*Rachele De Giuseppe, MSc, PhD, Post-graduate in Human Nutrition and Dietetics. Dietetics and Clinical Nutrition Laboratory, University of Pavia*

*Debora Porri, MSc, Fellowship in Human Nutrition, Postgraduate in Human Nutrition, Dietetics and Clinical Nutrition Laboratory, University of Pavia*

*Gozde Utan, BSc Koç Univesity, MSc Heidenlberg, MD Univesity of Pavia*