

1st Joint Meeting University of Palermo-University of Vermont

Nursing Care & Aging Well

Approach to the Longevity: The role of Mediterranean Style



Accademia delle Scienze Mediche, Palermo, 11 March, 2024

Course Director: Anna Licata

Chair: Anna Licata & Mario Barbagallo

10,30: Welcome to Participants, Marcello Ciaccio, Antonio Carroccio

10.45: Introduction to the Joint Meeting Unipa-Vermont, Anna Licata

11.00: Longevity: the secret of centenarians, Mario Barbagallo

11.30: Presentation of the project Aging Well, Mary Val Palumbo & Amy Nickerson

12.00: Role of mediterranean diet and exercise, Ligia J. Dominguez

12.30: Italian Health Care System: Prevention and chronicity in older age. Anna Licata

13,00: Q&A, Discussion Forum,

13.30: Satisfaction Survey

Università degli Studi di Palermo – Scuola di Medicina e Chirurgia

**Dipartimento di Promozione della Salute, Materno-Infantile, di Medicina Interna e Specialistica di
Eccellenza, “G. D’Alessandro”**

Corso di Laurea in Nursing

Scientific & Organizing Committee

Anna Licata, Mary Val Palumbo, Mario Barbagallo, Amy Nickerson

Aging Well– Mediterranean Style

Experiencing the Mediterranean culture and food pattern and study how it contributes to longevity and healthy aging. The project will include students with an interest in healthy aging and Seniors Level standing in College of Nursing and Health Sciences (CNHS) from University of Vermont.

To better understand the Aging Well-Mediterranean Style program, the nursing students and resident in geriatrics of the University of Palermo will be coordinated in their activities by the President of Nursing Degree and the Professor of Gerontology and Geriatrics.

Course Goal: Gain an understanding of the connections between the Mediterranean culture and food pattern on health and longevity, using Sicily as the model for exploration and immersion.

Faculty

Antonio Carroccio, MD
Professor of Internal Medicine
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Marcello Ciaccio, MD, PhD
Professor of Clinical Biochemistry and Molecular Clinical Biology
President of University of Medical School
BIND, University of Palermo, Italy

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Mario Barbagallo, MD, PhD
Professor of Internal Medicine and Geriatrics
Member of the Superior Council of the Minister of Health
President of IAGG-ER- International Association of Gerontology and Geriatrics- European Region
Director of the Geriatric Unit
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