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REDE DE INSTITUIÇÕES DE ENSINO SUPERIOR
PARA A SALVAGUARDA DA **DIETA MEDITERRÂNICA**

*The role of the Higher Education Institutions Network for the Safeguard of the Mediterranean Diet
(RIESDM) in the PRIMA programme*

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17 maio 2022



UAlg

UNIVERSIDADE DO ALGARVE



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DIETA  EDITERRÂNICA

Dieta = "a way of living"





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Mediterranean Diet (MD)

A way of living based on common knowledge, technology, tradition, symbols and rituals:

- ✓ Products characteristic of the Mediterranean (meat, fish and vegetables production, processing and cooking)
- ✓ Food consumption. Sharing and communicating around the table is crucial for family, group and community identity
- ✓ Festivities, celebrations, landscape, architecture, arts and daily utensils
- ✓ respect for diversity guides hospitality, neighbourliness, intercultural dialogue and creativity¹

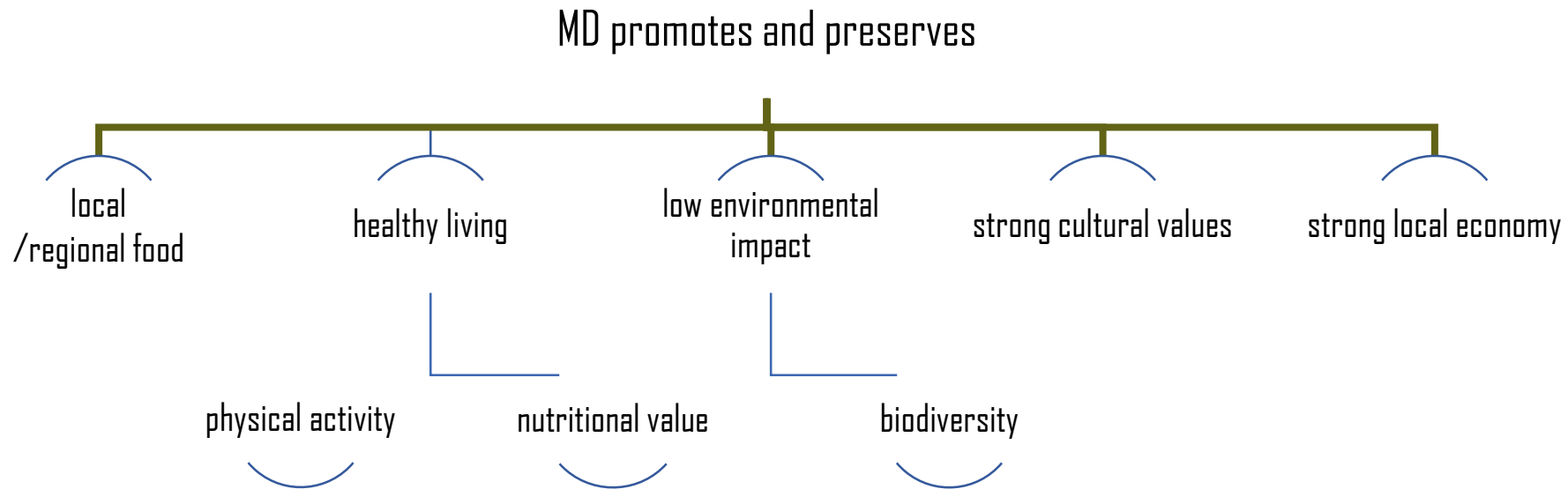
¹<https://ich.unesco.org/en/RI/mediterranean-diet-00884>



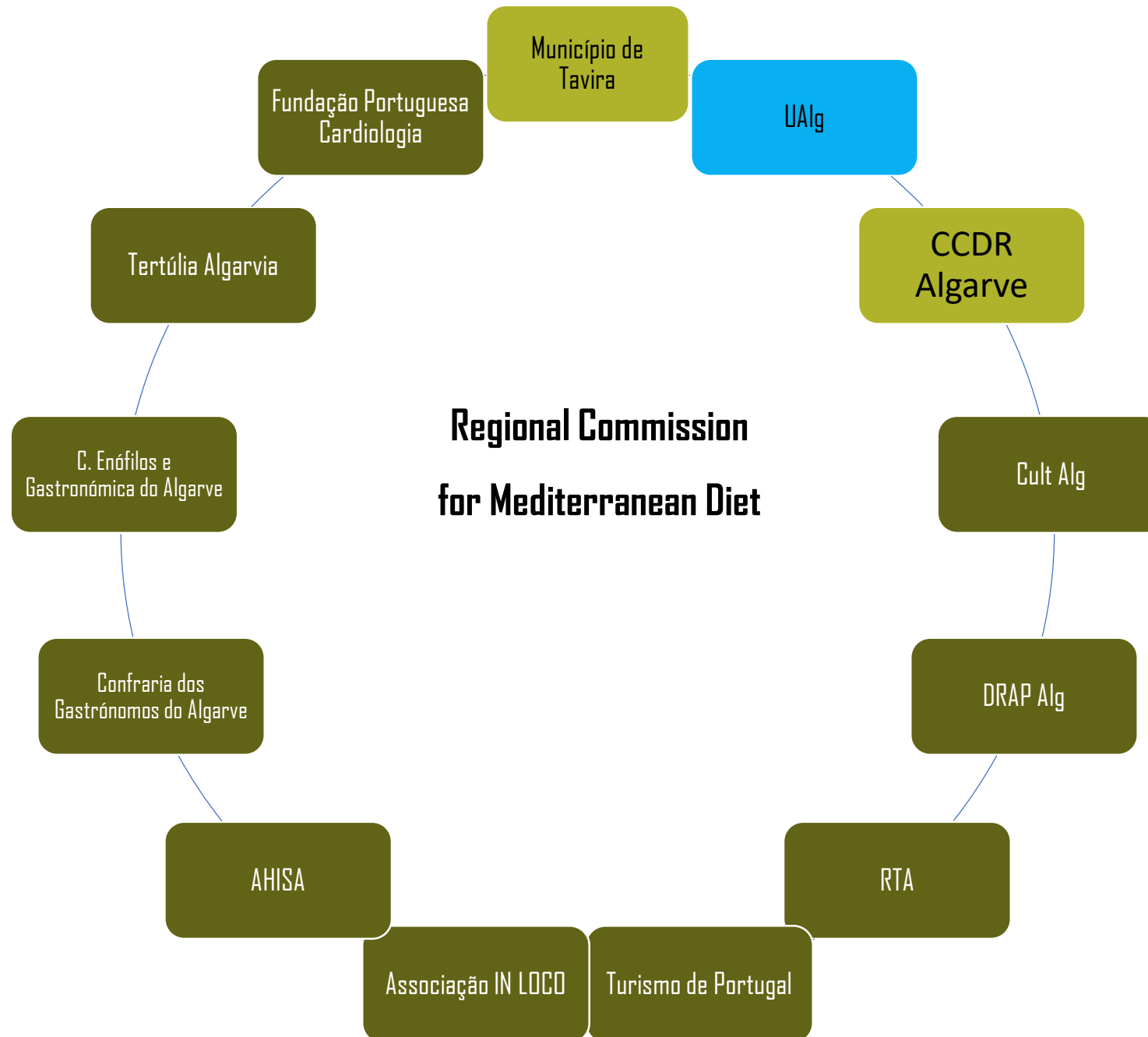
FAO classifies MD as a sustainable way of life, endangered by massive food production and globalization,

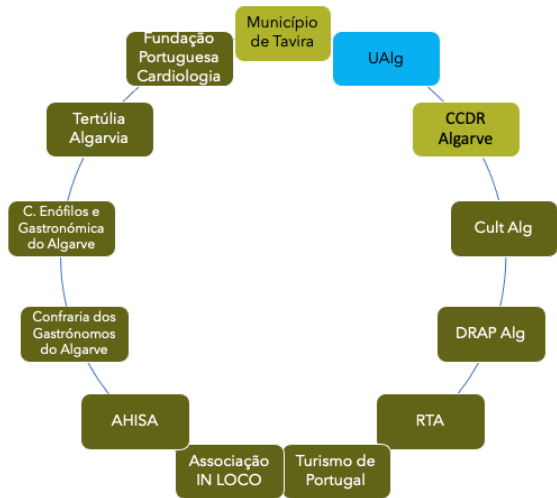


UNESCO inscribed MD in 2013 on the Representative List of the Intangible Cultural Heritage of Humanity (Cyprus, Croatia, Spain, Greece, Italy, Morocco and Portugal)



In the Algarve, stakeholders assembled to ensure articulation to fulfil the Activity Plan for MD Safeguarding, creating the Regional Commission for Mediterranean Diet





This Algarve Regional Commission for MD (CRMD) drew up the Activity Plan for MD Safeguarding, 2018-2021, designing a strategy for the valorisation of local products.

https://www.ccdr-alg.pt/site/sites/ccdr-alg.pt/files/artigos/20180326_ccdra_dm_plano_salvaguarda_atividades_mar_2018.pdf



UAlg was among the team that prepared the UNESCO application and, from 2014 to present, a diverse staff team keeps working on MD.

It participates in the nation wide *Grupo de Acompanhamento para a Salvaguarda e Promoção da DM* (2015-2017, 2019-) and *Centro de Competências para a Dieta Mediterrânica* (2018-)



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Instituto Politécnico de Castelo Branco



Instituto Politécnico de Viana do Castelo



RIESDM promotes coordination and articulation among HEIs to share good practices in safeguarding the Mediterranean Diet and create a strategy for research, innovation and intervention at regional, national and international level



<http://hdl.handle.net/10400.1/16695>

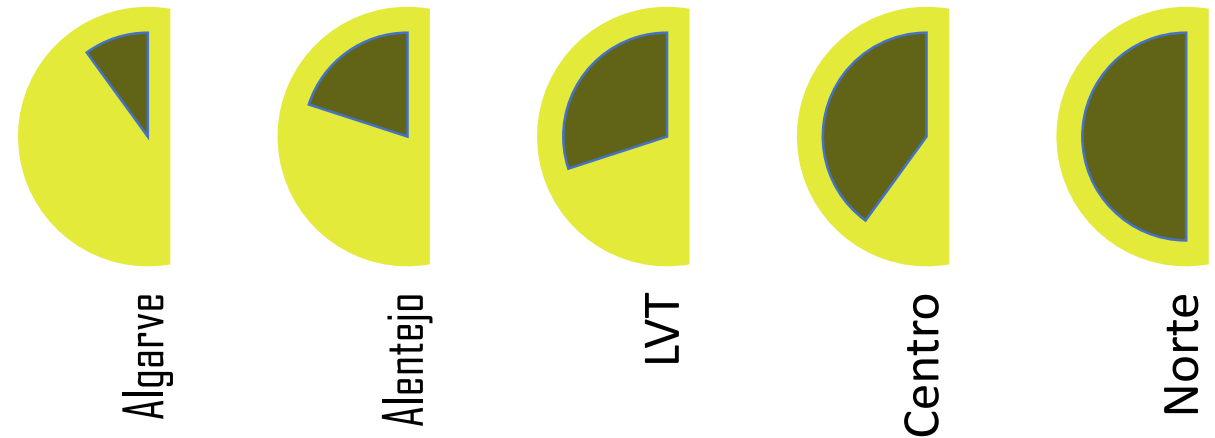


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Taking in consideration the diversity that MD assumes in different Portuguese regions, it became necessary to deepen the knowledge about MD in the main regions

RIESDM implemented a set of activities with the aim of strengthening the national strategy for the promotion and MD safeguard.

These activities aimed to raise awareness of the characteristics associated with MD in each territory and to enable effective articulation within the main stakeholders





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SALVAGUARDA DA DIETA MEDITERRÂNICA

PARA A PROMOÇÃO DE UM ESTILO DE VIDA
SAUDÁVEL E MODELO DE SOCIEDADE SUSTENTÁVEL

Webinar

“Dieta Mediterrânica e desenvolvimento do território”

WEBINAR JUNTA PARCEIROS PARA DISCUTIR DIETA MEDITERRÂNICA

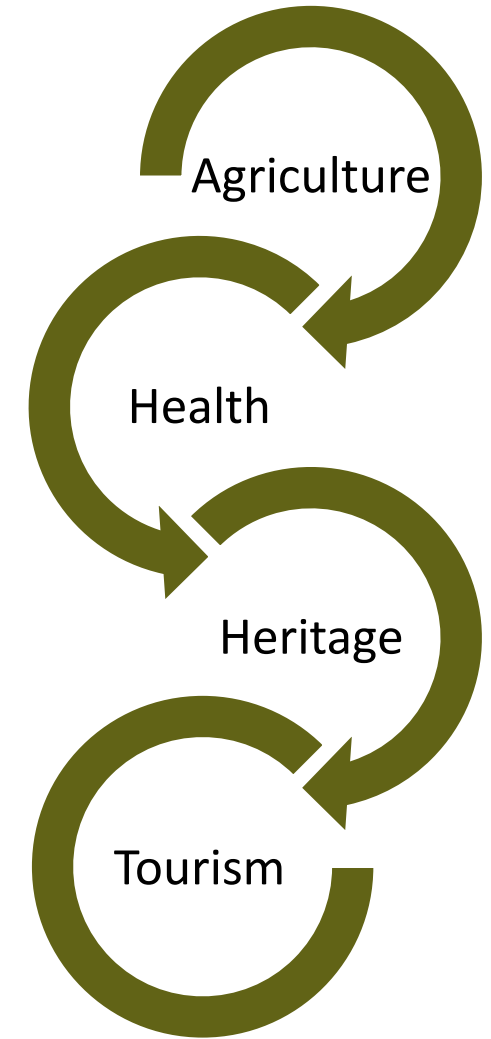
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- Identification of the specific characteristics of MD in each of the country's regions to enable regional actors to plan and implement a strategy to strengthen its safeguarding.
- Debate MD (focus groups and work sessions) and agreement on how to apply this concept to the different regions.
- Planning each region's further work, promoting the creation of Regional CRDMs and preparation of each region's strategic documents for MD safeguarding and promotion.





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Rede de Instituições de Ensino Superior
para a Salvaguarda da **Dieta Mediterrânica**

1e2 JULHO
RIESDM 2021

**1º Congresso
da Rede de Instituições
de Ensino Superior para a Salvaguarda
da Dieta Mediterrânica**



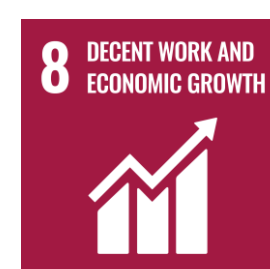
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MD promotes healthy life in a fair and sustainable society

- promoting connection between stakeholders
- enhancing local production, sustainable farming, and fishing
- protecting local products, through research and innovation
- valuing and protecting landscape and heritage
- community's empowerment on health and wellbeing associated with inclusive, sustainable development





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Food choice is probably the individual decision with biggest impact on biodiversity, multiculturalism and sustainable development in Earth





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AIMS



RIESDM:

- Promote the coordination and articulation among HEIs
- Share good practices in safeguarding MD
- Create a strategy for research, innovation and intervention at regional, national and international level for MD promotion and safeguard

PRIMA :

- Develop solutions for a more sustainable management of water and agri-food systems in the Mediterranean basin
- Devise new research and innovation approaches to improve water availability and sustainable agriculture production in a region heavily distressed by climate change, urbanisation and population growth.

Thank you for your attention

Do you have

Any Question?

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