

Project Description

1. Tittle

Assessment of the impact of Mediterranean diet and other lifestyle factors on well-being.

Running tittle

MeDiWeB: Mediterranean diet & well-being

Keywords

Mediterranean, lifestyle, nutrition, well-being, energy, stress, affect and life satisfaction

2. Introduction

Non-communicable diseases (NCDs) are chronic conditions of long duration resulting from a combination of genetic, physiological, environmental and behaviour factors, being responsible for 70% of global deaths in 2015 [1]. Changes in the overall diet pattern is one of the key factors for prevention of NCDs, with several studies highlighting the benefits of the Mediterranean diet [2, 3]. Concerning other lifestyle factors, regular practice of moderate physical activity and adequate night sleep are also part of a healthy and balanced lifestyle [4].

All these lifestyle factors impact on individual well-being. This concept has been incorporated in WHO's definition of health: "health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". In 2015, the WHO Regional Office for Europe has targeted the well-being of the European population as one of the priorities in the health 2020 monitoring framework [5].

Well-being is a broad concept that integrates objective social and environmental factors, as well as psychological factors [5]. Some studies have suggested that diet may influence psychological well-being. [6, 7]. However, no relationship between Mediterranean Diet and psychological well-being were found so far [8], rendering it difficult to reach a firm conclusion. Furthermore, these associations may be influenced by other behaviours that also impact on well-being, such as physical activity, sociality, and sleep quantity [9]. Thus, this study is focused on a multifactorial approach to well-being by studying the association between lifestyle factors and subjective factors of well-being.

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