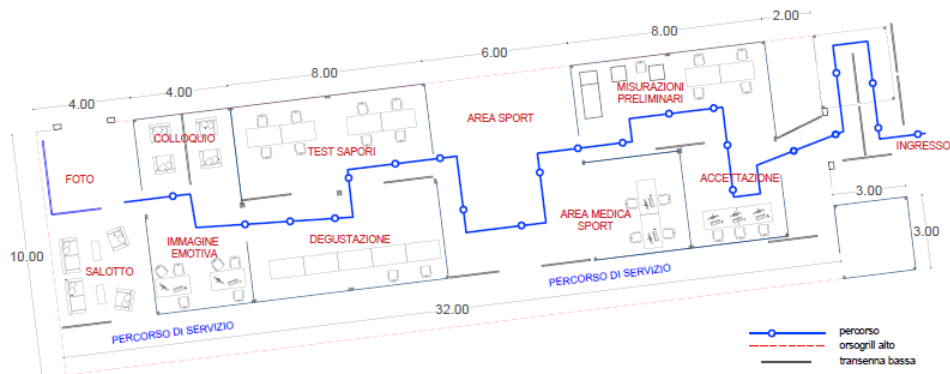


The **OPERA (Obesity, Programs of nutrition, Education, Research and Assessment of the best treatment) prevention project** was held in Naples on October 11th-12th and 13th, coordinated by Professor Annamaria Colao with the collaboration of Campus Salute Onlus and Panta Rei Impresa Sociale. Ninety-five people with obesity were screened: 36 % of them reported to be affected by cardiovascular diseases, 8% of them had known type 2 diabetes and 6 % of them suffered from dyslipidemia.

The **OPERA prevention project** is part of the great event Campus 3S (Health, Sport and Solidarity) which has moved since 2010 from Naples to the largest Italian squares (www.campussalute.it for details). OPERA is also a strategic project of The UNESCO Chair on "Health Education and Sustainable Development" (https://www.unescochairnapoli.it/ for details) chaired by Professor Annamaria Colao.



This project offered an innovative path through which men and women with obesity became aware of the disease and how to treat it.



The **OPERA prevention project** was articulated in the form of a prevention path consisting of the following steps:

- 1) **THAT'S HOW WE ARE:** In this stage a team consisting of doctor, nutritionist and nurse carried out the evaluation of anthropometric parameters (weight, height, waist and hip circumference), glycemic and glycosylated hemoglobin measurements, questionnaires aimed at investigating eating habits, intestinal regularity and the quantity/quality of sleep. At the end of these evaluations people with obesity were informed of the results and they were given lifestyle advice aimed at improving the alterations found.





- 2) **MOVE IT OR LOOSE IT:** At this stage, instructors of physical activity had people with obesity perform aerobic and anaerobic physical activity exercises explaining to people with obesity the difference between the types of physical exercise and how the two types of physical exercises are combined to help weight loss.





- 3) **WE ARE WHAT WE EAT:** Chefs have cooked real-time both healthy sweet and salty foods in order to teach people with obesity that they can eat with taste even eating healthy.





- 4) **FLAVOUR TEST:** people with obesity underwent flavour test, using orally administered aqueous aromatic solutions, identifying 21 different compounds by choosing each out of 5 alternative items. Flavour score (FS) was calculated as the sum of correct answers (range 0-21). This test allowed to understand if there was damage to the perception of flavours in people with obesity.

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- 5) **HOW WE WILL BE:** In this stage, a team of psychiatrists and psychologists supported people with obesity on a virtual journey made through a reshaping program set by graduates of the Apple Academy of the Federico II University of Naples and able to show the patient what his/her new body image would be after weight loss.

