

World Olive Day 2024

DIET

PYRAMID



PRESS INVITATION

We are pleased to invite you to the celebration of World Olive Day, which this year will be dedicated to commemorating the **30th anniversary of the publication of the Mediterranean diet pyramid**. This event will be co-organised by the Spanish National Research Council (CSIC), the International Olive Council (IOC), and the International Centre for Advanced Mediterranean Agronomic Studies (CIHEAM).

It will feature presentations on the history and evolution of the Mediterranean diet, as well as its significance in the current context of global health and sustainability. This gathering will offer a unique opportunity to deepen the dialogue on the scientific achievements and future prospects of the Mediterranean diet as a model for health and sustainability.

The opening of the event will feature **Luis Planas**, Spain's Minister of Agriculture, Fisheries, and Food; **Mohammad Mehdi Boroumandi**, Iran's Deputy Minister for Horticulture, **Eloísa del Pino**, President of CSIC; **Jaime Lillo**, Executive Director of the IOC; and **Teodoro Miano**, Secretary General of CIHEAM.

The keynote address will be delivered by **Enrique Martínez Force**, PhD, Director of the Instituto de la Grasa, followed by interventions from renowned international experts, including various Harvard University public health professors, pioneers in promoting the Mediterranean diet and its benefits.

Date: Thursday, 21 November 2024

Time: 9:30 to 13:00. A cocktail reception will be offered at the end of the event.

Location: CSIC Auditorium (Calle de Serrano 117, Madrid)

Streaming link in Spanish, French, and English

RSVP: To confirm your attendance, please complete [this form](#)

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Walter Willett, MD, DrPH
Mediterranean diet: Planetary diet, sustainability and health promotion in the XXI century (by video).

Professor of Epidemiology and Nutrition, Harvard T.H. Chan School of Public Health; former Chair, Department of Nutrition, Harvard. Known for pioneering dietary methods in large cohort studies, including the *Nurses' Health Studies*. Author of over 2,000 research papers and widely cited in nutritional science.

Antonia Trichopoulou, MD
Health benefits of olive oil and the Mediterranean diet: from Crete to the rest of the world.

Member, Academy of Athens; Adjunct Professor, Yale University. Expert in nutritional epidemiology, focusing on the Mediterranean diet. Recipient of FENS Award, Greek Government Golden Cross of Honour, and recognized as a Highly Cited Researcher by Clarivate Analytics.

Greg Drescher
The Mediterranean diet pyramid: yesterday and today.

Senior Advisor, The Culinary Institute of America; co-creator of the Mediterranean Diet Pyramid and *Menus of Change*. Inducted into the James Beard Foundation's Who's Who of Food & Beverage in America.

Miguel A. Martínez-González, MD, PhD, MPH
Olive oil and the Mediterranean diet in large randomized trials.

Professor of Public Health, University of Navarra; Adjunct Professor of Nutrition, Harvard. Principal investigator of major studies on chronic disease and Mediterranean diet, including SUN and PREDIMED. Author of 1,400+ publications and leading Spanish textbooks on epidemiology. Recipient of Spain's Gregorio Marañón National Research Award in Medicine (2023).

Frank Hu, MD, PhD
Unveiling the modern science behind the Mediterranean diet.

Chair, Department of Nutrition, Harvard T.H. Chan School of Public Health; Professor of Medicine, Harvard Medical School. Research focuses on diet and lifestyle impacts on cardiometabolic diseases. Noted for contributions to dietary guidelines and over 1,400 publications.

Enrique Martínez Force, PhD
The CSIC addresses the future of the Mediterranean diet with an integrated approach within a global concept of food quality and safety.

Research Professor and Director, Instituto de la Grasa (IG-CSIC), founded in 1947 and dedicated to studying olive oil's chemical composition, the factors influencing it, as well as the cellular mechanisms by which its bioactive compounds impact health and disease prevention.

MODERATOR:

Raúl Compés López, PhD
Director of CIHEAM Zaragoza; Vice President, European Association of Wine Economists; Professor of Agricultural Economics, Polytechnic University of Valencia. Former President of the Spanish Association of Agricultural Economics (2013–2019). His work focuses on agro-food sector economics, including wine, climate change, and sustainability. Coordinator of award-winning books on wine economy and climate change challenges in the Mediterranean.