



Sandro Dernini, Ph.D.

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40 years' experience in the organization and the scientific coordination of international conferences and art & science events.

Doctorate in Biology, School of Science, University of Cagliari, Italy (1974)

PhD. in Art Education, School of Education, New York University (1997)

Since early 90's, Dr. Dernini is fostering an enduring transdisciplinary dialogue among international experts, from different disciplines and cultures, linking the notion of "art" to the concept of "well-being", and then since early 2000's linking it to the revitalization of the Mediterranean diet as a sustainable development resource in the Mediterranean region.

He co-founded several international initiatives such as the International Foundation of Mediterranean Diet (IFMeD), the Forum on Mediterranean Food Cultures, the International Interuniversity Centre for Mediterranean Food Cultures Studies (CIISCAM) at the Sapienza University of Rome, the Consortium on the Well-Being in the XXI Century, the Interdepartmental Well Being Centre at the University of Cagliari, and Plexus International, an very active informal network of artists and scientists.

He published as author or co-editor 6 books and more than 60 scientific articles on the Mediterranean diet and sustainable diets, and 21 articles on qualitative and quantitative sulfur aminoacids separations.

Since January 2018, he is an international expert of the CIHEAM-Bari managing the CIHEAM's office at FAO, where from 2010 to 2017, he served as an international consultant at FAO on sustainable diets and sustainable food systems, act as secretary to the FAO/UNEP working group on Sustainable Food Systems Program and developing the project proposal for the establishment of the Sustainable Food Systems Programme of the United Nations 10-Year Framework Programmes on Sustainable Consumption and Production . In 2010, at FAO he organized the Scientific Symposium on **"Biodiversity and Sustainable Diets: United against Hunger"** in which was reached an international consensus position on the definition of "sustainable diets".

CURRENT POSITION

- Coordinator, Plexus International
- President Plexus International Forum Onlus
- President of the Forum on Mediterranean Food Cultures
- Senio Advisor, CIHEAM-Bari

- General Secretary of the International Foundation of the Mediterranean Diet (IFMeD)

PAST EXPERIENCE

- FAO International Consultant, 2010-2017
- Coordinator, CIISCAM-International Interuniversity Studies Centre on Mediterranean Food Cultures, at Sapienza University of Rome, 2006-2012
- Professor, School of Specialization in Food Science, Sapienza University of Rome, 2011-2012
- Head of the President's Office of the Italian National Research Institute on Food and Nutrition, Rome (2007-2010);
- Teacher, School of Specialization on Food Sciences, University Sapienza of Rome (2007-2011);
- FAO consultant for the development of FAO Network of Centres of Excellence on Food Quality, Safety and Nutrition, Rome (2000-2002);
- Coordinator, Consortium for the Well Being in the XXI Century, Rome (1995-2000);
- Coordinator, Interdepartmental Well Being Centre of the University of Cagliari (1994-1999);
- Coordinator, 1992 Christopher Columbus Consortium, New York (1989-1992)
- Executive Director, Centre for Contemporary Italian Culture of New York University (1980-1982);
- Researcher at the Biochemistry Institute of the University of Rome Sapienza (1974-1979);

INTERNATIONAL CONFERENCES AND EVENTS: ORGANIZATION AND SCIENTIFIC COORDINATION

- **1992: *Columbus Reconciliation Forum for the Well Being in the XXI Century***, Carloforte, Sardinia
- **1995: *Marconi Open Call of Cagliari for the Well Being in the XXI Century***, Port of Cagliari, Sardinia
- **1995: 2° International Well Being Reconciliation Symposium: *Navigating Global Cultures: Strategies for the Well Being in the XXI Century***, University of Cagliari, Sardinia
- **1996: *From Welfare to Well Being: Eating Art, Get the Best From Your Food, Food for All***, a special art event on the occasion of the FAO World Food Summit, Palazzo delle Esposizioni, Rome
- **1998: 3° International Well Being Reconciliation Symposium: *From Welfare to Well Being in the XXI Century: Rights, Duties and New Values in the Next Millennium. Get the Best from Your Food***, Carloforte, Sardinia
- **1999: 4° International Well Being Reconciliation Symposium: *Toward A Food Security for All***, University of Cagliari, Sardinia
- **2002: 1° EuroMediterranean Forum: *Feeding Mind Fighting Hunger-Dialogues Between Mediterranean Civilizations***, Lamezia Terme, Calabria
- **2003: 2° EuroMediterranean Forum: *Dialogues Between Mediterranean Civilizations on Food Security***, Corigliano Calabro, Calabria
- **2005: 3° EuroMed Forum: 2005 Year of the Mediterranean: *Dialogues Between Mediterranean Civilizations and People on Food Cultures***, University of Rome Sapienza, Rome

- **2007:** 1° International CIISCAM Conference: *New Frontiers in the Mediterranean for Food Security – Mediterranean Diet and Well Being, Food Safety and Quality, Bioversity and Nutrition*, University of Tuscia, Viterbo, Italy
- **2008:** 2° International CIISCAM Conference: *Erosion of the Mediterranean Food Cultural Heritage and Strategies to Safeguard the Mediterranean Diet*, University of Cosenza, Vibo Valentia, Calabria
- **2009:** 3° International CIISCAM Conference: *The Mediterranean Diet Today- A Model of Sustainable Diet*, University of Parma, Parma
- **2010:** Talk Show *“BIODIVERSITY? Sustainable Food for All – The Mediterranean Diet as an Example of Sustainable Diet*, Parco della Musica, Rome
- **2010:** International Scientific Symposium: *Biodiversity and Sustainable Diets United Against Hunger*, FAO, Rome
- **2011:** International Conference World Food Day: *The Sustainability of Food Systems and Diets for Stability*, FAO, Rome
- **2015:** International Conference: *Does the Mediterranean Diet still Exist? Health-Nutrition-Quality-Sustainability-Innovation-Evolution*, Expo of Milan
- **2016:** 1° World Mediterranean Diet Conference: *Revitalizing the Mediterranean Diet from a Healthy Dietary Pattern to a Healthy Mediterranean Sustainable Life Style*, Milan
- **2019:** 2° World Conference on the Revitalization of the Mediterranean Diet: *Strategies Towards More Sustainable Food Systems in the Mediterranean Region. The Mediterranean Diet as a Lever for Bridging Consumption and Production, in a Sustainable and Healthy Way*, Palermo
- **2022:** 3° World Conference on the Revitalization of the Mediterranean Diet: *Change of Course Towards More Sustainable and Resilient Food Systems in Mediterranean Countries: the Mediterranean Diet as a Strategic Resource to Accelerate the Agenda 2030 in the Region*", CIHEAM Bari.

PUBLICATIONS

Books and Reports

- Dernini S. and Capone R. (eds.) (2022). *A change of route: towards more sustainable and resilient food systems in the Mediterranean countries. The Mediterranean diet as a strategic resource for accelerating the Agenda 2030 in the Region. The 3rd world conference on the revitalization of Mediterranean diet, Bari 28-30 September 2022*. CIHEAM Bari.
- Capone R., Dernini S. Eds. (2020). *Strategies towards more sustainable food systems in the Mediterranean region: The Mediterranean Diet as a lever for bridging consumption and production, in a sustainable and healthy way*. Valenzano: CIHEAM. Bari.
- Burlingame, B. and Dernini, S. Eds. (2019). *Sustainable Diets. Linking Nutrition and Food Systems*. CABI. Oxfordshire/Boston
- Meybeck, A., Redfern, S., Hachem, F., Capone, R., & Dernini, S. Eds. (2017). *Development of Voluntary Guidelines for the Sustainability of the Mediterranean Diet in the Mediterranean Region*. FAO/CIHEAM. Rome
- Burlingame, B. and Dernini, S. Eds. (2012). *Sustainable Diets and Biodiversity. Directions and Solutions for Policy, Research and Action*. FAO. Rome
- Dernini, S. (2007). *Plexus Black Box. A Multicultural Aesthetic Inquiry on an International Community-Based Art Project*. Casa Editrice Università “La

Book Chapters and Articles in Scientific Journals

- Burlingame, B., Lawrence, M., Macdiarmid, J., Dernini, S., & Oenema, S. (2022). IUNS Sustainable Diets Task Force. *Trends in Food Science & Technology*.
- Dernini, S. Dietas sostenibles en el contexto de sistemas alimentarios sostenibles: Retos para el presente y para el futuro (2022). In: F. Xavier Medina, F.X. Lorenzo Mariano, L., Conde, D. and Alicia Aguilar A.(eds.). *Consumo alimentario y sostenibilidad*. Mra Ediciones 19-42
- Dernini, S., Capone, R. A Change of Route in the Mediterranean, Revitalising the 'Mediterranean Diet' Towards More Sustainable Food Systems: A Cross-Disciplinary Approach. In: Medina, F. X. and Macbeth, H. (2021). *The Mediterranean diet from health to lifestyle and sustainable future*. Alimenta Populorum series, ICAF 41-63
- Capone, R., Fersino, V., Stamataki, E., Cerezo, M., Kessari, M., Dernini, S., & El Bilali, H. (2021). Sustainability of Food Systems in the Mediterranean Region. *New Medit*, 20(3)
- Serra-Majem, L., Tomaino, L., Dernini, S., Berry, E.M., Lairon, D.; Ngo de la Cruz, J., Bach-Faig, A., Donini, L.M., Medina, F.X., Belahsen, R., Piscopo, S., Capone, R., Aranceta-Bartrina, J., La Vecchia, C., Trichopoulou, A.(2020) Updating the Mediterranean Diet Pyramid towards Sustainability: Focus on Environmental Concerns. *Int. J. Environ. Res. Public Health*, 17, 8758.
- Ridolfi, R., Dernini, S., Morrison, J., Mathiesen, A.M., Capone, R. (2020). Changing Route: Common Action on Food Systems Transformation in the Mediterranean. *New Medit*, vol. 19(3):119-128.
- Dernini, S., (2019). Sustainable Diets: A Historical Perspective. In: Ferranti, P., Berry, E.M., Anderson, J.R. (Eds.), *Encyclopedia of Food Security and Sustainability*, vol. 2,. Elsevier. 370–373.
- Dernini, S., Lairon, D., Berry, E. M., Brunori, G., Capone, R., Donini, L. M., Iannetta, M., Mattioni, D., Piscopo, S., Serra-Majem, L., Sonnino, A., Stefanova, M. (2019). The Med Diet 4.0 Framework: A Multidimensional Driver for Revitalizing the Mediterranean Diet as a Sustainable Diet Model. In: Burlingame B and Dernini S (Eds) *Sustainable Diets: Linking Nutrition and Food Systems*; CABI 187-198.
- Solon, M. M., Mink, P., Dernini, S., Bortoletti, M., & Lomax, J. (2018). The One Planet Sustainable Food Systems (SFS) Programme as a Multi-stakeholder Platform for a Systemic Approach. In: Burlingame, B and Dernini, S (Eds) *Sustainable Diets: Linking Nutrition and Food Systems*. CABI. 178-189.
- Capone, R., Bottalico, F., Palmisano, G. O., El Bilali, H., Dernini, S. (2019). Food Systems Sustainability, Food Security and Nutrition in the Mediterranean Region: The Contribution of the Mediterranean Diet. In: Ferranti, P., Berry, E.M., Anderson, J.R. (Eds.), *Encyclopedia of Food Security and Sustainability*, vol. 2,. Elsevier. 176-180.
- Peng, W., Dernini, S., Berry, EM. (2018). Coping with food insecurity using the sociotype ecological framework. *Frontiers in Nutrition*, 5, 107.
- Dernini, S. (2017). Med Diet 4.0: a transdisciplinary framework for revitalizing the Mediterranean diet as a sustainable diet, linking food security, nutrition and sustainability. In: Meybeck, A., Redfern, S., Hachem, F., Capone, R., & Dernini, S. (Eds). *Development of Voluntary Guidelines*

for the Sustainability of the Mediterranean Diet in the Mediterranean Region. FAO/CIHEAM. 89-92

- Dernini, S. (2017). Towards a 10YFP–SFSP Mediterranean Multistakeholder Platform on Sustainable Food Systems. In: Meybeck, A., Redfern, S., Hachem, F., Capone, R., & Dernini, S. (Eds). *Development of Voluntary Guidelines for the Sustainability of the Mediterranean Diet in the Mediterranean Region*. FAO/CIHEAM. 123-130
- La Vecchia, C., Dernini, S. (2017). Mediterranean diet, overweight, cancer risk and sustainable benefits. *Epidemiology and Biostatistics and Public Health*, 14(2):e12556-1
- El Bilali, H., O'Kane, G., Capone, R., Berry, E.M., Dernini, S. (2017). Exploring Relationships between Biodiversity and Dietary Diversity in the Mediterranean Region: Preliminary Insights from a Literature Review. *American Journal of Food and Nutrition*, 5(1): 1-9.
- Moscatelli, S., Gamboni, M., Dernini, S., Capone, C., El Bilali, H., Bottalico, F., Debs, P., Cardone, G. (2017) . Exploring the Socio-cultural Sustainability of Traditional and Typical Agro-food Products: Case study of Apulia Region, South-Eastern Italy. *Journal of Food and Nutrition Research*, 5(1): 6-14
- Dernini, S., Berry, E.M., Serra-Majem L., La Vecchia, C., Capone, R., Medina, F.X., Aranceta-Bartrina J., Belahsen, R., Burlingame, B., Calabrese, G., Corella, D., Donini, L.M., Lairon, D., Meybeck, M., Pekcan, AG., Piscopo, S., Yngve, A., and Trichopoulou, A. (2017) Med Diet 4.0: the Mediterranean diet with four sustainable benefits. *Public health nutrition*, 20(7), 1322-1330.
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- Dernini S. and Berry E.M. (2016). Historical and Behavioral Perspectives of the Mediterranean Diet. In, *Mediterranean Diet - Dietary Guidelines and Impact on Health and Disease*. Romagnolo D.F, Selmin OI. (Eds.). New York: Humana Press, Springer; 29-41.
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- Dernini, S. (2016). How to assess the sustainability of diets. The example of the Mediterranean diet. In: Meybeck, A., S. Redfern, S. (Eds) *Knowledge and Information for Sustainable Food Syssems*, Proceedings of a workshop, FAO, Rome, 181-198.
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- Serra Majem, L., Dernini, S. (2015). A road map for the sustainability of the Mediterranean diet". In: Meybeck, A., Redfern, S., Paoletti, F., Strassner, C. (Eds.). *Assessing Sustainable Diets Within the Sustainability of Food Systems. Mediterranean Diet, Organic Food: New Challenges*, Proceedings of an International Workshop, FAO, Rome, 69–74.
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- Dernini S. and Burlingame B. (2012). La dieta mediterranea: un modello di studio per le diete sostenibili. In: *La dieta mediterranea tra mito e realtà*. Lucchin L., Caretto A. (Eds). Il Pensiero Scientifico Editore; 145-148
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- Burlingame, B., Charrondiere, R., Dernini, S., Stadlmayr, B., Mondovì, S. (2011). Food biodiversity and sustainable diets: Implications of applications for food production and processing. In, *Green Technologies in Food Production and Processing*". Boyce J., Arcand Y. (Eds.). Springer. 643-657.

- Dernini, S. (2011). The erosion and the renaissance of the Mediterranean diet: A sustainable cultural resource. *Quaderns de la Mediterrania*, IEMED. 16:75-82.
- Burlingame, B. and Dernini, S. (2011). Sustainable diets: the Mediterranean diet as an example. *Public Health Nutrition*, 14(12A), 2285–2287.
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- Proietti, A.R, del Balzo, V, Dernini S, Donini, LM, Cannella, C. (2009). Mediterranean diet and prevention of non-communicable diseases: scientific evidences. *Ann Ig*, 21(3): 197-210.
- Dernini, S. (2008). The Strategic Proposal to the Candidacy of the Mediterranean Diet for Inclusion in the UNESCO List of Intangible Cultural Heritage.. In: *Mediterranean Year Book 2008*. IEMED/Fundacio CIDOB. 288-291.
- Donini, L.M., Del Balzo, V., Dernini, S., Scanu, A., Cannella, C. (2007). La Piramide Alimentare Italiana. *Le Scelte del Consumatore*, 167, 6-8.
- Dernini, S. (2006). Transmitting Mediterranean Food Culture through Art: A Creative Interdisciplinary Approach.. *Public Health Nutrition*, 9 (8A), 1141-1143.
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- Cannella, C., Dernini S. (2006). Walnut: Insights and Nutritional Value. *Acta Horticulturae*, 705, 547-549.
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- Dernini, S. (2010). The Mediterranean Diet: A World Heritage of Diversity, An Example of Sustainable Diet. Evolution Day-La Biodiversità è Bello, Milan, 23-24 November 2010, 8-11.
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- Dernini, S. (2005). The Barcelona process and the importance of the Mediterranean diet to preserve the Mediterranean food cultures heritage from the increasing erosion. 2nd International Conference "Traditional Mediterranean Diet: Past, Present and Future", Athens, 20-22 April 2005, 12.
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