

21-22 Dicembre 2020

XXVIII Congresso

Nazionale

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**Raccomandazioni
in tema di attività
fisica e loro
razionale**

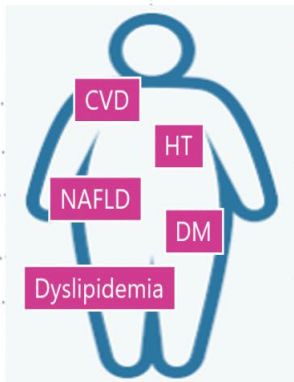
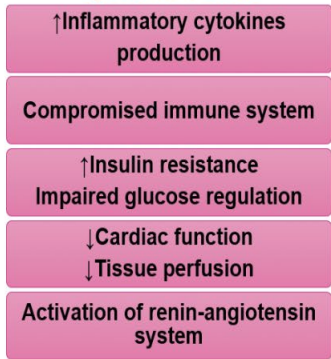
Presidenti: P. Gentileschi, A. Giovanelli,
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Azienda Ospedaliera S. Camillo Forlanini Roma

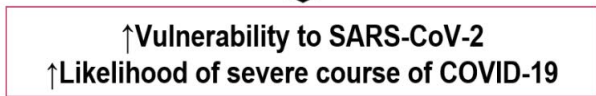
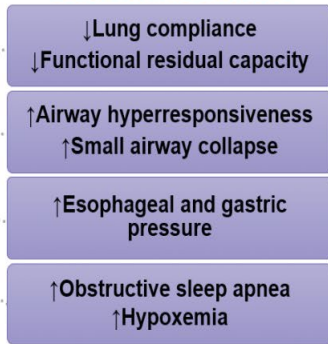
Socioeconomic factors



Systemic factors

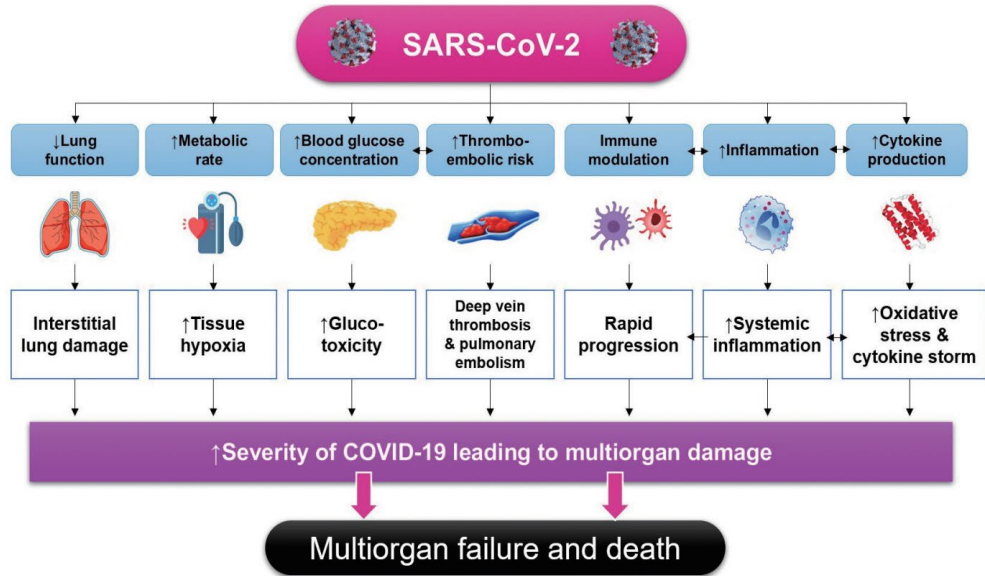


Biomechanical factors



Proper Management of People with Obesity during the COVID-19 Pandemic

Soo Lim^{1,2*}, Soo Myoung Shin^{1,2}, Ga Eun Nam³, Chang Hee Jung⁴, Bo Kyung Koo^{2,5}
¹Department of Internal Medicine, Seoul National University Bundang Hospital, Seongnam; ²Department of Internal Medicine, Seoul National University College of Medicine, Seoul; ³Department of Family Medicine, Korea University College of Medicine, Seoul; ⁴Department of Internal Medicine, Asan Medical Center, University of Ulsan College of Medicine, Seoul; ⁵Department of Internal Medicine, SMG-SNU Boramae Medical Center, Seoul, Korea



Obesity Facts

Obes Facts
DOI: 10.1159/000510005
Received: June 16, 2020
Accepted: July 7, 2020
Published online: July 13, 2020
© 2020 The Author(s)
Published by S. Karger AG, Basel
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Position Statement

Obesity and COVID-19: The Two Sides of the Coin

Dror Dicker^{a,b}, Silvia Bettini^{a,c}, Nathalie Farpour-Lambert^{a,d},
Gema Frühbeck^{a,e}, Rachel Golan^{a,f}, Gijs Goossens^{a,g}, Jason Halford^{a,h},
Grace O'Malley^{a,i}, Dana Mullerova^{a,j}, Ximena Ramos Salas^a,
Maria N. Hassapiou^m, Jørn Sagen^{a,k}, Euan Woodward^a, Volkan Yumuk^{a,l},
Luca Busetto^{a,c}

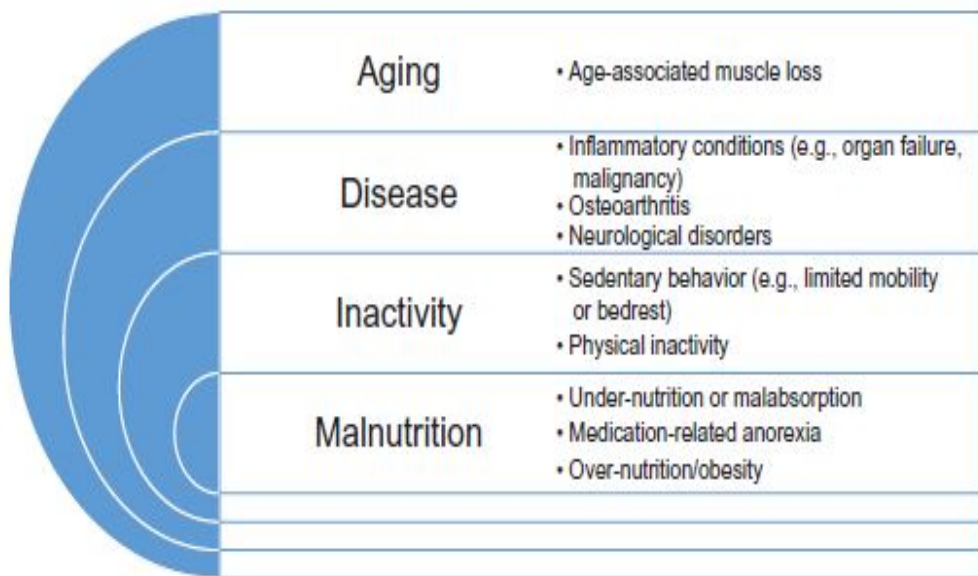
Dott.ssa Barbara Neri
Delegato nutrizionale sicob regione Lazio



Original article

Sarcopenic obesity and health outcomes in patients seeking weight loss treatment

Jingjie Xiao ^{a,b}, Angelina Cain ^c, Sarah A. Purcell ^{a,b}, Michael J. Ormsbee ^{b,d,e}, Robert J. Contreras ^f, Jeong-Su Kim ^{b,d}, Robert Thornberry ^g, Dawn Springs ^c, M. Cristina Gonzalez ^{h,i}, Carla M. Prado ^{a,b,*}



Sarcopenia: diminuzione massa e funzionalità muscolare

Studio Espen:
51% dei pazienti prima dell'intervento di chirurgia bariatrica affetto da Obesità Sarcopenica.

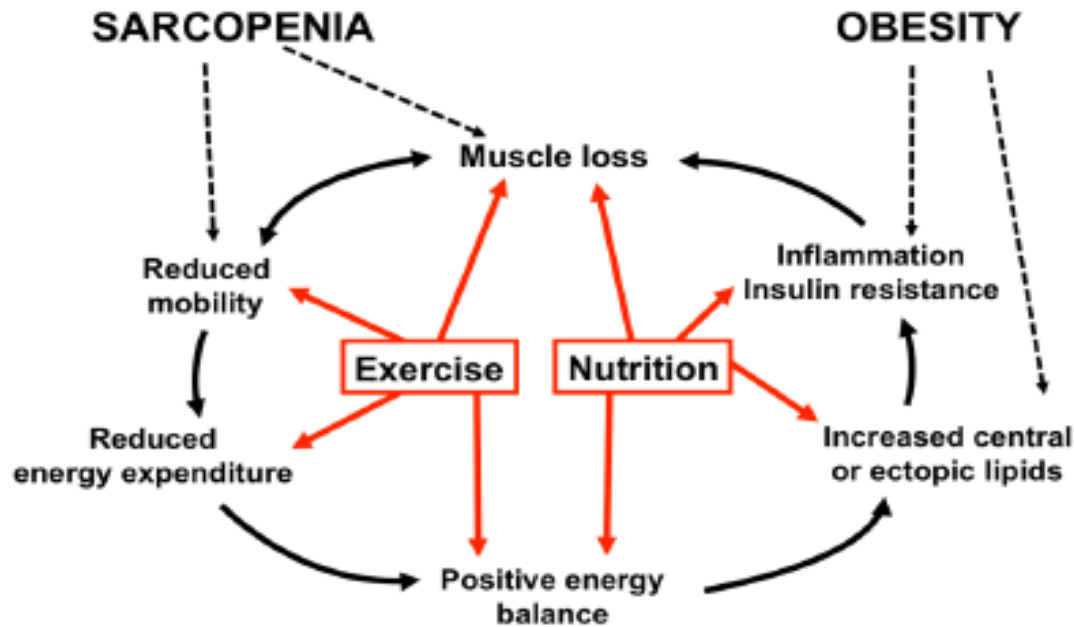
Age and Ageing 2019; **48**: 16–31
doi: 10.1093/ageing/afy169
Published electronically 24 September 2018

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GUIDELINES

Sarcopenia: revised European consensus on definition and diagnosis

ALFONSO J. CRUZ-JENTOFT¹, GÜLISTAN BAHAT², JÜRGEN BAUER³, YVES BOIRIE⁴, OLIVIER BRUYÈRE⁵, TOMMY CEDERHOLM⁶, CYRUS COOPER⁷, FRANCESCO LANDI⁸, YVES ROLLAND⁹, AVAN AIHIE SAYER¹⁰, STÉPHANE M. SCHNEIDER¹¹, CORNEL C. SIEBER¹², EVA TOPINKOVA¹³, MAURITS VANDEWOUDE¹⁴, MARJOLEIN VISSER¹⁵, MAURO ZAMBONI¹⁶, WRITING GROUP FOR THE EUROPEAN WORKING GROUP ON SARCOPENIA IN OLDER PEOPLE 2 (EWGSOP2), AND THE EXTENDED GROUP FOR EWGSOP2



- Obesità sarcopenica: coesistenza di malnutrizione per eccesso e per difetto
- Circolo vizioso
- Si interrompe con attività fisica e supporto nutrizionale

Trouwborst I, et al.: Exercise and Nutrition Strategies to Counteract Sarcopenic Obesity. *Nutrients*. 2018 May 12;10(5)

Nel mondo, 1 adulto su 4 non è abbastanza attivo.
Più del 80% della popolazione mondiale adolescente non è sufficientemente attivo

European Journal of Epidemiology (2018) 33:811–829
<https://doi.org/10.1007/s10654-018-0380-1>

META-ANALYSIS



Sedentary behaviour and risk of all-cause, cardiovascular and cancer mortality, and incident type 2 diabetes: a systematic review and dose response meta-analysis

Richard Patterson¹ · Eoin McNamara² · Marko Tainio² · Thiago Hérick de Sá³ · Andrea D. Smith⁴ · Stephen J. Sharp² · Phil Edwards⁵ · James Woodcock² · Søren Brage² · Katrien Wijndaele²

Received: 2 October 2017 / Accepted: 12 March 2018 / Published online: 28 March 2018
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La sedentarietà associata a malattie croniche e/o un alto BMI aumenta il rischio di mortalità per tutte le cause, mentre è probabile che l'attività fisica riduca questi effetti negativi

L'insufficiente attività fisica causa:

- **alto rischio di sarcopenia (di tutti i distretti muscolari)**
- ridotta funzione cardiorespiratoria;
- malattie non trasmissibili e depressione;
- aumento del peso corporeo (<https://www.who.int/news-room/fact-sheets/detail/physical-activity>)

Dott.ssa Barbara Neri

Delegato nutrizionale sicob regione Lazio

Commentary

A tale of two pandemics: How will COVID-19 and global trends in physical inactivity and sedentary behavior affect one another?

La popolazione Europea spende una media del 40% del tempo libero guardando la TV

J Nutr Health Aging. 2019;

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THE DOSE-RESPONSE ASSOCIATIONS OF SEDENTARY TIME WITH CHRONIC DISEASES AND THE RISK FOR ALL-CAUSE MORTALITY AFFECTED BY DIFFERENT HEALTH STATUS: A SYSTEMATIC REVIEW AND META-ANALYSIS

R. ZHAO, W. BU, Y. CHEN, X. CHEN

College of Physical Education, Yangzhou University, Yangzhou, Jiangsu, China. Corresponding author: Renqing Zhao, Yangzhou University, College of Physical Education, 88 Daxue South Road, Yangzhou, Jiangsu 225009, China. Tel: 8651487972015. Email: renqing.zhao@yzu.edu.cn

Review

The compelling link between physical activity and the body's defense system

David C. Nieman^{a,*}, Laurel M. Wentz^b

^a Human Performance Laboratory, Appalachian State University, North Carolina Research Campus, Kannapolis, NC 28081, USA
^b Department of Nutrition and Health Care Management, Appalachian State University, Boone, NC 28608, USA

Received 12 July 2018; revised 26 August 2018; accepted 25 September 2018
 Available online 16 November 2018

Forte collegamento tra esercizio fisico e sistema immunitario

La AF esercita effetti positivi sulla resistenza all'insulina e sulla risposta immunitaria inibendo la via infiammatoria delle citochine e l'attivazione dei macrofagi

Cellular Physiology and Biochemistry

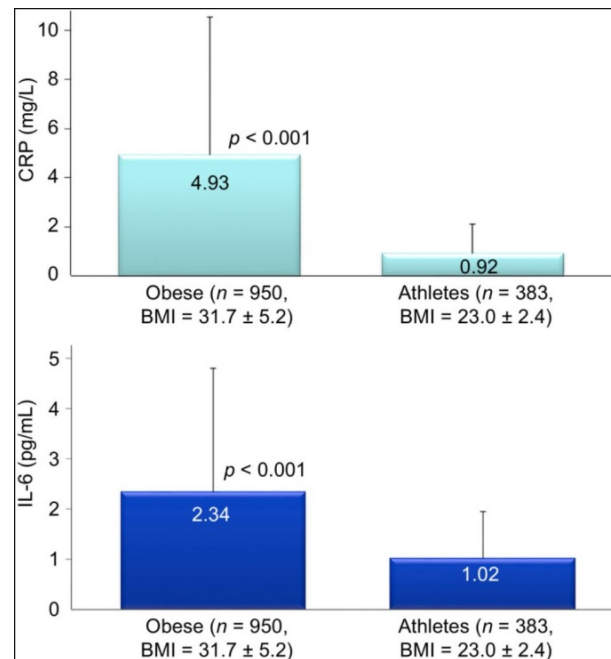
Cell Physiol Biochem 2015;37:735-746
 DOI: 10.1159/000430391
 Published online: September 11, 2015
 Accepted: August 10, 2015
 © 2015 S. Karger AG, Basel
www.karger.com/cpb
 1421-9778/15/0372-0735\$39.50/0
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Karger Open Access 735

Original Paper

Regular Exercise Enhances the Immune Response Against Microbial Antigens Through Up-Regulation of Toll-like Receptor Signaling Pathways

Qishi Zheng^{a,b}, Guangying Cui^a, Jianing Chen^a, Hainv Gao^a, Yingfeng Wei^a, Toshimitsu Ueda^c, Zhi Chen^a, Hongyan Diao^a



AF contrasto lo stato infiammatorio subclinico

European Review for Medical and Pharmacological Sciences

2015; 19: 3709-3722

The anti-inflammatory effects of exercise in the syndromic thread of diabetes and autoimmunity

R. CODELLA^{1,2,3}, L. LUZI^{1,2,3}, L. INVERARDI², C. RICORDI²

AF può aiutare a ridurre lo stress ossidativo

Riduzione di PCR e IL-6 nei soggetti che praticano AF rispetto a soggetti affetti da obesità

Dott.ssa Barbara Neri

Delegato nutrizionale sicob regione Lazio



Research article

The impact of physical activity on psychological health during Covid-19 pandemic in Italy



Grazia Maugeri^a, Paola Castrogiovanni^a, Giuseppe Battaglia^b, Roberto Pippi^c, Velia D'Agata^a, Antonio Palma^b, Michelino Di Rosa^a, Giuseppe Musumeci^{a,d,e,*}

^a Department of Biomedical and Biotechnological Sciences, Human, Histology and Movement Science Section, University of Catania, Via S. Sofia n° 87, 95123, Catania, Italy

^b Department of Psychology, Educational Science and Human Movement, University of Palermo, Via Giovanni Pascoli, 6, 90144, Palermo, Italy

^c Healthy Lifestyle Institute, C.U.R.I.A.Mo (Centro Universitario Ricerca Interdipartimentale Attività Motoria), University of Perugia, Via G. Bambagioni, 19 06126 Perugia, Italy

^d Research Center on Motor Activities (CRAM), University of Catania, Via S. Sofia n° 97, 95123, Catania, Italy

^e Department of Biology, Sbarro Institute for Cancer Research and Molecular Medicine, College of Science and Technology, Temple University, Philadelphia, PA 19122, USA

È stato effettuato un **sondaggio online**, su **2524 soggetti** che ha evidenziato :

Riduzione dell'attività fisica totale
ha avuto un **impatto
profondamente NEGATIVO**
sulla salute psicologica e
sul benessere della popolazione.

Dott.ssa Barbara Neri

Delegato nutrizionale sicob regione Lazio

Opinion

Coronavirus disease (COVID-19): The need to maintain regular physical activity while taking precautions

Peijie Chen^{a,*}, Lijuan Mao^{a,b}, George P. Nassis^{a,c}, Peter Harmer^d,
Barbara E. Ainsworth^{a,c}, Fuzhong Li^f

^a Shanghai University of Sport, Shanghai 200438, China

^b Shanghai Municipal Education Commission, Shanghai 200003, China

^c Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense 5230, Denmark

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^e School of Nutrition and Health Promotion, Arizona State University, Phoenix, AZ 85004, USA

^f Oregon Research Institute, Eugene, OR 97403, USA

Received 2 February 2020; Accepted 3 February 2020

Available online 4 February 2020

Sulla base di queste prove scientifiche, mantenere una routine di esercizio regolare è una strategia chiave per la salute fisica e mentale durante un periodo di riposo forzato come l'attuale emergenza coronavirus.

Opinion

Wuhan coronavirus (2019-nCoV): The need to maintain regular physical activity while taking precautions

Peijie Chen^{a,*}, Lijuan Mao^{a,b}, George P. Nassis^{a,c}, Peter Harmer^d,
Barbara E. Ainsworth^{a,c}, Fuzhong Li^f

^a Shanghai University of Sport, Shanghai 200438, China

^b Shanghai Municipal Education Commission, Shanghai 200003, China

^c Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense 5230, Denmark

^d Department of Exercise and Health Science, Willamette University, Salem, OR 97301, USA

^e School of Nutrition and Health Promotion, Arizona State University, Phoenix, AZ 85004, USA

^f Oregon Research Institute, Eugene, OR 97403, USA

Received 2 February 2020; Accepted 3 February 2020

Available online 4 February 2020

Attualmente
PREVENZIONE è
“TERAPIA” più efficace



High-Tech Tools for Exercise Motivation: Use and Role of Technologies Such as the Internet, Mobile Applications, Social Media, and Video Games

Deborah F. Tate⁰⁰¹, Elizabeth J. Lyons,² and Carmina G. Valle³

▶ Author information ▶ Copyright and License information [Disclaimer](#)

Anche utilizzando strumenti tecnologici: you tube, app e lezioni online su piattaforme digitali

Linee guida OMS su attività fisica e sedentarietà (3 dicembre 2020)

Combattere
La
Sedentarietà

“Every move counts”
RACCOMANDAZIONI

- 1) Attività aerobica
- 2) Rafforzamento muscolare
- 3) Allenamento dell'equilibrio

1) **Bambini e adolescenti:** *media di 60 minuti di movimento quotidiano durante la settimana* e svolgere attività fisica da moderata a vigorosa ed **esercizi di potenziamento muscolare almeno 3 volte a settimana.**

1) **Adulti e anziani:** una quantità di attività fisica di moderata intensità tra i **150 e i 300 minuti settimanali o tra i 75 e i 150 se d'intensità vigorosa**, oppure combinazioni equivalenti delle due modalità

1)Viene estesa a tutti gli anziani e non solo a quelli con ridotta mobilità, la raccomandazione di **svolgere almeno 3 giorni a settimana anche attività fisica multicomponente** (una combinazione di attività aerobica, rafforzamento muscolare e allenamento dell'equilibrio svolti in un'unica sessione) per aumentare la capacità funzionale e ridurre il rischio di cadute accidentali.

Bull FC, Al-Ansari SS, Biddle S, et al. World Health Organization 2020 guidelines on physical activity and sedentary behaviour. British Journal of Sports Medicine 2020;54:1451-1462

Dietary protein intake

- Older adults have greater protein needs to compensate for anabolic resistance and hypermetabolic disease.
- Older adults may also have decreased intake due to age-related appetite loss, medical conditions, financial limits.
- Optimal intake of at least 1.0 to 1.5 g protein/kg BW/day is recommended; individual needs depend upon the severity of malnutrition risk.

Raccomandata l'assunzione proteica da 1 a 1.5 g kg/pc/d

Practical guidance for optimal dietary protein intake and exercise for older adults above 65 years

Recommendations
For healthy older adults, we recommend a diet that includes at least 1.0 to 1.2 g protein/kg body weight/day.
For certain older adults who have acute or chronic illnesses, 1.2 to 1.5 g protein/kg body weight/day may be indicated, with even higher intake for individuals with severe illness or injury.
We recommend daily physical activity for all older adults, as long as activity is possible. We also suggest resistance training, when possible, as part of an overall fitness regimen.

Fabbisogno proteico

Almeno **1 g di proteine per kg di peso corporeo** al giorno valutato **considerando lo stato di nutrizione il livello di attività fisica, le patologie correlate e la tolleranza del paziente** che può aumentare in caso di ricovero ospedaliero per prevenire la perdita di peso e/o il peggiorare della sarcopenia

Fabbisogno energetico

Eugualmente valutato considerando **lo stato di nutrizione, il livello di attività fisica, le patologie correlate e la tolleranza del paziente** e può aumentare in caso di ricovero ospedaliero in relazione alla gravità della patologia per prevenire la perdita di peso e/o il peggiorare della sarcopenia e la malnutrizione e aumentare il rischio di complicanze

Barazzoni R, Bischoff SC, Breda J, Wickramasinghe K, Krznaric Z, Nitzan D, et al. ESPEN expert statements and practical guidance for nutritional management of individuals with SARS-CoV-2 infection. Clin Nutr (2020), 39(6):1631–8.



Grazie!!!
Per la vostra attenzione