



**2 DEC 2022**

CeRiSM Rovereto – [chokoage.eu](http://chokoage.eu)

# MID-TERM CONFERENCE

## CHOKO-AGE PROJECT

Improving **quality of life** combining optimal **nutrition** and **physical exercise**



A.D. 1308  
**unipg**  
UNIVERSITA' DEGLI STUDI  
DI PERUGIA



**INCLIVA | VLC**  
Biomedical Research Institute



Specialized University in Logistics

PROJECT PARTNERS



# Mid-term Conference

CHOKO-AGE Project | December 2nd, 2022 | CeRiSM Rovereto

## 8.30 - 9.00 | Event registration

## 9.00 - 9.45 | Opening and Welcome

- Local authorities welcome
- Prof. [John Mathers](#), JPI HDHL Scientific Advisory Board

## 9.45 - 12.30 | Session I

- 9.45 | “Nutritional approaches to prevent age-related protein-energy malnutrition: the Choko-agE project” - Coordinator Prof. [Francesco Galli](#), [University of Perugia](#), Italy
- 10.15 | **Coffee break**
- 10.50 | Plenary Lecture “Mechanisms of age-related skeletal muscle loss: Role of inflammation and reactive oxygen species” - Prof. [Malcolm Jackson](#), [University of Liverpool](#), United Kingdom
- 11.30 | Invited Lecture “Delaying the transition from minimal cognitive impairment to Alzheimer’s dementia with nutritional antioxidant manipulations” - Prof. [José Vina](#), [INCLIVA](#), Spain
- 12.10 | Discussion
- 12.30 | **Lunch**

## 14.00 - 16.30 | Session II

- 14.00 | “Strengthen your aging” - Prof. [Eivind Wang](#), [University College of Molde](#), Norway
- 14.15 | “Exercise and physiological testing procedures” - Prof. [Massimo Venturelli](#), [University of Verona](#), Italy
- 14.30 | Training activity demonstration - Dr. [Anna Pedrinolla](#), [University of Trento](#), Italy and Dr. [Roberto Modena](#), [University College of Molde](#), Norway
- 16.30 | **Coffee break**

## 17.00 - 18.30 | Session III- Round Table

- 17.00 | “Product Innovation: Development of a VITE-functionalized dark chocolate food product” - Dr. [Marco Muratori](#) and Dr. [Emanuele Chiocci](#), [Nestlé Italiana S.P.A.](#), Italy
- 17.10 | “Preliminary data about quality control and laboratory evaluation on food ingredients and prototype” - Dr. [Anna Migni](#), [University of Perugia](#), Italy
- 17.20 | “In vitro experiment: cell lines and culture conditions” - Prof. [Consuelo Borrás](#), [INCLIVA](#), Spain
- 17.30 | “The cognitive evaluation of the ChoKo-agE trial” - Dr. [Cristina Fonte](#), [University of Verona](#), Italy
- 17.40 | “In vitro studies to examine potential approaches to protection of skeletal muscle” - Dr. [Kay Hemming](#), [University of Liverpool](#), United Kingdom
- 17.50 | “Data management & Cheminformatics” - Dr. [Sara Tortorella](#), [Molecular Horizon s.r.l.](#), Italy
- 18:00 - 18:30 | Round Table Discussion and Closing Ceremony
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The event will be available on the following public zoom call:

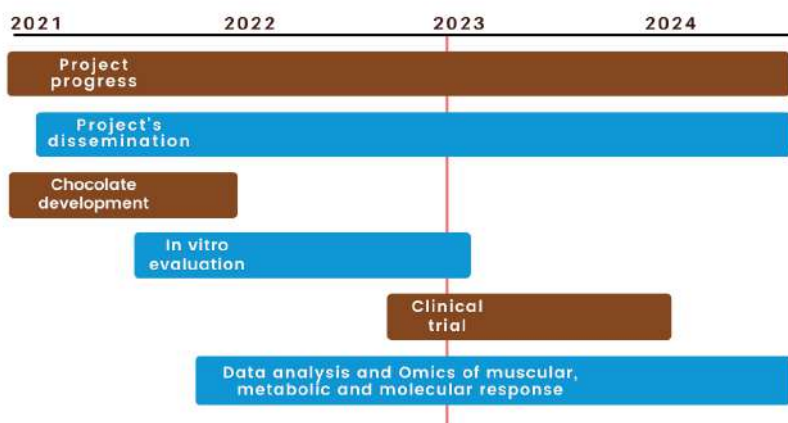


# CHOKO-AGE

## Combining vitamin E-functionalized CHOColate with physical exercise to reduce the risk Of protein-energy malnutrition in pre-dementia AGEd people

The elderly are naturally vulnerable to muscle wasting due to lowered efficacy of metabolic processes and undernutrition. This may lead to reduced muscle function and to a general decline in the quality of life.

Choko-age is a scientific project funded by the Joint Programming Initiative (JPI) call PREVNUT through the ERA-HDHL cofund of the H2020 European programme. The call aims to tackle the age-dependent malnutrition and the metabolic decline of muscle tissue through combining the health-promoting effects of nutrition and physical exercise. A novel type of chocolate superfood rich in polyphenols, will be developed in the world-famous Perugina chocolate factory, introducing the functional ingredient with anti-aging properties vitamin E. The effects on malnutrition of this innovative food product will be investigated in elderly volunteers during a 6-month intervention trial. The nutritional intervention will be combined with a high-intensity-interval physical exercise program. Study endpoints will include muscle mass and indices of metabolic and nutritional response to the treatment. The “big data” produced during the study will then be processed with advanced bioinformatics tools by the technology partner Molecular Horizon. This will verify the efficacy of the treatment and the model of nutritional intervention and physical exercise implemented during the study.



Project's tasks will be implemented by a consortium of five institutional scientific partners (the Universities of Perugia, Verona and Liverpool, the Molde University College, and the INCLIVA Aging and Physical Exercise Research group of Valencia) and two private partners (Perugina, Nestlè Italiana SpA and Molecular Horizon Srl).

The project consortium started its activities in April 2021. This is a 3-year project funded with a budget of € 1,068,632. During the project, various environments (e.g. retirement houses, schools, associations of patients, scientific institutions, etc.) will be engaged in communication and dissemination activities to make them aware of the importance of preventing age-associated malnutrition throughout all stages of life.



Improving **quality of life** combining optimal **nutrition** and **physical exercise**



### Mid-term Conference local organizing committee

Prof. Francesco Galli, University of Perugia  
Prof. Massimo Venturelli, University of Verona  
Dr.ssa Anna Maria Stabile, University of Perugia  
Dr.ssa Anna Pedrinolla, University of Trento  
Dr.ssa Desirée Bartolini, University of Perugia  
Dr. Roberto Modena, University College of Molde

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