

PRESS RELEASE

Health and Agrifood - Discovered the genes of Evo oil that improve person's health

**The study by Fondazione Istituto Nutrizionale Carapelli was presented
to the European Parliament and it demonstrates
how Evo oil is a valid ally against obesity**

Brussels, November 27, 2023 – Presented worldwide and for the first time how the **Extra virgin olive oil (EVO) contributes significantly to human health.**

Rich in monounsaturated fatty acids and polyphenols, this oil not only protects heart health and fights inflammatory diseases associated with aging, but also promotes effective digestion and protects the skin from damage caused by free radicals.

Important scientific results were illustrated during the conference "*Health and Economy: the Hidden Virtues of Evo Oil*", which took place today at the European Parliament in Brussels.

On this occasion, "*Beneficial effects of extra virgin olive oil: molecular mechanisms*" study, by Fondazione Istituto Nutrizionale Carapelli in collaboration with the Universities of Milan, Perugia and Naples, was premiered.

The event, organized and hosted by the European Parliamentarian Daniela Rondinelli (PD/S&D), was attended by prestigious bodies and organizations in this field, including *Fondazione Istituto Nutrizionale Carapelli, Assitol, Confagricoltura, Cia - Italian farmers, Coldiretti, Competere.EU, Deoleo, Italy Olive growing It is Interprofessional Olive Oil Spain.*

It is widely recognized that extra virgin olive oil represents a precious ally for health. Studies conducted by nutritionists **Michele Carruba** (*University of Milan* It is *President of the Scientific Committee of Fondazione Istituto Nutrizionale Carapelli*) ed **Enzo Nisoli** (*University of Milan*) have highlighted that diets enriched with **EVO oil with high polyphenol content** lead to an **healthier metabolic profile**, reducing body weight and blood glucose levels, thus mitigating the risk of diabetes.

The research was also extended to molecular and cellular mechanisms. Through advanced genetic and metabolic analysis techniques, scientists have identified new ways in which EVO oil and polyphenols influence energy metabolism and the functionality of mitochondria, especially in active tissues such as muscles and liver. "The relevance of this

study,” emphasised Professor Nisoli, “goes beyond the results presented, because it makes available to the entire scientific community a wealth of data, from which many new discoveries can be made”.

This study highlights the importance of **promoting diets with a high consumption of EVO oil**, such as the **Mediterranean diet**, to combat obesity and non-communicable diseases, today considered a global pandemic. Obesity is in fact linked to serious complications such as type 2 diabetes and cardiovascular diseases. However, as Professor Carruba warned, “only 46.6% of Italians (highest proportion in Europe) consume the recommended daily intake of 3 portions of olive oil. Less than 15% (14.8%) consume 4 portions. The remaining 38.6% (lowest share in Europe) consume less than the recommended portions. This suggests that the diet of European citizens does not benefit from such an important food for public health”.

During the conference, the **socio-economic value of EVO Oil** was discussed as well. The oil supply chain is facing significant challenges due to climate change, which is reducing production and increasing costs, directly impacting the availability of this essential product.

Despite advances in innovation and technology, **production remains below average in the Mediterranean regions**, due to the rapid and drastic **climate changes**. 2023 does not foresee such a drastic drop in production as in 2022, however, the situation remains critical. For the 2023-2024 olive oil campaign, production is estimated to be even lower than average throughout the Mediterranean area.

Italy expects to produce around 289 thousand tonnes of oil, a 20% increase compared to the previous year, but still lower than the 350 thousand tonnes of the best years. This volume is not sufficient to satisfy the demand of the oil industry, which requires approximately 1 million tons.

Also **Spain**, a world leader in oil production, has been strongly affected by the water crisis due to drought. For the second consecutive year, its production will not exceed 765 thousand tons, almost halving the usual yield.

In **Greece**, production was reduced to 260 thousand tons, a decrease of 25% due to drought and fires. In contrast, **Portugal** expects an increase of almost 20%, reaching 150 thousand tons. **Tunisia** expects to return to 200 thousand tons, while **Türkiye** and **Morocco** have temporarily suspended exports to the European Union due to low availability. (*)

This reduction in production limits consumers’ access to this fundamental natural food, essential for fighting obesity and non-communicable diseases. The experts launch a unanimous appeal: it is crucial to adopt education and incentive policies to guarantee access to quality EVO oil. The situation requires a global response, not only to preserve a vital manufacturing sector, but also to promote public health.

(*) Source: from Assitol data processing

Press office:

Federica Onnis

media.solutions.surrender@gmail.com

+39 345 596 2424

Antonio Picasso

apicasso@competere.eu

+39 339 744 6589

Competere.EU (www.competere.eu)

Competere is an independent think tank liberal-inspired created to develop and implement policies for innovation and sustainable development, to support politics, institutions and businesses in promoting social innovation and economic processes and the comparison of ideas. The Competere team consists of experts, academics, professionals with recognized national and international experience, but also of curious, creative and enterprising people who analyze the constantly changing reality and propose sustainable solutions.

Istituto Nutrizionale Carapelli (www.istitutonutrizionalecarapelli.it)

The Carapelli Nutritional Institute was founded in 2001 as a scientific center promoting research in the olive field from every perspective - chemical, sensorial, agronomic, technological extraction, humanistic, biochemical and nutritional.

Nutrition has always represented a fundamental chapter of the studies and dissemination work conducted by the Nutrition Institute, which always had the aims to investigate on a cultural and educational level and to contribute spreading a broader food culture for a correct nutrition. The Carapelli Nutritional Institute is a non-profit foundation, with the goal of scientific research and dissemination, represented by a Scientific Committee made up of academics and scholars specialized in the medical, nutritional and food technological fields.