

## Highlight

**STRONG LINK BETWEEN OBESITY AND COVID-19 DEATHS REVEALED**

The link between obesity and Covid-19 mortality is not new but the extent of the danger is revealed in a new report released by the World Obesity Federation on 4 March, on the occasion of the World Obesity Day. Combining mortality data from Johns Hopkins University with obesity data from the WHO Global Health Observatory, the analysis found that mortality rates from Covid-19 are 10 times higher in countries where over 50% of the population are overweight or obese. As pointed out by the Director General of the WHO, these data demonstrate how urgent the problem of obesity is and draw the world's attention to the need to promote broad and coordinated actions to tackle the root causes of obesity and its consequences.

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**TREND OF DIETARY POTASSIUM INTAKE IN THE ITALIAN ADULT POPULATION: RESULTS OF THE 2008 AND 2018 CUORE PROJECT SURVEYS**

An inadequate potassium intake has been associated with several non-communicable disorders (NCD), including cardiovascular disease, calcium nephrolithiasis and reduced bone mineral density. The results of two surveys of independent randomised samples of the general adult population of 10 Italian regions carried out 10 years apart from each other showed, in addition to a significant reduction in salt consumption, a small but significant decrease also in the dietary intake of potassium and of the fraction of the population attaining an adequate potassium intake. These results should lead to further strengthening of the initiatives taken by the Italian health institutions aimed at encouraging the adoption of eating habits based on a greater consumption of plant food according to the characteristics of the Mediterranean diet.


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## Focus on

**LATE EATING'S INFLUENCE ON THE RISK OF OBESITY AND CHRONIC DEGENERATIVE DISEASES**

Food timing is a term used in scientific research to indicate the distribution of meals during the day. Some studies have shown that the delayed meals intake is positively associated to the risk of cardiovascular disease. In particular, in this study 3362 obese and overweight individuals were involved and it was assessed how different dietary behaviours influence the metabolic profile and body composition.


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