

**ERASMUS EĞİTİM VE ÖĞRETİM HAREKETLİLİĞİ ÇERÇEVESİNDE İTALYA MOLİSE ÜNİVERSİTESİ ZİYARETİ
RAPORU VE SUNUMU**

Prof.Dr. Nurhan Ünüsan

10-15 Kasım 2016 tarihleri arasında Erasmus Eğitim ve Öğretim hareketliliği çerçevesinde İtalya’da bulunan Molise üniversitesine ziyarette bulunulmuştur.

Ziyaret çerçevesinde Molise Üniversitesi Beslenme ve Diyetetik Bölümü ziyaret edilmiş, Prof. Dr. Giancarlo Salvatori’ye üniversitemizin Erasmus çerçevesinde Beslenme ve Diyetetik alanında ileri düzeyde işbirliği içinde olma niyeti iletilmiştir.

Ziyaret sırasında Molise Üniversitesi Beslenme ve Diyetetik bölümünün Dexa ve Bodpod gibi ileri teknolojik araç, donatım ve laboratuvarlara sahip olduğu görülmüştür.

Molise Üniversitesi Beslenme ve Diyetetik bölümünde öğrenim gören öğrencimiz Göksu Gökdoğan ile görüşülmüş, öğrencimizin verilen eğitimden memnun olduğu görülmüştür.

Program çerçevesinde, Beslenme ve Diyetetik Bölümü öğrencilerine ders verilmiştir. Ders öğrenciler tarafından ilgi ile takip edilmiş ve öğrencilerin sorularına cevaplar verilmiştir.

Dönüş sonrası verilen derslerde öğrencilerimize ziyaretle ilgili bilgiler sunulmuştur.

Saygılarımla arz ederim.



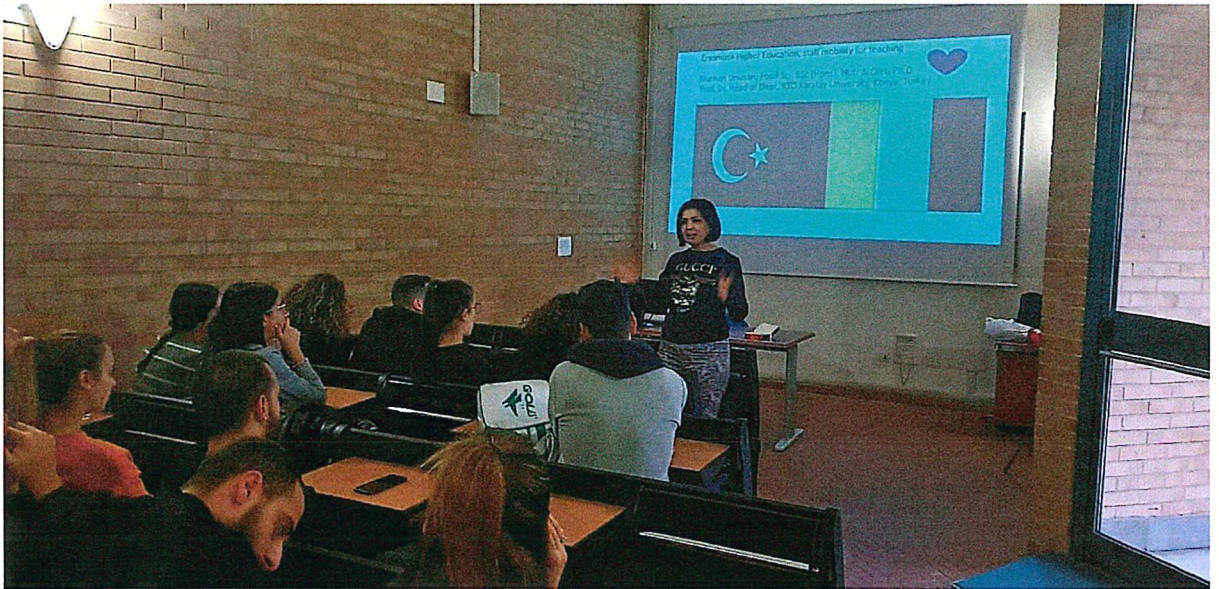
Prof.Dr. Nurhan ÜNÜSAN

Beslenme ve Diyetetik Bölümü Başkanı

ERASMUS EĞİTİM VE ÖĞRETİM HAREKETLİLİĞİ ÇERÇEVESİNDE İTALYA
MOLİSE ÜNİVERSİTESİ ZİYARETİ FOTOĞRAFLARI



PRrof. Dr.Giancarlo Salvatori ile birlikte, çalışma odası ziyareti



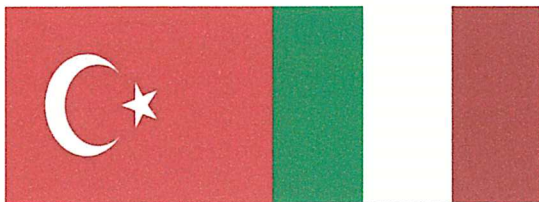
Molise Üniversitesi Beslenme ve Diyetetik Bölümü öğrencilerine verilen ders sırasında



Molise Üniversitesinde bulunan Öğrencimiz Göksü Gökdoğan ile görüşme

Erasmus+ Higher Education, staff mobility for teaching

Nurhan Unusan, Food Sci. BSc (Hons), Nutr & Diet. Ph.D
 Prof. Dr. Head of Dept, KTO Karatay University, Konya, Turkey



Turkey and Italy relations



- Turkey's relations with Italy date back to the times of the Ottoman Empire, which had close relationships with such Italian city states as Genoa and Venice. In fact, relations between the Ottoman Empire and Venice go back to 1381. Diplomatic relations between Turkey and Italy were established in 1856 (in 2006, the 150th anniversary of diplomatic relations were celebrated with a number of activities).

two regional powers



- Today, Turkey and Italy are **two regional powers** that share common interests, common history, and common values in the Mediterranean basin. In this respect, it would be appropriate to define Turkish-Italian bilateral relations as a strategic partnership.



- Italy is currently Turkey's 4th biggest trade partner.
- As a founding member of the **European Union**, Italy supports Turkey's membership to the EU. It is widely agreed in Italy that as an important and reliable regional power, Turkey will make important contributions to the European Union and help the Union to become a true global power.

important platforms



There are three **important platforms** that make it possible to exchange views regarding various dimensions of Turkish-Italian relations:

- Turkey-Italy Intergovernmental Summits,
- Turkish-Italian Forum,
- Turkish-Italian Media Forum.

«These platforms contribute to the institutionalization of bilateral relations»

Schengen visa



- Over 41 million tourists visited Turkey in the year 2014, nearly 900.000 of them were Italian visitors. Turkey and Italy have many things in common. Such as they both, have a magnificent historical and cultural background. Italian Cuisine is well known in the World as well as Turkish Cuisine. Both countries attracts attention with their friendly people and hospitality
- the main obstacle for Turkish tourists who are willing to visit Italy is the Schengen visa procedure. "If Turkish citizens may enter Schengen Area without visas I believe that the number of Turkish tourists visiting Italy is going to increase dramatically in the near future."

Burden of Disease Cause of Premature Mortality

Source: IHME, GBD 2025

2005-2015, YLL % changing			
2015 Rank	2005 Rank	Causes	Percent Change 2005-2015
1	1	Ischemic heart disease	179
3	2	Complications of diabetes	-15.40
5	3	Cerebrovascular disease	27.57
6	4	Tubercular, bronchitis and lung cancer	25.73
2	5	Neonatal, perinatal and birth complications	-39.30
7	6	Road injuries	21.32
8	7	Chronic obstructive pulmonary disease	1.55
10	8	Acute lower respiratory infections	33.57
13	9	Colorectal neoplasia	61.21
4	12	Lower respiratory infections	-49.82

Situation in Europe

Globally, expenditures for health problems caused by physical inactivity and malnutrition account for about 2% of the total average health expenditure.

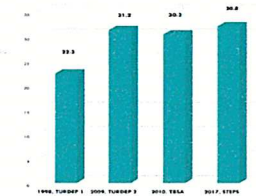
In the European region, physical inactivity is estimated to cost around € 150-300 per person per year.

Increasing physical activity is one of the most cost-effective and basic strategies that can be applied to reduce health expenditures and thus economic costs.

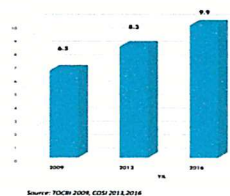
Obesity rates



ADULT OBESITY

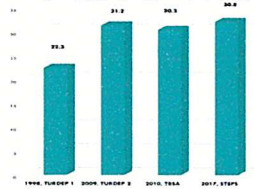


CHILDHOOD OBESITY

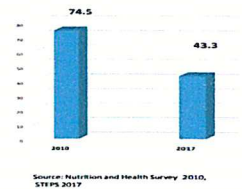


87% of women and 77% of men do not do enough physical activity

ADULT OBESITY



ADULT PHYSICAL INACTIVE POPULATION %



Source: Nutrition and Health Survey 2010, STEPS 2017

Healthy Nutrition and Active Life Program of Turkey

MINISTRY OF HEALTH,
General Directorate of
Public Health,
Department of healthy
Nutrition and Active Life
Strategic Plan (2018-
2023)

Published by Turkey's Ministry
of Health, the Official Gazette



Developed guidelines



Physical Activity Promotion: Walking events—
Istanbul/Euroasia Marathon public walking (8km)



Physical Activity Promoted by Municipalities—
Altındağ and Central Municipality (Ankara)

- weight control programme &
- cooking courses no fee.



Active design:
Eskişehir City

Active design: Building environment to encourage walking, bicycling, and active play.

Active design measures include creating pedestrian plazas, ensuring well-maintained sidewalks, planting street trees, and providing secure bicycle storage and attractive, accessible stairs in buildings is a collection of evidence-based strategies to create healthier buildings, streets and urban spaces.



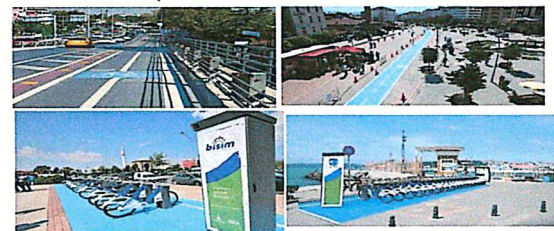
Open Air Gyms — Konya



Temporal closing for city residents to enjoy a safe and free space for recreational and sporting purposes-Konya



bicycle lanes separated from motor vehicle roads in Konya



We have some certificate programs by nongovernmental bodies:



- Sports Nutrition Specialization Certificate Program
- Applied Sports Nutrition Education
- Sports Nutrition Education Certificate Program
- Sports Nutritionist Specialist Training Certificate Program

