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UNATI study takes center stage at Rome's lifestyle and health forum

Largest European research initiative on moderate wine consumption presented

Wednesday, April 2, 2025



The international forum "Lifestyle, Diet, Wine & Health," held in Rome on March 27 and 28, 2025, centered its focus on the presentation of the UNATI study, the largest European research initiative to date on moderate wine consumption. Led by Dr. Miguel A. Martinez-Gonzalez of the University of Navarra, the UNATI study marks the first randomized controlled clinical trial designed to compare moderate wine consumption

with total abstention in the context of the Mediterranean diet.

Funded by the European Research Council (ERC), the study involves more than 10,000 adults aged between 50 and 75. Its goal is to provide scientific evidence on a topic that remains a matter of significant debate in public health: whether eliminating alcohol entirely is more beneficial than consuming wine in moderation as part of a healthy lifestyle. During his presentation, Dr. Martinez-Gonzalez emphasized that the UNATI trial is the first of its kind globally to address this question through rigorous clinical methodology.

The study's introduction was one of the most anticipated moments of the congress and is considered a major development in European health research. It supports growing interest in the Mediterranean diet and the potential role of moderate wine intake in reducing risks associated with cardiovascular disease and diabetes.

The second edition of the forum brought together prominent figures from the international scientific community, highlighting ongoing research from universities and institutions around the world. Among the featured speakers was Dr. Luc Djoussé from Harvard Medical School, who discussed the role of modifiable lifestyle factors in preventing conditions such as hypertension, dyslipidemia, and type 2 diabetes. Dr. Iris Shai of Ben-Gurion University of the Negev in Israel presented clinical findings from her work on the Green Mediterranean Diet. Her research suggests that this variation of the traditional Mediterranean model, which places emphasis on polyphenol-rich foods such as red wine, may offer added health benefits.

The event was organized by the Wine Information Council and the Istituto per la Ricerca su Vino e Alimentazione e Salute (IRVAS), and continues to serve as a platform for examining the intersections between diet, lifestyle, and health through scientific research.