

## Buono da mangiare

### Background:

Nutrition and food in daily life

Taking care about ourselves

Food is socialization and pleasure – quality of life

### Key Audiences:

People living with Rheumatic disease, care givers, MD

### Key Activities:

Survey about nutrition. We asked to MD and patient

Define strategy in order to spread information: without wanting to medicalize food, we wanted to focalize on good and right food intake as an opportunity to take care of ourselves and to increase conviviality as key element of QoL

Recipes developed together with Italian scientific society of nutrition and a team of rheumatologists

Videos



### Outcomes/Results:

Book of recipes and recipes on web [www.apmarr.it](http://www.apmarr.it)

[https://www.apmarr.it/wp-content/uploads/2017/03/apmarr\\_ricettario\\_2022.pdf](https://www.apmarr.it/wp-content/uploads/2017/03/apmarr_ricettario_2022.pdf)

Social media and video on youtube

App

Total impression 25.528 last autumn

Finalist Digital Awards 2023

### Next Steps:

Follow up

Gathering outcomes experience asking also home video