

PROGRAMME

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Comité Européen
des Entreprises Vins

HEALTH DEBATES: CAN **WINE** BE PART OF A HEALTHY LIFESTYLE?

29 September 2026, 16:30
European Parliament (Brussels)



MEP Dario Nardella



HEALTH DEBATES: CAN **WINE** BE PART OF A HEALTHY LIFESTYLE?

29 September, 16:30-18:00, European Parliament (Room ASP5E2)

CONTEXT

At a time when wine is at the centre of increasingly intense health policy discussions, with initiatives at European and international level addressing cardiovascular diseases, cancer prevention, the Safe Heart Plan, and the ongoing work of the WHO, it is essential that the debate remains firmly grounded in science.

At the same time, research on the world's Blue Zones – regions such as Sardinia (Italy), Ikaria (Greece) and Nicoya (Costa Rica), where people enjoy exceptionally long and healthy lives – offers valuable insights into the combination of dietary habits, lifestyle, environmental and social factors associated with healthy ageing and longevity. In several of these regions, the moderate consumption of wine as part of a balanced diet and convivial lifestyle forms one element of this broader picture.

The recent UN Political Declaration on the Prevention and Control of Non-Communicable Diseases also underscores the importance of evidence-based and balanced approaches to prevention and public health policies.

Against this backdrop, this event will bring together leading scientists and health experts to explore how the latest scientific evidence can better inform policymaking and contribute to a more nuanced discussion on the role of wine as part of a healthy lifestyle.

PRACTICAL DETAILS

- 29 September 2026, **16:30-18:00** – *followed by a wine reception starting at 18:15*
- European Parliament, Brussels, room **ASP5E2**
- Personal invitation – Upon [REGISTRATION](#) only (*RSVP by 20 September*)

PROGRAMME

- Welcome remarks: MEP **Dario Nardella** (Italy, S&D)
- **Marzia Varvaglione**, President of Comité Européen des Entreprises Vins (CEEV)
- Panel discussion
 - Dr **Gianni Pes**, MD, PhD, Senior Researcher in the Department of Clinical and Experimental Medicine at the University of Sassari, Blue Zones pioneer
 - Dr **Attilio Giacosa**, Professor of Gastroenterology and Digestive Endoscopy, Gastroenterologist at CDI in Milan and President of Istituto per la Ricerca su Vino, Alimentazione e Salute (IRVAS)
- Q&A Session: Open floor for questions from attendees
- Closing remarks: MEP Dario Nardella (Italy, S&D)
- Wine Reception

ABOUT US

The **European Committee of Wine Companies** ([CEEV](#)) represents the EU wine, aromatized wine and vinegar companies. It brings together 24 national associations and 2 sectoral ones, from 13 EU Member States, plus Switzerland, the UK and Ukraine, and a consortium of 4 leading European wine companies. CEEV members produce and market the vast majority of quality European wines, with and without a geographical indication, and account for over 90% of European wine exports.

CONTACT

For any question, please do not hesitate to contact ceev@ceev.eu.