

# **Social Indicators Research Series**

Volume 85

## **Series Editor**

Alex C. Michalos, Faculty of Arts Office, Brandon University, Brandon, MB, Canada

## **Editorial Board Members**

Ed Diener, Psychology Department, University of Illinois, Champaign, IL, USA

Wolfgang Glatzer, J.W. Goethe University, Frankfurt am Main, Hessen, Germany

Torbjorn Moum, University of Oslo, Blindern, Oslo, Norway

Ruut Veenhoven, Erasmus University, Rotterdam, The Netherlands

This series provides a public forum for authored and edited volumes on social indicators research. It is a companion series to the journal *Social Indicators Research*. The book series deals with problems associated with the quality of life from a broad perspective. It welcomes research on a wide range of substantive areas, including health, crime, housing, education, family life, leisure activities, transportation, mobility, economics, work, religion and environmental issues. The topics represented in this series cover and involve a variety of segmentations, such as social groups, spatial and temporal coordinates, population composition, and life domains. The series presents empirical, philosophical and methodological studies that cover the entire spectrum of society and are devoted to giving evidence through indicators. It considers indicators in their different typologies, and gives special attention to indicators that are able to meet the need of understanding social realities and phenomena that are increasingly more complex, interrelated, interacted and dynamic. In addition, it presents studies aimed at defining new approaches in constructing indicators. An international review board for this series ensures the high quality of the series as a whole.

Available at 25% discount for International Society for Quality-of-Life Studies (ISQOLS). For membership details please contact: ISQOLS; e-mail: [office@isqols.org](mailto:office@isqols.org) Editors: Ed Diener, University of Illinois, Champaign, USA; Wolfgang Glatzer, J.W. Goethe University, Frankfurt am Main, Germany; Torbjorn Moum, University of Oslo, Norway; Ruut Veenhoven, Erasmus University, Rotterdam, The Netherlands.

Carolina Facioni • Gabriele Di Francesco •  
Paolo Corvo  
Editors

# Italian Studies on Food and Quality of Life

 Springer

*Editors*

Carolina Facioni  
Italian National Institute of Statistics  
(ISTAT)  
Rome, Italy

Gabriele Di Francesco  
Department of Business Administration  
University of Chieti-Pescara  
Chieti, Italy

Paolo Corvo  
University of Gastronomic Sciences  
Pollenzo, Italy

ISSN 1387-6570

ISSN 2215-0099 (electronic)

Social Indicators Research Series

ISBN 978-3-030-97805-1

ISBN 978-3-030-97806-8 (eBook)

<https://doi.org/10.1007/978-3-030-97806-8>

© The Editor(s) (if applicable) and The Author(s), under exclusive license to Springer Nature Switzerland AG 2022

This work is subject to copyright. All rights are solely and exclusively licensed by the Publisher, whether the whole or part of the material is concerned, specifically the rights of translation, reprinting, reuse of illustrations, recitation, broadcasting, reproduction on microfilms or in any other physical way, and transmission or information storage and retrieval, electronic adaptation, computer software, or by similar or dissimilar methodology now known or hereafter developed.

The use of general descriptive names, registered names, trademarks, service marks, etc. in this publication does not imply, even in the absence of a specific statement, that such names are exempt from the relevant protective laws and regulations and therefore free for general use.

The publisher, the authors and the editors are safe to assume that the advice and information in this book are believed to be true and accurate at the date of publication. Neither the publisher nor the authors or the editors give a warranty, expressed or implied, with respect to the material contained herein or for any errors or omissions that may have been made. The publisher remains neutral with regard to jurisdictional claims in published maps and institutional affiliations.

This Springer imprint is published by the registered company Springer Nature Switzerland AG  
The registered company address is: Gewerbestrasse 11, 6330 Cham, Switzerland

# Foreword

The Italian Association for the Studies on the Quality of Life (AIQUAV) revealed itself to be one of the reference points in the Italian and international panorama for all scholars who for various reasons, academic and non-academic, are involved in research, evaluation, and promotion of the quality of life in Italy.

In this perspective, AIQUAV has organized several interesting initiatives (the most important are documented on the association's website, [www.aiquav.it](http://www.aiquav.it)). One of the initiatives involves the organization of sections, each one devoted to a topic considered strategic and of particular interest in the field of quality of life.

The first section that was set up is that on the relationship between food and quality of life.

This topic is considered particularly relevant throughout the members of the Association, and it always occupies an important space within the program of the AIQUAV National Conferences. The works presented on those occasions triggered engaging discussions that took on an exquisitely interdisciplinary character.

This book represents a selection of the works able of bringing out the complexity of the theme especially when related to quality of life. The relationship between the quality of life and food can be considered, actually, paradigmatic of the multidimensionality and complexity of the quality of life. This is particularly interesting also by thinking about the tradition and value of food in Italy.

As we know, dealing with the quality of life implies to decline it also in relation to other concepts, such as equity and sustainability, both at the micro level (individual and family) and at the macro level (local community or global). This is particularly true in the case of the relationship between the quality of life and food.

In other words, the quality of life seen through food requires an assessment of the balances between different domains, observed at both macro level (e.g., food resources and their fair and sustainable production and distribution) and micro level (e.g., the role that food plays in maintaining and promoting health or in pursuing prevention, or how much individual food choices is linked to aspects of respect for oneself and others).

Studying the quality of life by putting food at the center of reflection means once again putting the complexity of the life of all living beings at the center of the discussion. This is why food is increasingly becoming an important sign of the quality, balance, and sustainability of individual lives but also of communities at a local or global level. A complex sign as the result of delicate interconnections between environmental, social, economic, physical, and ethical issues.

That is why food should be adopted as one of the key paradigms to reflect on in terms of quality of life, even outside the academic discussion. Approaching food with due awareness is the key topic allowing a model of well-being to be proposed and promoted in a fair and sustainable way for everyone and everything.

The challenge is epochal and requires the adoption of concepts such as respect, limitation, sobriety, sharing, harmony, adaptation. An example is represented by all those initiatives that tend to enhance the production of food carried out in respect of the environment but also of the people who participate in it. A production whose added value is no longer represented only by the quantitative dimension (assessable in economic terms) but which places the dimension of quality at the center. In other words, the adoption of the concepts of respect, limit, sobriety, sharing, harmony, adaptation aims at their declination that takes into consideration all forms of life and its quality.

Editors and Authors (all friends and colleagues of the AIQUAV network) have been urged by Prof. Alex Michalos, who receives our deep gratitude and our most heartfelt thanks, to compose this collection aimed at proposing different points of view over the food world.

I want to express my warmest congratulations for the work done and for having concretely contributed to the promotion of this important theme within our association, at national and international level.

Rome, Italy  
April, 2021

Filomena Maggino  
President of the Italian Association  
for Quality-of-Life Studies  
“Sapienza” University of Rome

# Contents

<b>1</b>	<b>The Relationship between Food Styles and Health: A Contribution from Italian Official Data . . . . .</b>	<b>1</b>
	Carolina Facioni, Isabella Corazziari, and Filomena Maggino	
<b>2</b>	<b><i>Sagre</i> and Quality of Life. The Italian Heritage of Popular Gastronomy . . . . .</b>	<b>21</b>
	Gabriele Di Francesco	
<b>3</b>	<b>New Food and Restaurant Trends . . . . .</b>	<b>39</b>
	Paolo Corvo, Riccardo Migliavada, and Dauro Mattia Zocchi	
<b>4</b>	<b>Food Consumption Associated with Health Status and Lifestyle Factors in the Adult Italian Regional Population: An Analysis Proposal for Official Statistics Data . . . . .</b>	<b>57</b>
	Alfonso Piscitelli and Michele Staiano	
<b>5</b>	<b>On the Theory of Measurement of Experience-Based Food Insecurity at the Global Level . . . . .</b>	<b>77</b>
	Elena Grimaccia, Filomena Maggino, and James Mohan Rao	
<b>6</b>	<b>Experienced Food Insecurity: A Compared Analysis between Formative and Reflective Approach . . . . .</b>	<b>91</b>
	Elena Grimaccia	
<b>7</b>	<b>Agriculture and New Technologies: A Basic Challenge for the Twenty-First Century . . . . .</b>	<b>113</b>
	Adele Bianco	
<b>8</b>	<b>Food and Communities: Perspectives of Sharing Society . . . . .</b>	<b>125</b>
	Gabriele Di Francesco	
<b>9</b>	<b>Epilogue—Food Memories and Quality of Life . . . . .</b>	<b>145</b>
	Carolina Facioni and Alex C. Michalos	