



Healthy people, healthy planet

Feeding a growing global population

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Successes of our food systems

- Since 1900 the global average life expectancy has more than doubled.
- Proportion of people hungry on the planet has halved since 1969.
- Incremental, inter-generational gains.
- Security, quantity... quality.



Global Malnutrition



2 billion people lack key micronutrients like iron and vitamin A



155 million children are stunted



52 million children are wasted



2 billion adults are overweight or obese



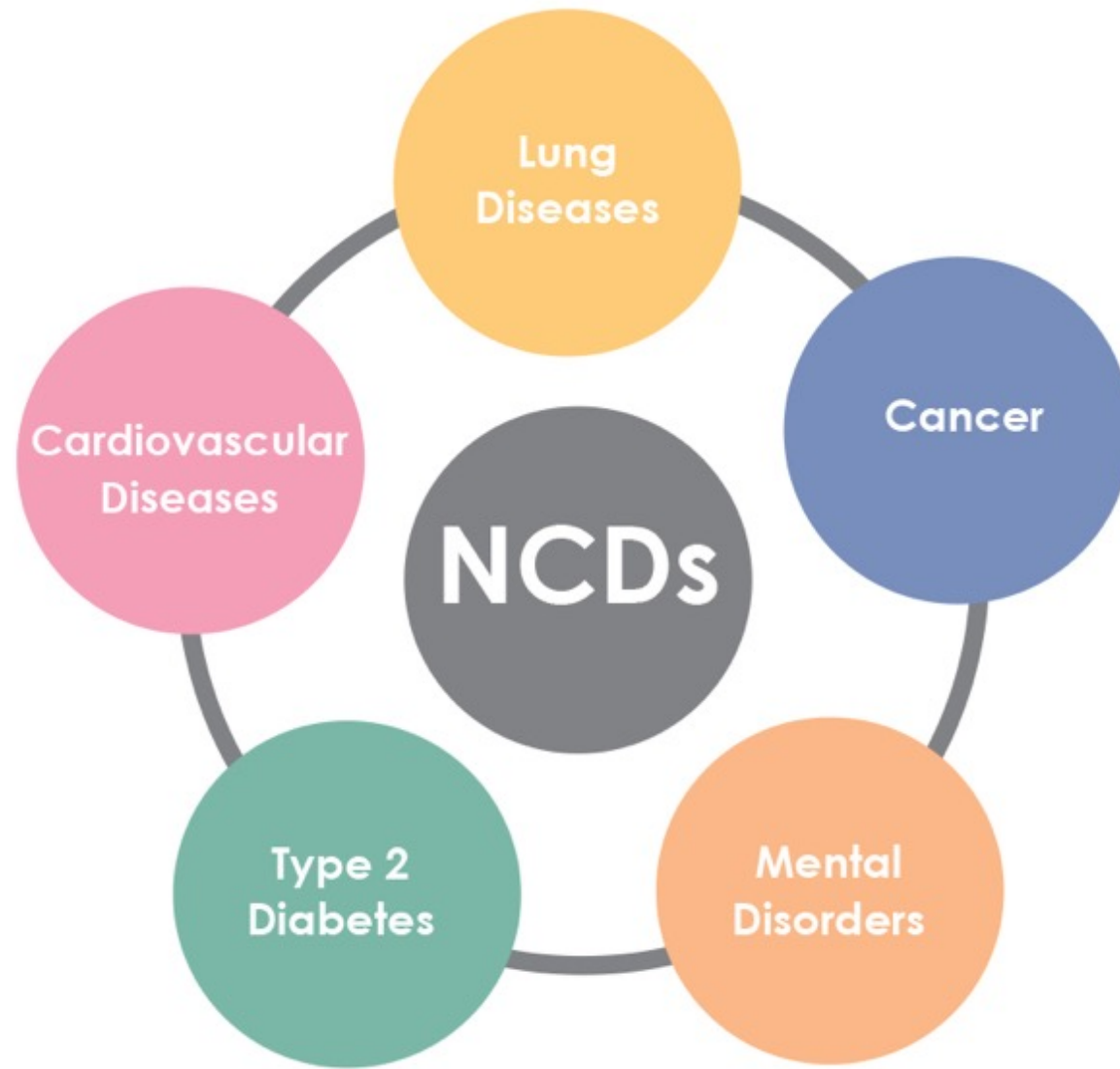
41 million children are overweight



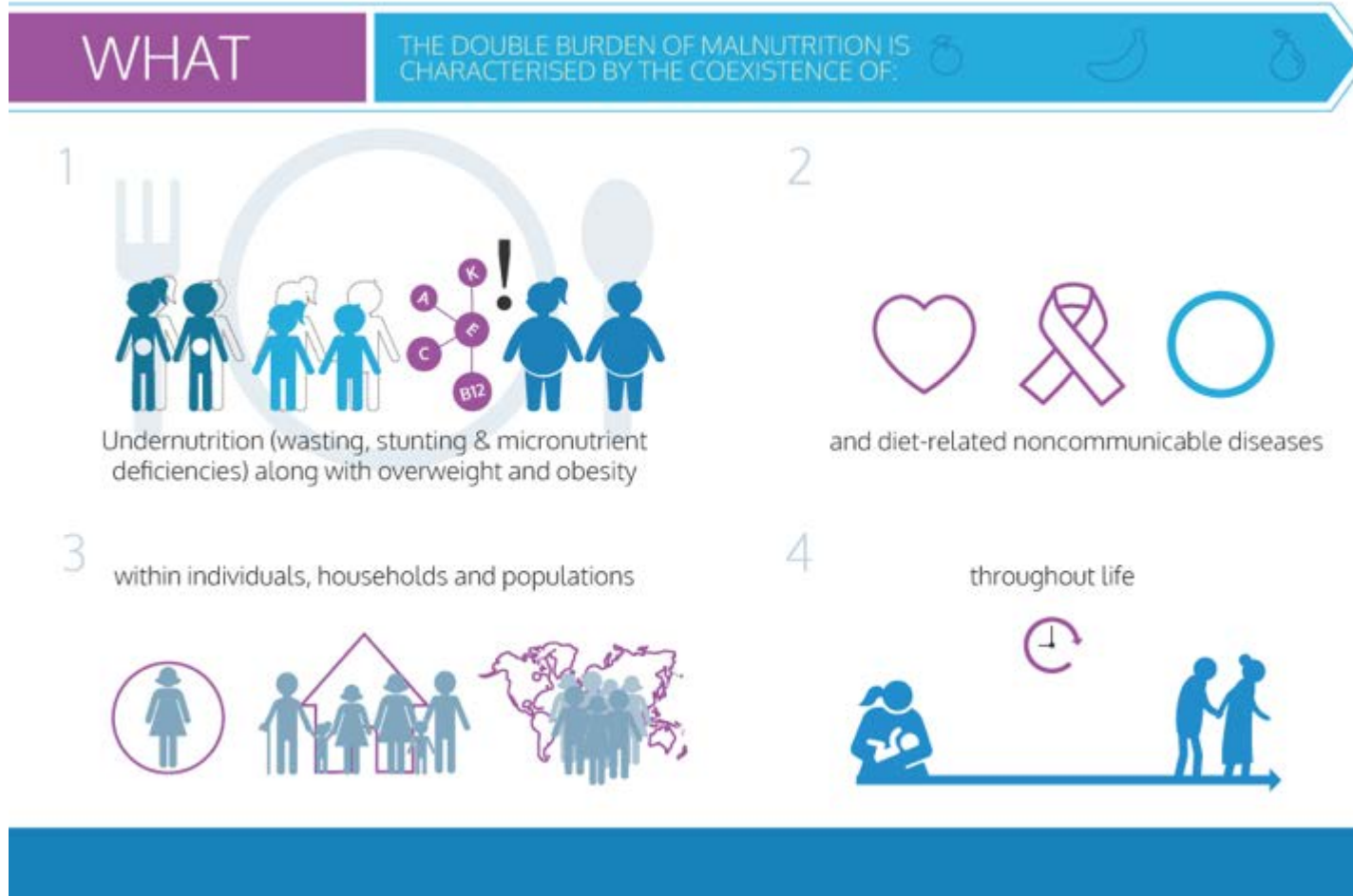
88% of countries face a serious burden of either two or three forms of malnutrition



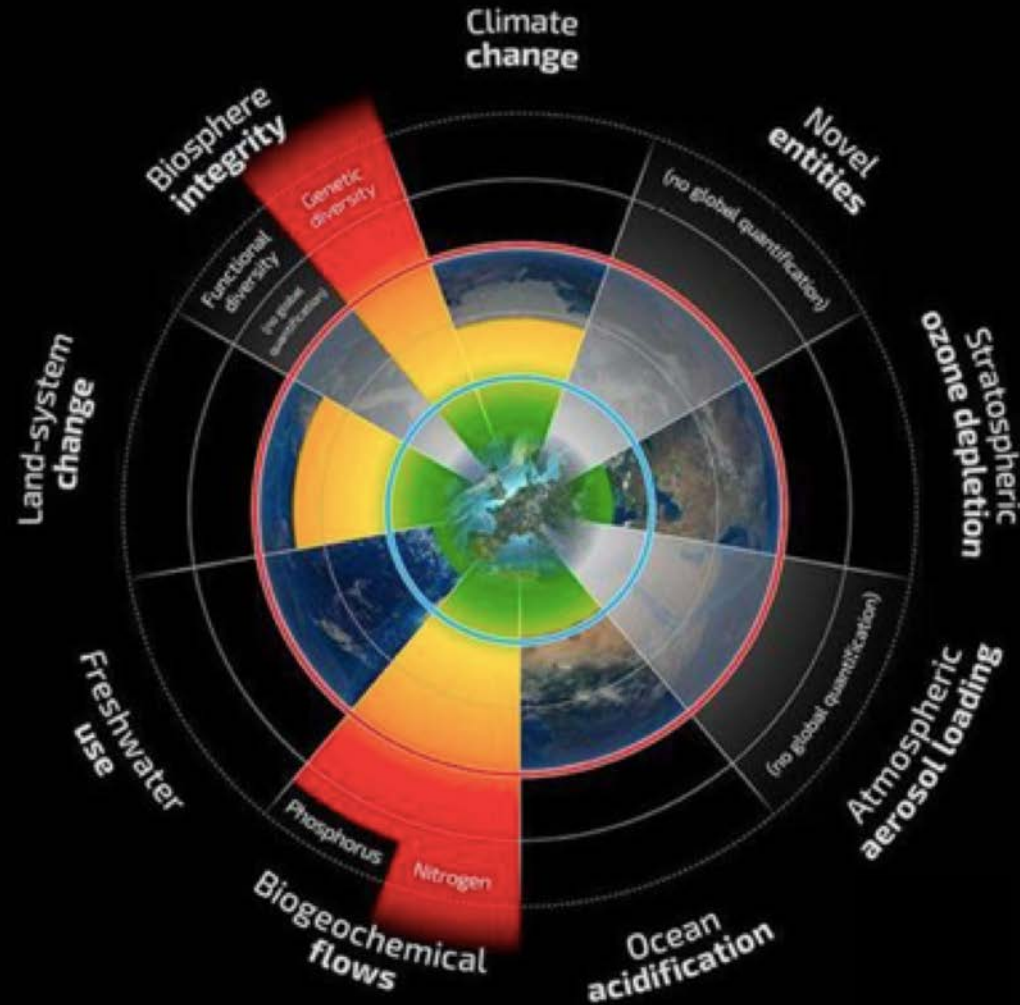
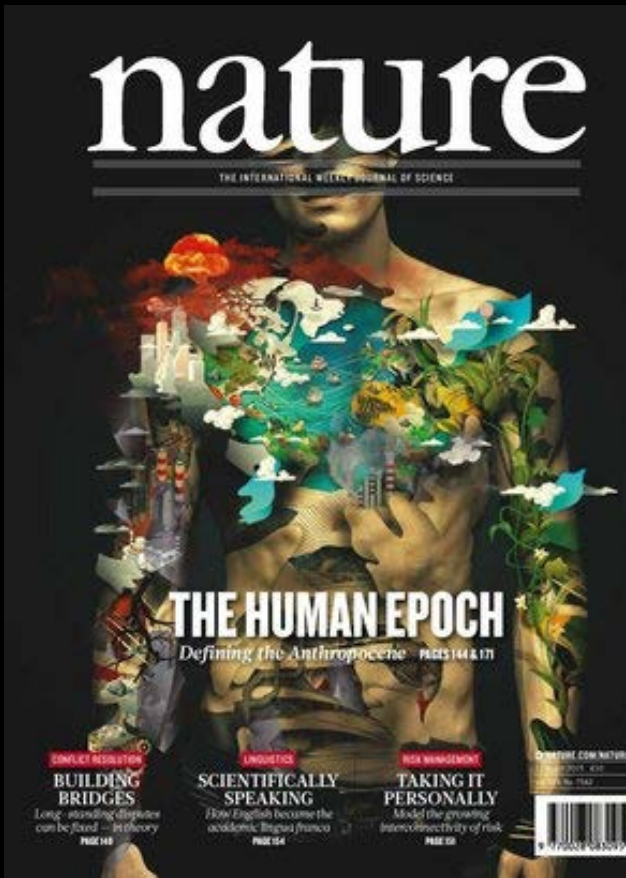
And the world is off track to meet all global nutrition targets



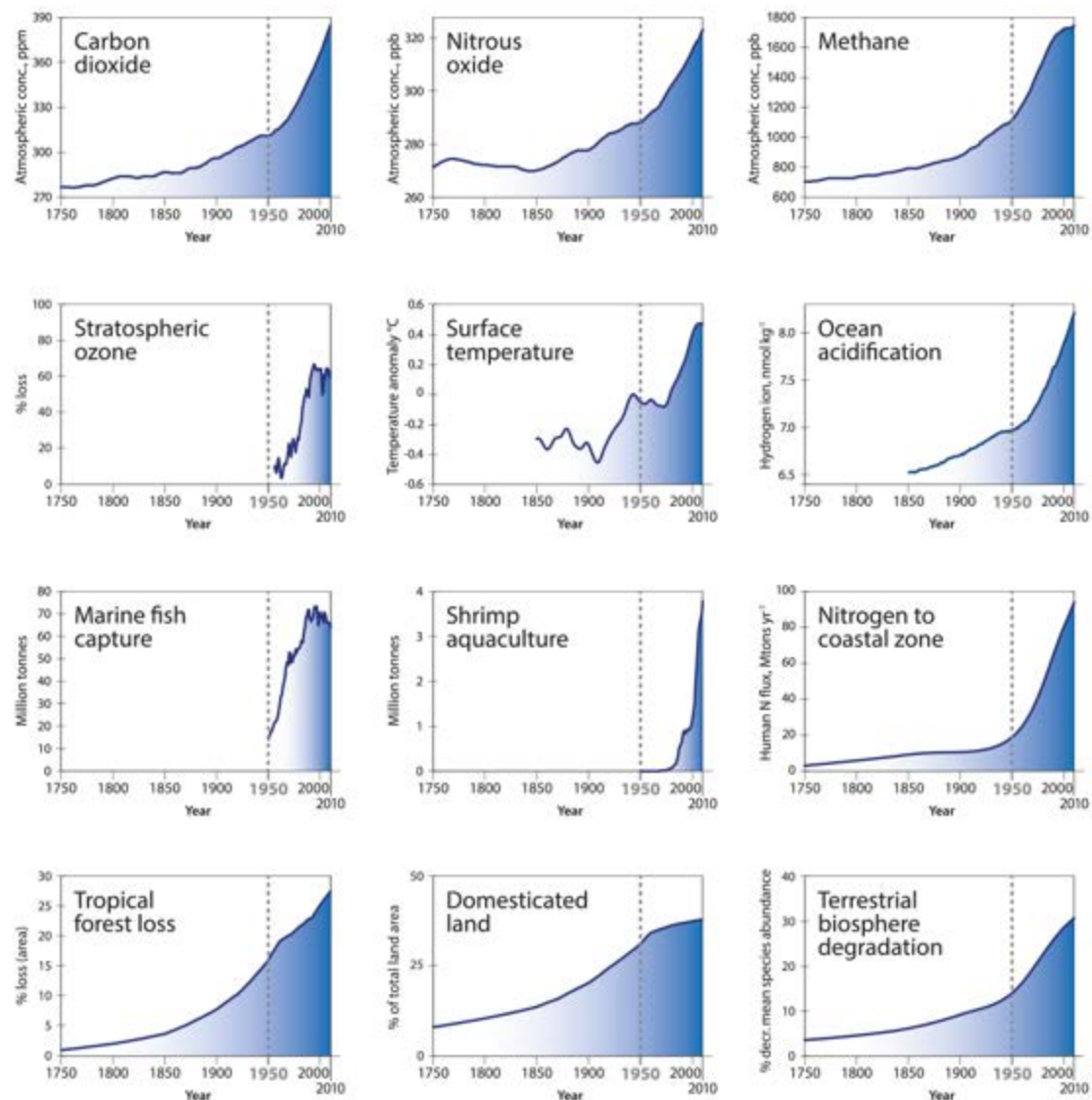
Shifting burden of malnutrition



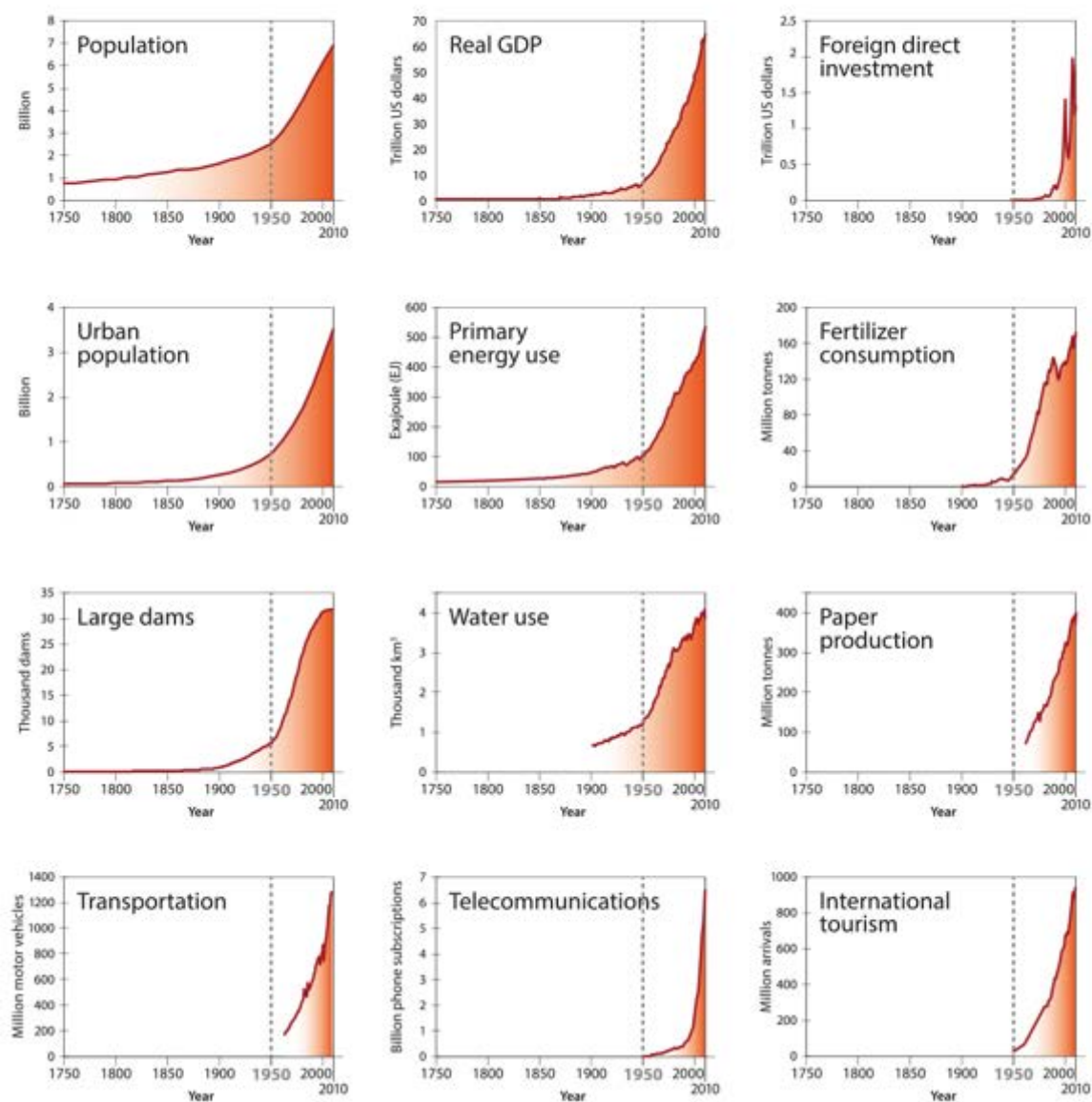
Global challenges



Earth system trends

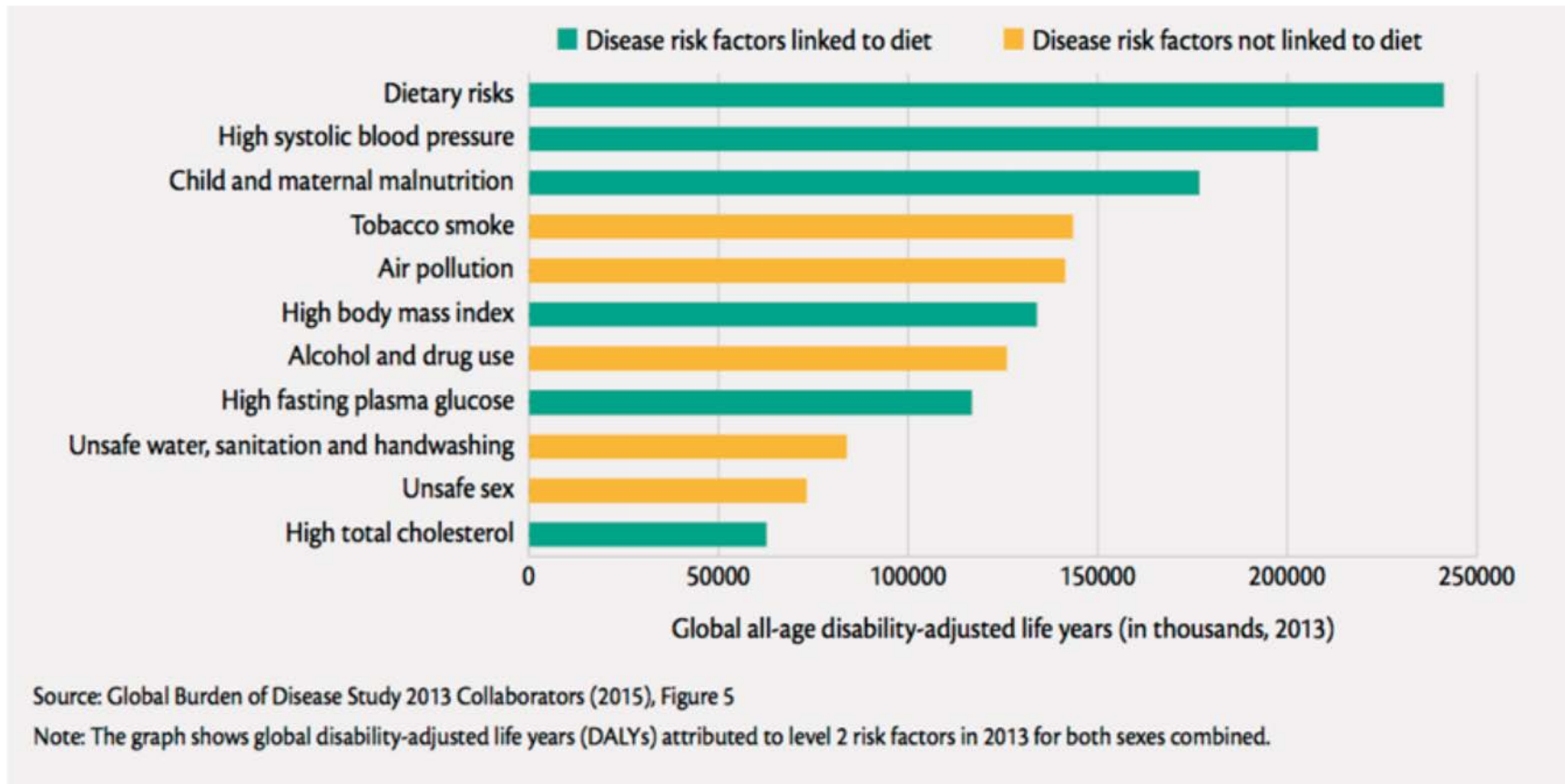



Socio-economic trends



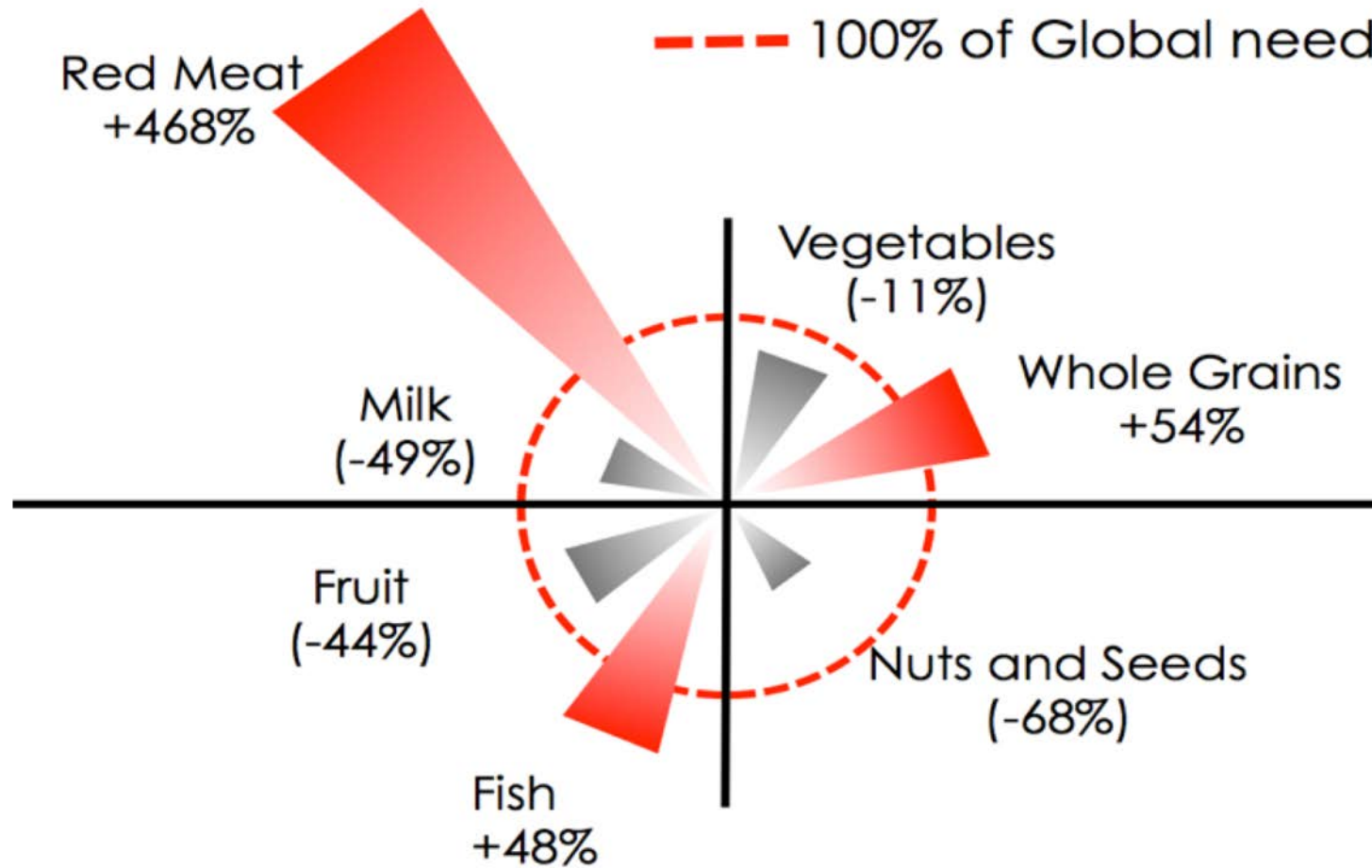
Steffen et al., (2015). The trajectory of the Anthropocene: the Great Acceleration. The Anthropocene Review.

Food fails health



- 
- ✓ Balanced energy intake
 - ✓ Fruits, vegetables, legumes, nuts, whole grains
 - ✓ Healthy fats – unsaturated rather than saturated, eliminate trans fats
 - ✓ Less than 10% (<5%) total energy from free sugars
 - ✓ Less than 5g salt

What are we producing?



Climate
C



Nitrogen
(N)



Phosphorus
(P)

Water
(H₂O)



Biodiversity
(DNA)



Land





#Foodcanfixit



Shifting diets reduces environmental pressure

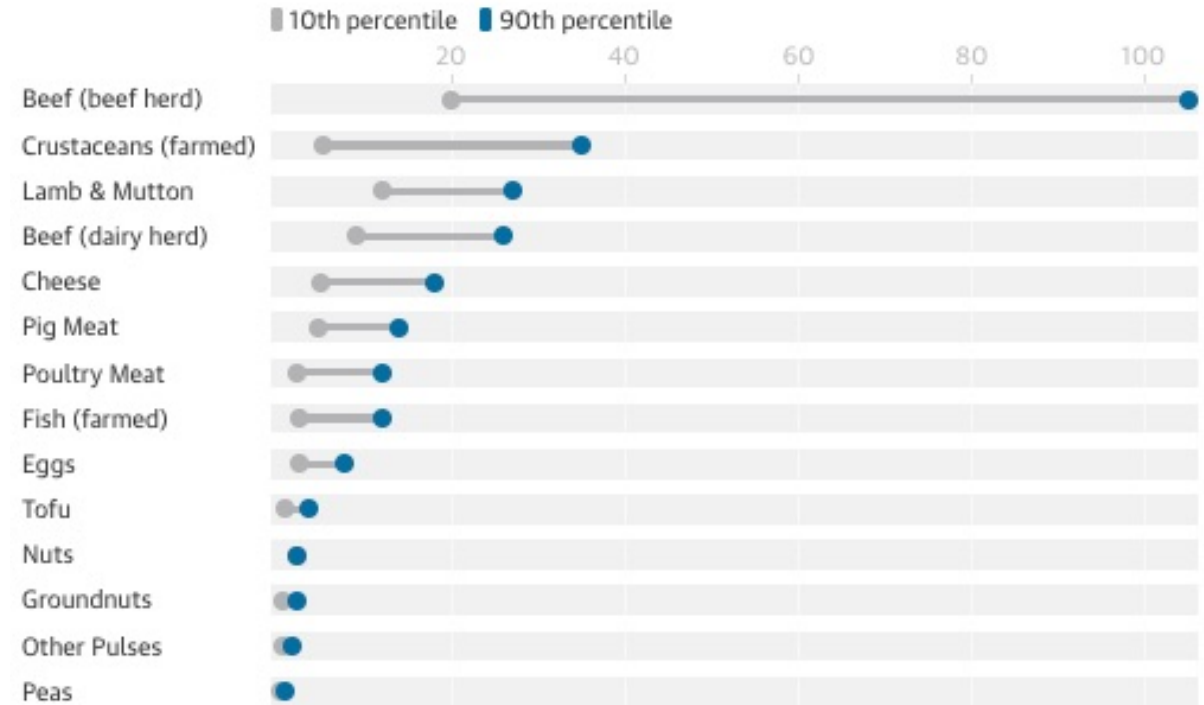
Avoiding meat and dairy is 'single biggest way' to reduce your impact on Earth

Biggest analysis to date reveals huge footprint of livestock - it provides just 18% of calories but takes up 83% of farmland



Poore, J., and Nemecek, T. (2018). Reducing food's environmental impacts through producers and consumers. *Science*, 360, pp. 987-992. Graphics: The Guardian

Beef results in up to 105kg of greenhouse gases per 100g of meat, while tofu produces less than 3.5kg



Guardian Graphic | Source: Poore and Nemecek, Science



Increased dietary diversity can protect biodiversity in food systems

A close-up photograph of a white plate containing several small, grilled fish, likely sardines, which are golden-brown and slightly charred. In the bottom left corner, there are some green leafy vegetables. The background shows a blue and white checkered tablecloth. A semi-transparent dark banner with orange text is overlaid across the middle of the image.

Good nutrition reduces the double burden and make major contributions to environmental sustainability

Food systems are at the heart of the SDG agenda



Lancet Series on the double burden

Refocusing the global community on *integrative opportunities* and providing a *blueprint for action* in a new nutrition reality

UNITED NATIONS DECADE OF
ACTION ON NUTRITION
● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●
2016-2025



Lancet Series on the double burden

Paper 1: Global nutrition transitions and the double burden (epidemiological)

Paper 2: New biological pathways in malnutrition (biological)

Paper 3: Double-duty actions for nutrition (policy)

Paper 4: Economics of inaction on the double burden of malnutrition (economic)

Fig. 5. Three levels of doing double-duty



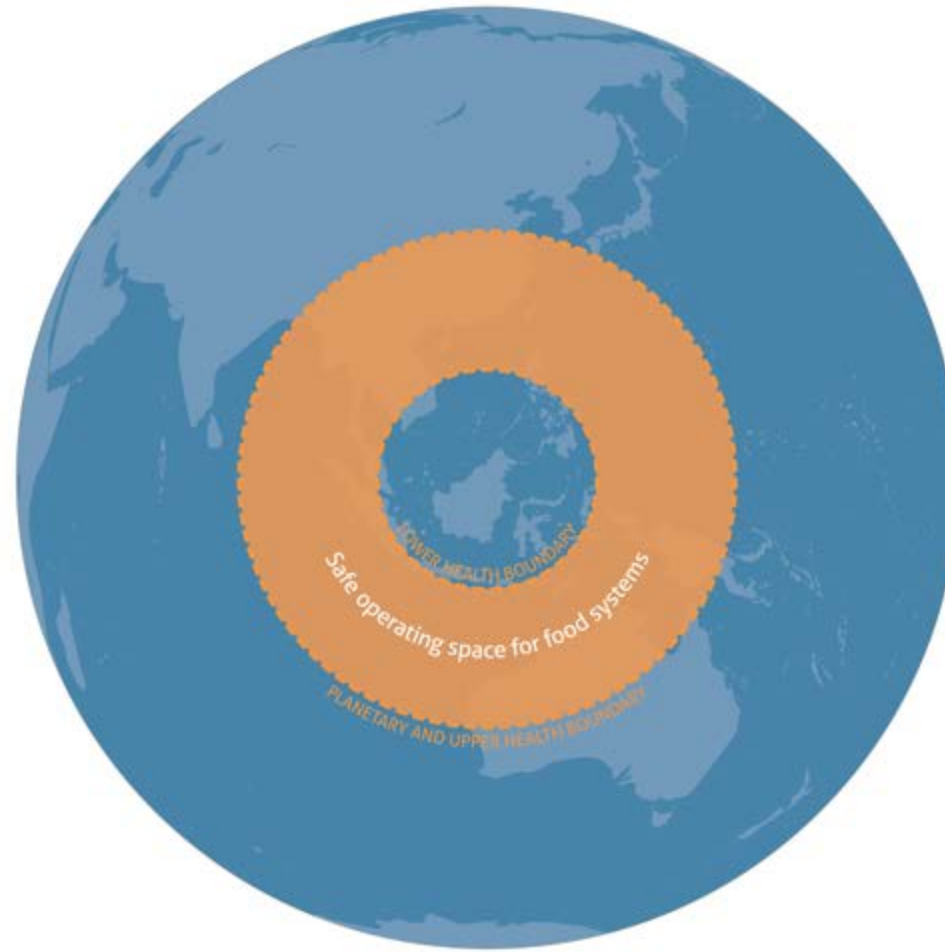


EAT-Lancet Commission

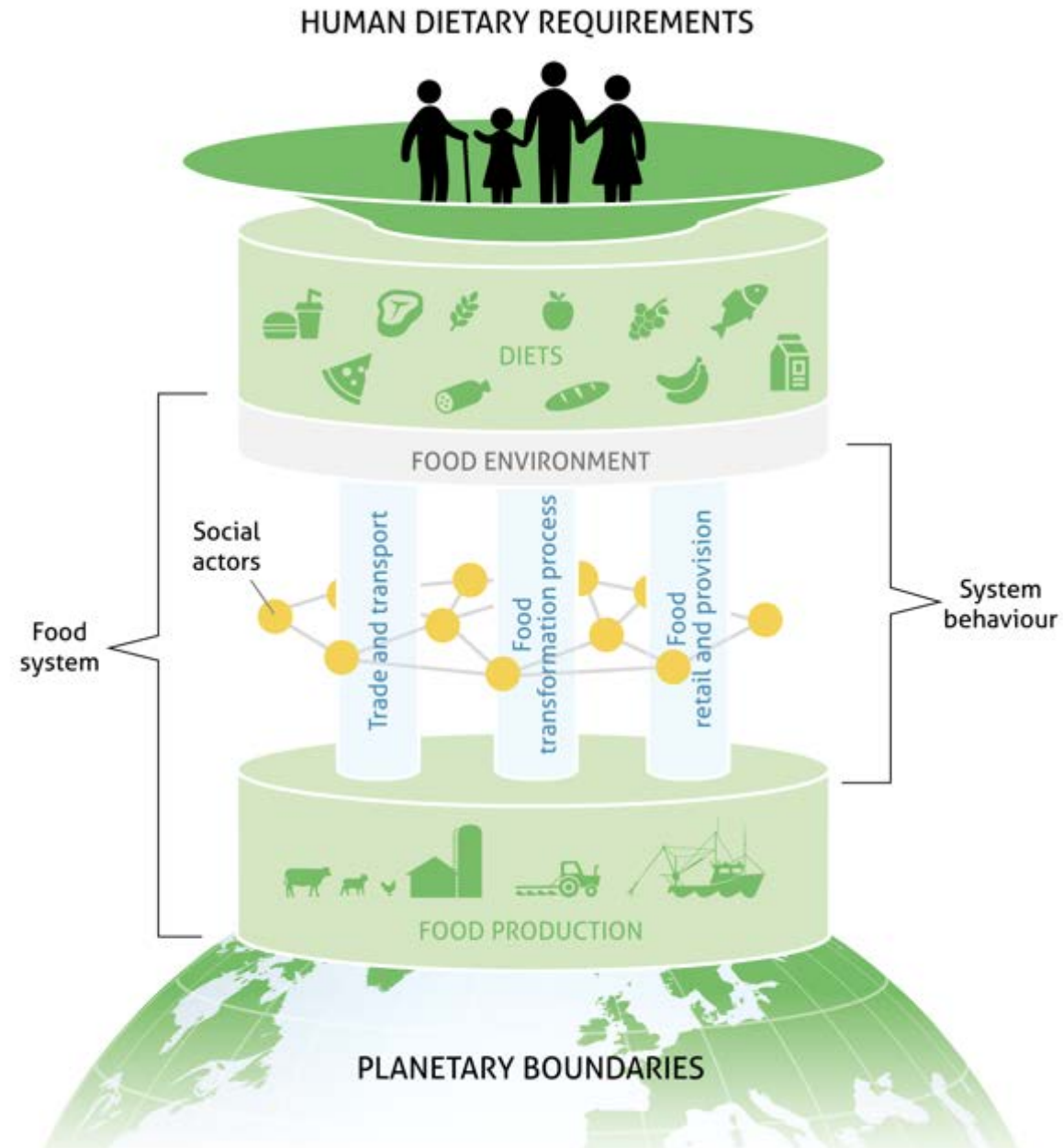
How will we feed nearly 10 billion people a healthy and sustainable diet?



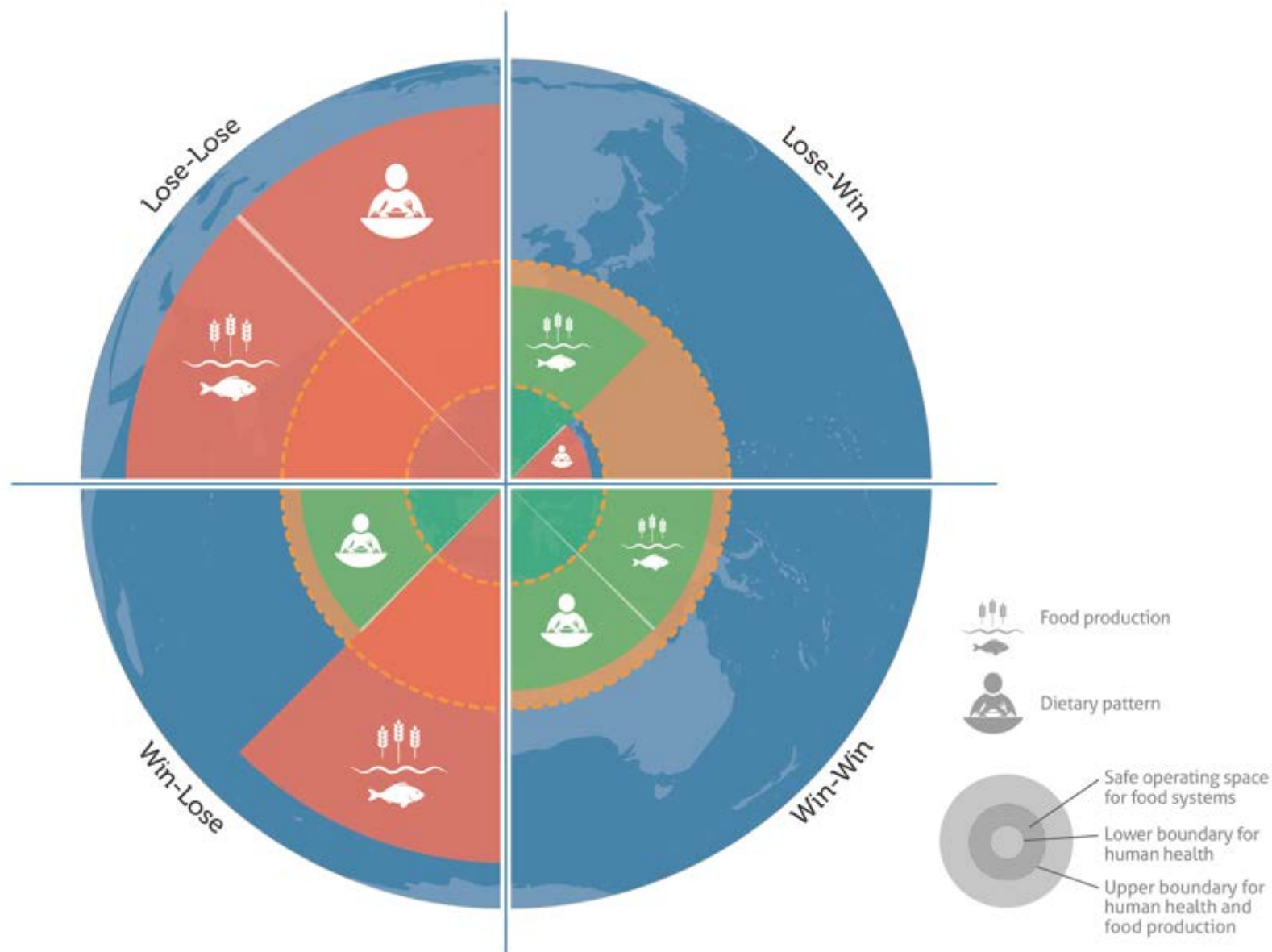
A safe operating space for food



Between the boundaries

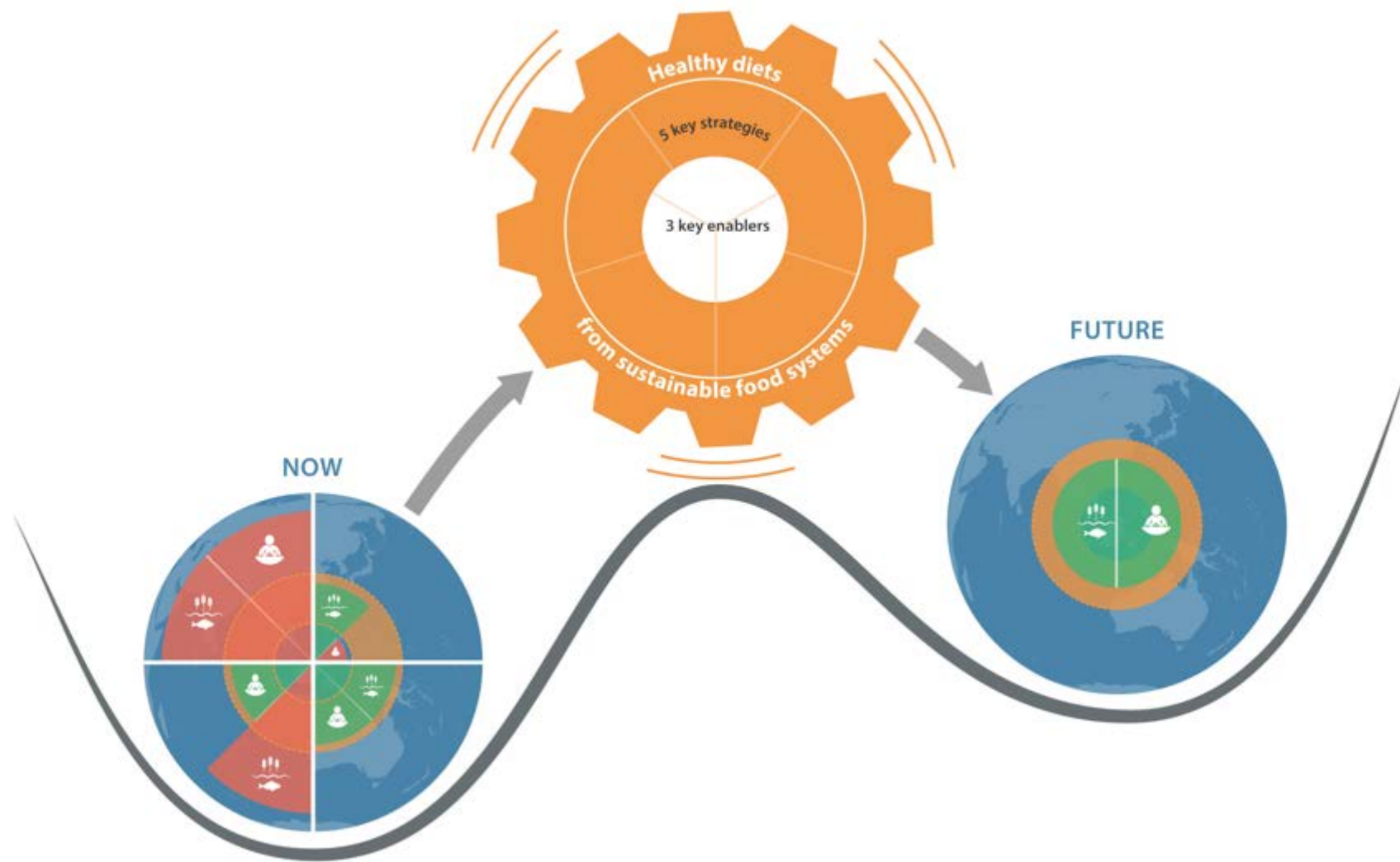


Achieving win-win diets



E
A
T

A great food transformation





The road ahead

- Asking (and answering) the tough questions
- Tackling trade-offs
- Tailoring solutions to sectors and regions
- Closing knowledge gaps
- Leaving no one behind

EAT

Three white dots are arranged in a triangular pattern above the letter 'T'. Two dots are positioned horizontally next to each other, and a third dot is centered below them, forming a small triangle.