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

The Double Burden of Malnutrition is characterised by the coexistence of:

1. Undernutrition (wasting, stunting & micronutrient deficiencies) along with overweight and obesity
2. and diet-related noncommunicable diseases
3. within individuals, households and populations
4. throughout life
Global challenges
Food fails health

![Graph showing disease risk factors](image)

**Source:** Global Burden of Disease Study 2013 Collaborators (2015), Figure 5

**Note:** The graph shows global disability-adjusted life years (DALYs) attributed to level 2 risk factors in 2013 for both sexes combined.
What is a healthy diet?

 ✓ 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

Photo: Marufish, 2011
What are we producing?

Adapted from Murray (EAT 2014)
Climate

Nitrogen (N)

Water (H₂O)

Biodiversity (DNA)

Land

Phosphorus (P)
#Foodcanfixit
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


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
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
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)
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
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