



# Transformation to Healthy Diets for Everyone

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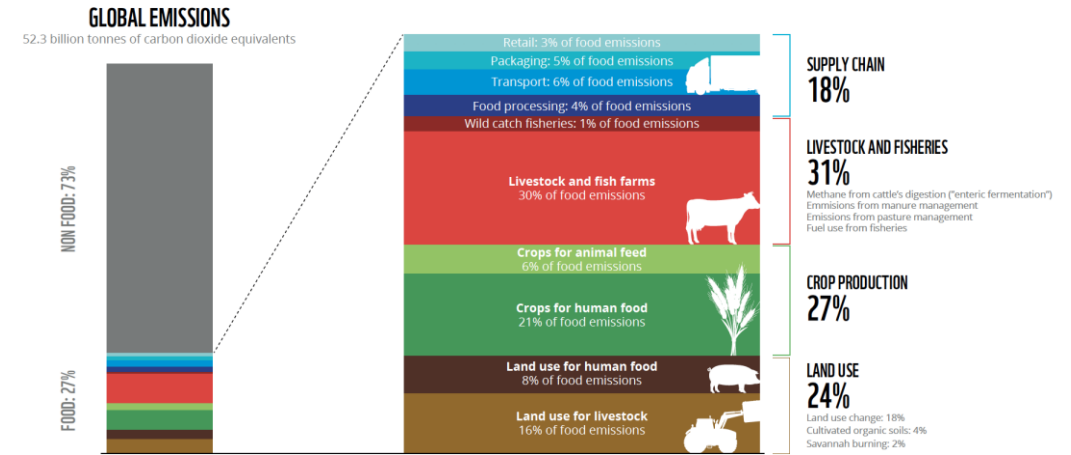
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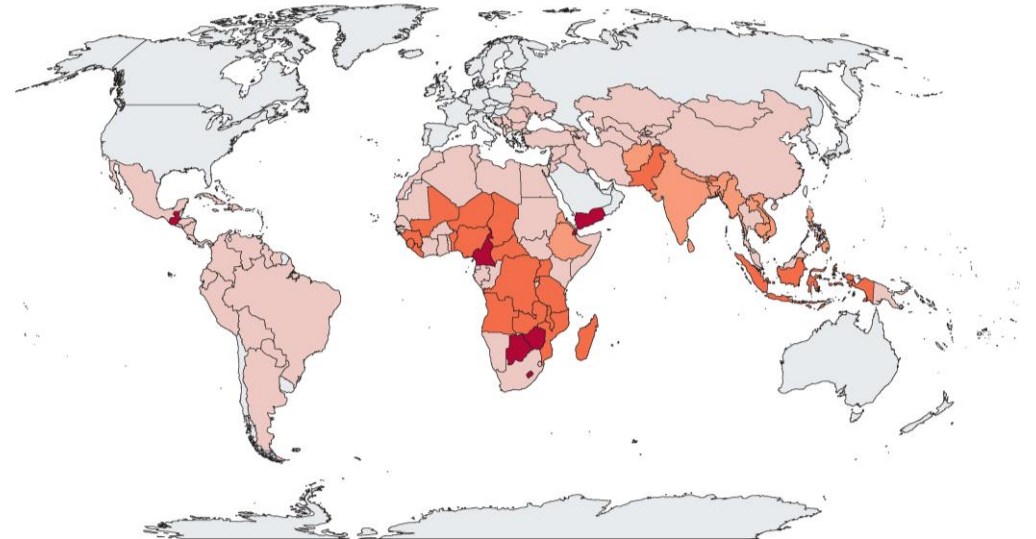


# Why should food systems be transformed?

- Because food systems are contributing to global greenhouse gas emissions and natural resource degradation
- Because the multiple burdens of malnutrition are massive and universal
- Because healthy diets are unaffordable, and because of that, people consume sup-optimal diets which are now a top risk factor of disease and death
- Because zoonotic pandemics—highly linked to food systems—are upon us, and not going away...
- Because we have more knowledge than ever before
- Because re-orienting food systems can be an opportunity!




B Countries with DBM in the 2010s according to weight and height data



What does it take to transform?

**THE LANCET**

Food in the Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems



"Food in the Anthropocene represents one of the greatest health and environmental challenges of the 21st century."

A Commission by The Lancet

WORLD RESOURCES INSTITUTE

WORLD RESOURCES REPORT  
**CREATING A SUSTAINABLE FOOD FUTURE**  
A Menu of Solutions to Feed Nearly 10 Billion People by 2050

PAUL REPORT, JULY 2018

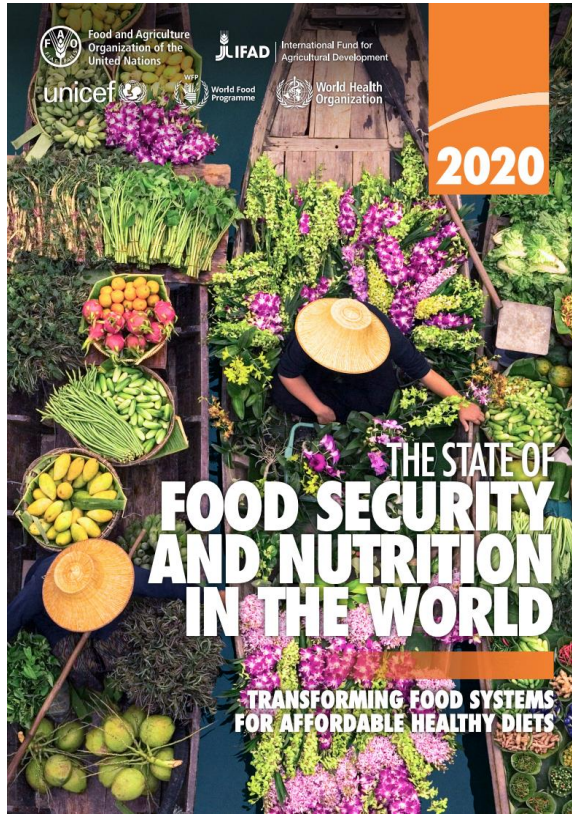
THE WORLD BANK UN WFP CIRAD INRA

Food and Agriculture Organization of the United Nations  
unicef  
IFAD International Fund for Agricultural Development  
World Food Programme  
World Health Organization

2020

**THE STATE OF FOOD SECURITY AND NUTRITION IN THE WORLD**

TRANSFORMING FOOD SYSTEMS FOR AFFORDABLE HEALTHY DIETS




ipcc  
INTERGOVERNMENTAL PANEL ON CLIMATE CHANGE

**Climate Change and Land**

An IPCC Special Report on climate change, desertification, land degradation, sustainable land management, food security, and greenhouse gas fluxes in terrestrial ecosystems

Summary for Policymakers




WG I | WG II | WG III

2020

**Global Nutrition Report**

Action on equity to end malnutrition



HLPE REPORT 12

**Nutrition and food systems**

A report by  
The High Level Panel of Experts  
on Food Security and Nutrition  
September 2017

CFS HLPE

Global Panel on Agriculture and Food Systems for Nutrition  
ForeSight 2.0



**Future Food Systems:**  
For people, our planet, and prosperity

# We need better data to aid decision-making



ABOUT US | METHODS



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## The Food Systems Dashboard is a new tool to inform better food policy

The Food Systems Dashboard brings together extant data from public and private sources to help decision makers understand their food systems, identify their levers of change and decide which ones need to be pulled.

Jessica Fanzo, Lawrence Haddad, Rebecca McLaren, Quinn Marshall, Claire Davis, Anna Herforth, Andrew Jones, Ty Beal, David Tschirley, Alexandra Bellows, Lais Miachon, Yuxuan Gu, Martin Bloem and Arun Kapuria

The Global Burden of Disease study showed that unhealthy diets contribute to 11 million deaths per year<sup>1</sup>. The double burden of malnutrition — the coexistence of overweight, obesity and non-communicable diseases with underweight, micronutrient deficiencies, wasting and stunting — is being driven by changes in food systems and in some cases increased availability of cheap, highly processed, nutrient-poor foods, impacting the lowest-income countries in sub-Saharan Africa, South and East Asia, and the Pacific the hardest<sup>1</sup>.

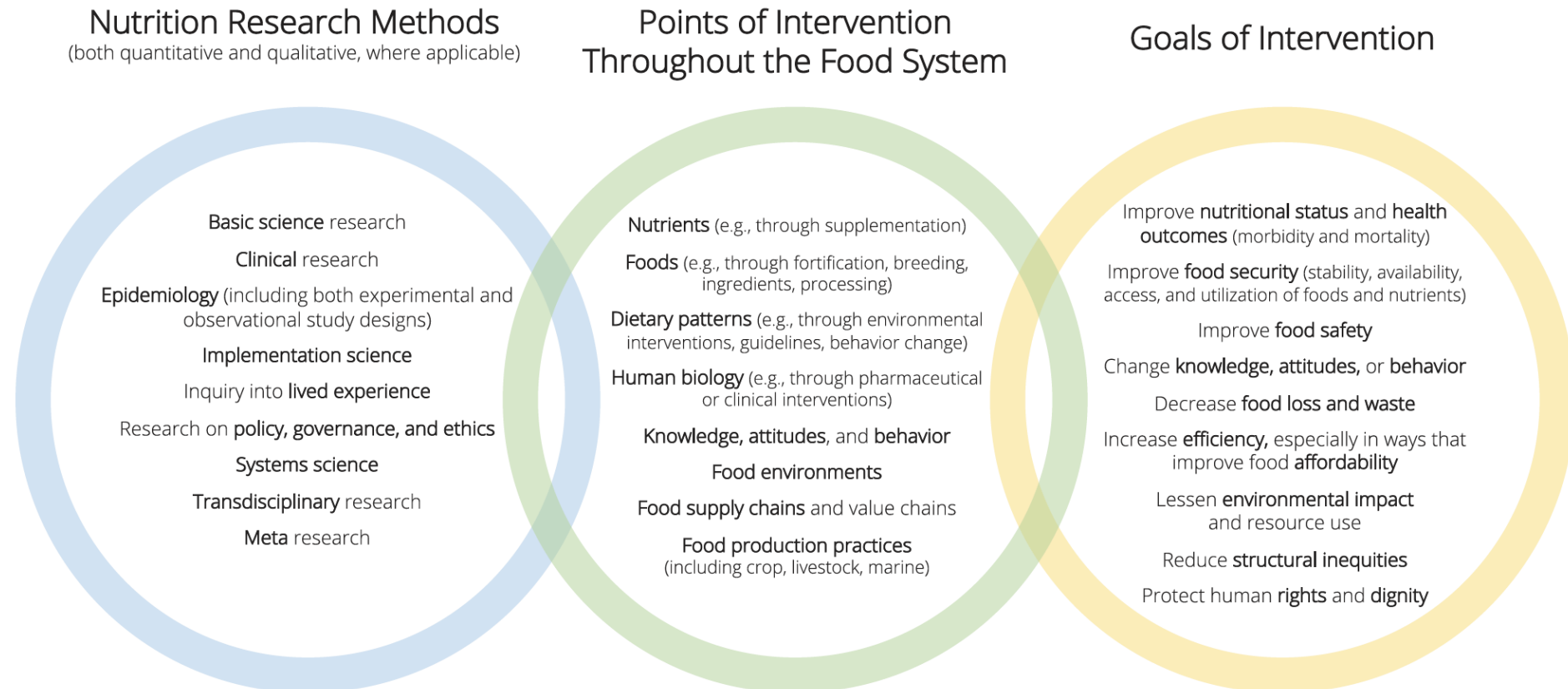
Diets are shaped by food systems. Food systems are made up of all the people,

institutions, environments, infrastructure and activities that relate to the production, processing, distribution, marketing, sale, preparation and consumption of food<sup>2</sup>. Food systems are intrinsically related to health, environment, culture, politics and economy. The food systems framework depicts these outcomes as well as characteristics such as food availability and affordability and personal knowledge, preferences, resources and behaviours (Fig. 1). Policy interventions that address one part of the system will impact many outcomes that food systems contribute to<sup>3</sup>. Importantly, actions can have both unintended consequences and multiple benefits due to this interconnectivity<sup>4</sup>.

Though there is widespread agreement that our food systems are unsustainable<sup>5</sup>, identifying ways to change and improve them is difficult. Food systems are complex and offer many entry points for change<sup>6</sup>. Additionally, even when actions have been identified, they often lack public acceptance and may not be politically feasible. However, it has been found that policies can be modified or combined in ways that increase their acceptance and, therefore, policy packaging is an important strategy to make policies both effective and politically feasible<sup>6</sup>. Policymakers, non-governmental organizations, civil society leaders and other actors do not currently have a holistic

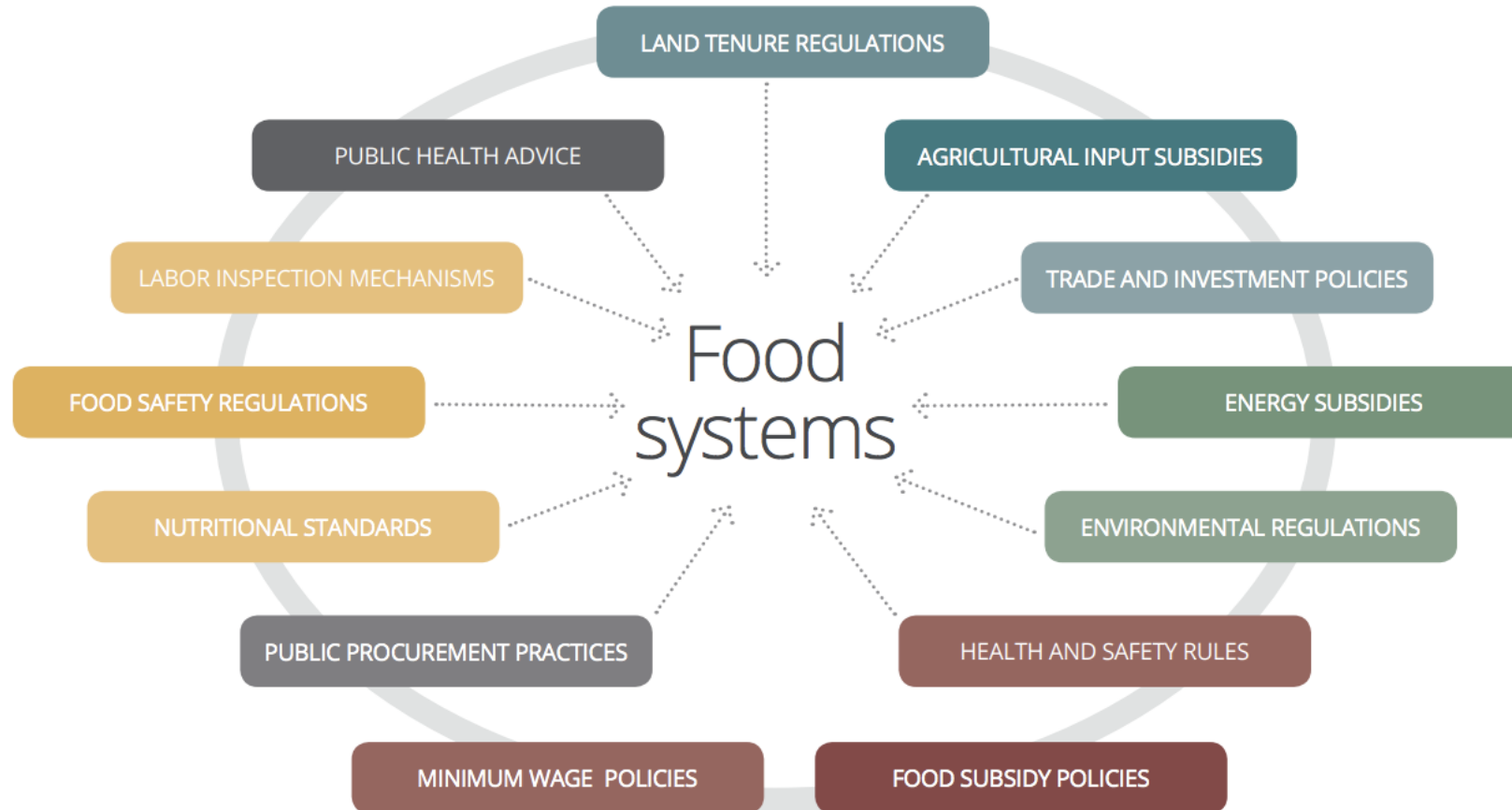


# Roadmap for evidence at the intersection of food systems, the environment and nutrition



An innovative program of food systems research draws from a range of methods, intervenes on multiple points throughout the food system, and embraces a diversity of goals that support and complement the traditional goal of improving nutritional status and health outcomes.

# We need policy coherence across nutrition, agriculture, environment and climate at least



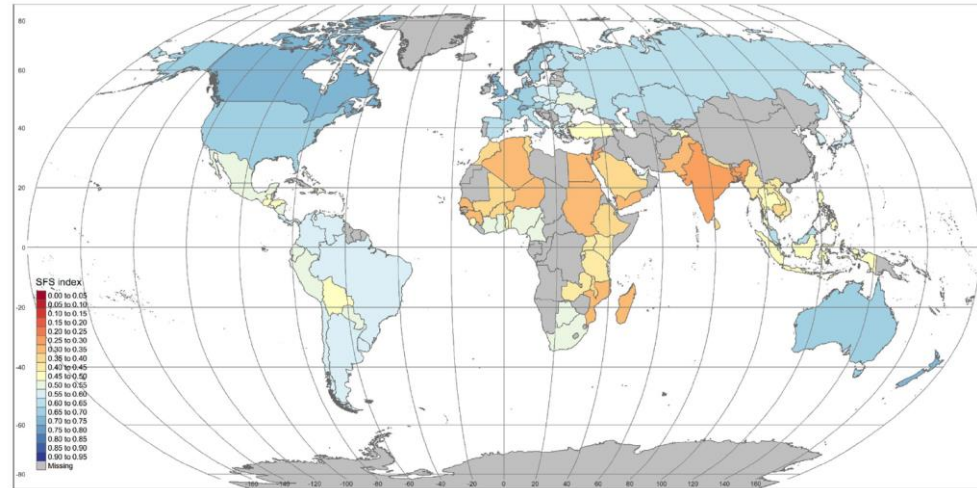
# We need to propose reasonable incentives to food system actors

What motivates people to want to change or do things differently when that road may be more challenging or may shift their seat of power?



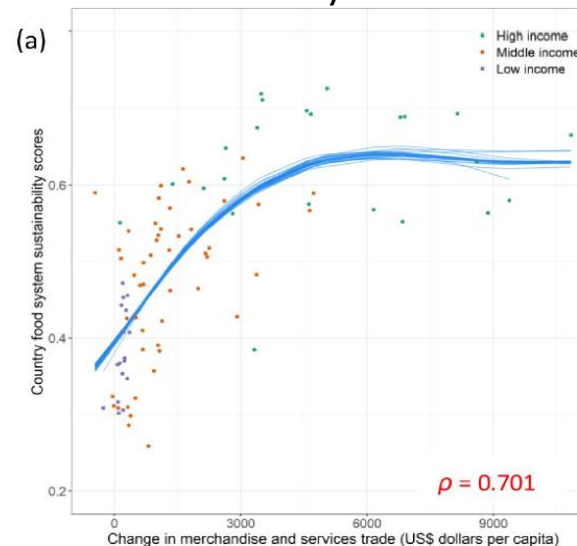
# We need to highlight and manage trade-offs

- There is great potential for food systems to promote resiliency, equity and sustainability for better diets, better human and planetary health, and a better world.
- Inevitably though, there will be trade-offs. The question is, how to deal with those trade-offs while doing the least amount of damage.

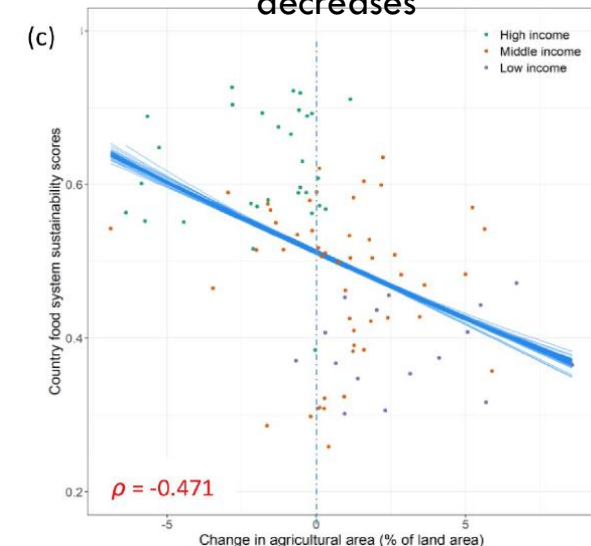


Food system sustainability score calculated for 97 countries and 20 indicators covering the environment, economic, social, and food security & nutrition outcomes

With increased trade, food system sustainability increases



With decreased change in agricultural area, food system sustainability decreases

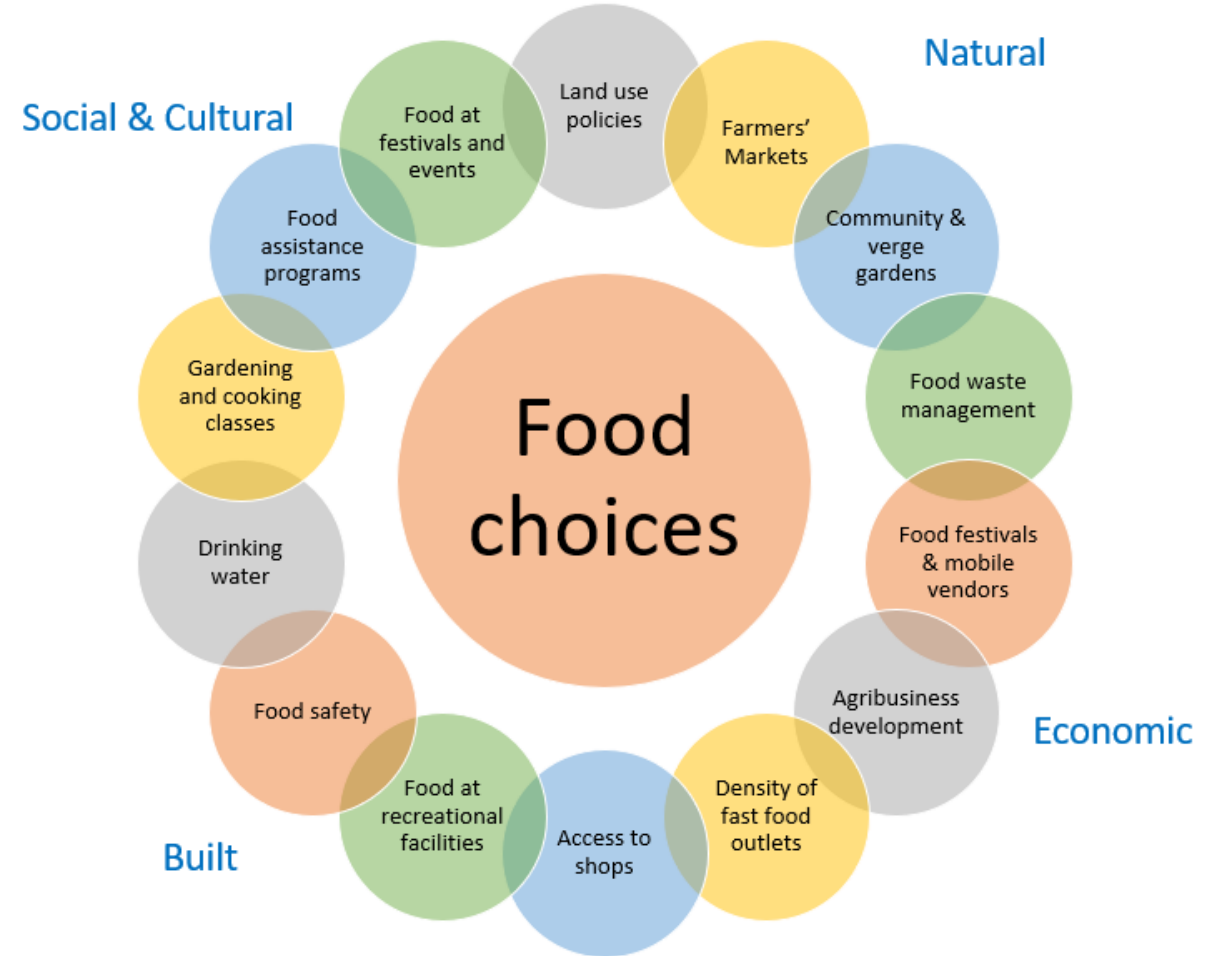




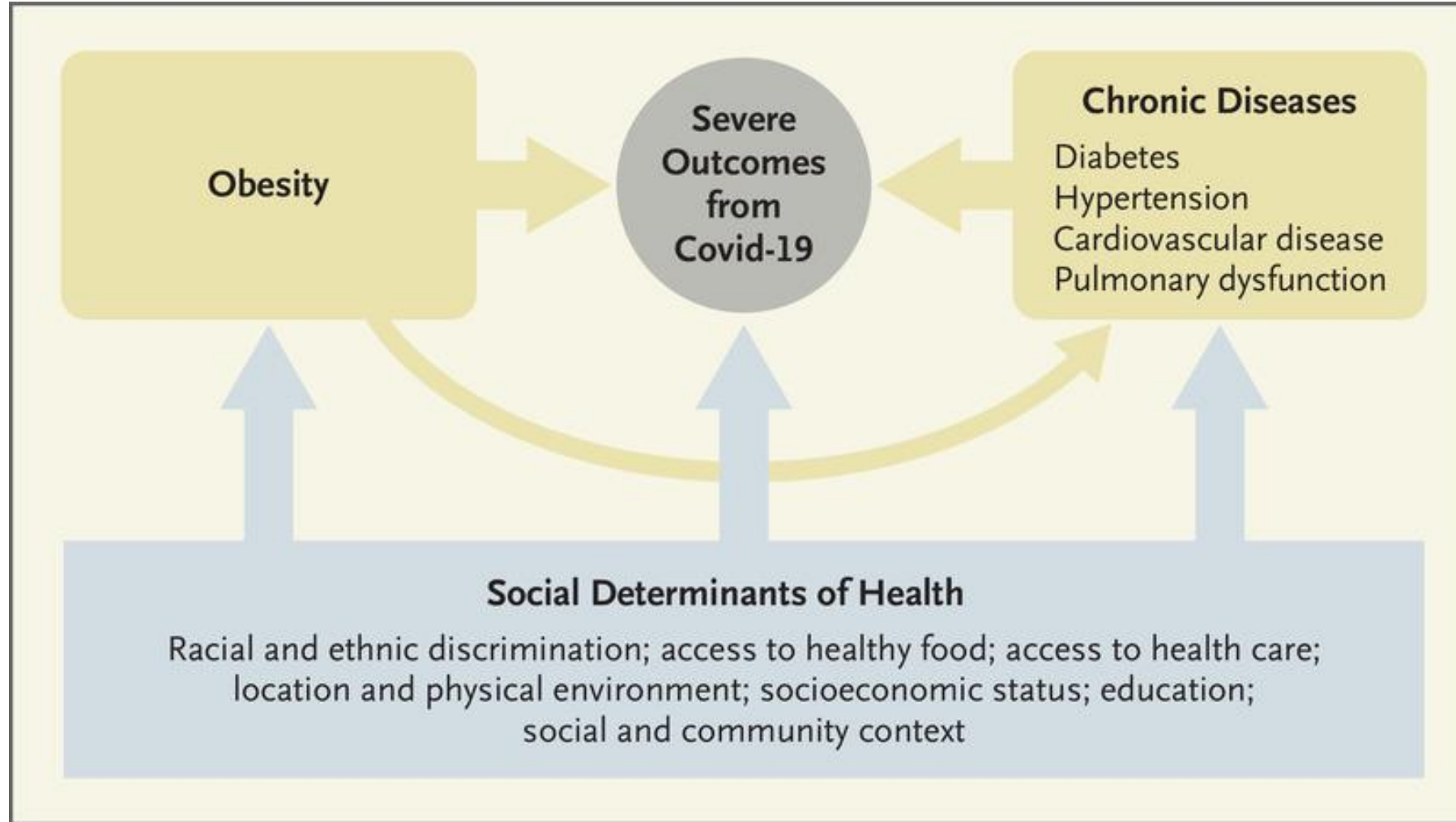
# We need to make it easier for consumers to buy and eat healthy and sustainably

**Don't leave it to the individual:** There is a lack of evidence for individuals taking action, and attitude-action gaps are evident.

Public understanding of the environmental and health impacts of food is low.

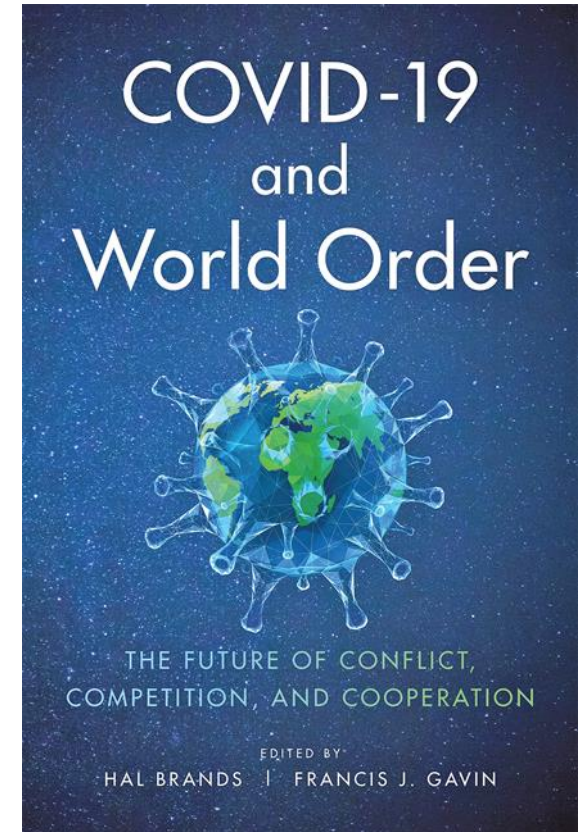


# We need to address inequities head-on



# We need global & multi-lateral cooperation

- No technical recommendations to fix food systems will stand on two legs with the current fractured and sclerotic global political enabling environment.
- In order for food systems to function effectively, equitably and sufficiently during the pandemic and long after, the political environment must be one that embraces global cooperation and inclusion and minimizes political polarization and geopolitical competition.



JESSICA FANZO

# Can Fixing Dinner Fix the Planet?



JOHNS HOPKINS  
**WAVELENGTHS**

## Thank you!

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