

Sustainable Diets

Task Force Report Form 2019



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Task Force Chair/s

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Task Force Members

1. Namukolo Covic, IFPRI-Addis Ababa, Ethiopia
2. Sandro Dernini, Forum on Mediterranean Food Cultures, Italy
3. Kunchit Judprasong, Institute of Nutrition, Mahidol University, Thailand
4. Mark Lawrence, Deakin University, Australia
5. Jennie Macdiarmid, University of Aberdeen, Scotland
6. Farah Naja, American University of Beirut, Lebanon
7. Cristina Tirado, University of California, USA
8. Penina Vatucawaqa, National Food and Nutrition Centre, Fiji
9. Ex officio:
10. Harriet Kuhnlein, ex-Chair of Indigenous Peoples' Food Systems TF
11. Benjamin Caballero, IUNS Council

Summary of activities in 2019

SDTF and its members are all involved in research and awareness-building for sustainable diets. Members were instrumental in providing input into international, regional and national processes and forums, conferences, and technical seminars/workshops. Several papers, books and reports were published by TF members on the topic of sustainable diets. The efforts of the task force are directly and indirectly contributing to the achievement of Sustainable Development Goal 2: end hunger, achieve food security and improved nutrition and promote sustainable agriculture.

Report of activities and achievements in 2019

Books published

Lawrence, M and S Friel (eds) (2019 release; 2020 copyright date). Healthy and Sustainable Food Systems. Routledge, Abingdon. <https://www.routledge.com/Healthy-and-Sustainable-Food-Systems-1st-Edition/Lawrence-Friel/p/book/9780815393276>

International experts provide in-depth analyses of the issues and evidence-informed recommendations for future policies and practices. Starting with an overview of ideas about health, sustainability and equity in relation to food systems, the book examines what constitutes a food system. The text explores health and sustainable diets, looking at issues such as overconsumption and waste. The book ends with discussions about the politics, policy, personal behaviours and advocacy behind creating healthy and sustainable food systems. Chapters by Task Force members include:

- Lawrence, M and S. Friel. An introduction to healthy and sustainable food systems.
- Burlingame, B. Chapter 2, Sustainability
- Macdiarmid, J. Chapter 10, Healthy and sustainable diets
- Tirado, C. Chapter 12. Co-benefits for climate and health of shifting towards plant-based diets.
- Lawrence, M and S. Friel. Conclusion – Transitioning towards healthy and sustainable food systems.

Burlingame, B and S Dernini (eds) (2019 publication; 2018 electronic release). Sustainable Diets -- Linking Nutrition and Food Systems. CABI, Wallingford.

<https://www.cabi.org/bookshop/book/9781786392848>

The book takes a transdisciplinary approach and considers multisectoral actions, integrating health, agriculture and environmental sector issues to comprehensively explore the topic of sustainable diets. The team of international authors, including Burlingame and Dernini as editors, and several other TF members as chapter authors, informs readers with arguments, challenges, perspectives, policies, actions and solutions on global topics that must be properly understood in order to be effectively addressed. They position issues of sustainable diets as central to the Earth's future. Chapters by Task Force members include:

- Burlingame, B & S. Dernini. Sustainable diets: how did we get here and where are we going?
- Lawrence, M, Baker, P, Lindberg, R and K Wingrove. Sustainable Diets: The public health perspective.
- Harriet Kuhnlein, Paul Eme, Yon Fernandez-Larrinoa. Indigenous peoples' food systems as critical for tomorrow's sustainable diets.
- Cristina Tirado. Climate change: Accelerating the shift from healthy diets to sustainable diets.

- Lorenzo Donini...Dernini...Burlingame et al. Nutrition indicators for sustainable diets
- Dernini et al. The Mediterranean Diet 4.0 as a multidimensional framework for sustainable diets.
- Mulet, M...Dernini. The 10YFP Sustainable Food Systems Programme as a multistakeholder platform for a systemic approach
- Stineke Oenema. The Decade of Action for Nutrition as an opportunity
- Barbara Burlingame. Towards a code of conduct for sustainable diets

Peer-reviewed papers

Sievert, K, Lawrence, M, Baker, P. (In Press), The political challenge of reducing meat production and consumption: A narrative review, *The Political Economy of Sustainable Food Systems*, *Social Science and Medicine*.

Candy, S, Turner, GM, Larsen, KA, Wingrove, K, Steenkamp, J, Friel, S, Lawrence, M.. (2019). "Modelling the Food Availability and Environmental Impacts of a Shift Towards Consumption of Healthy Dietary Patterns in Australia." *Sustainability* 11(24): 7124

Tallis, H, et al (2019). Aligning Evidence Generation and Use Across Health, Development and Environment. *Current Opinion in Environmental Sustainability*, 39: 81-93, [doi:10.1016/j.cosust.2019.09.004](https://doi.org/10.1016/j.cosust.2019.09.004)

Ridgway, E, Baker, P, Woods, J, Lawrence, M. (2019). Historical Developments and Paradigm Shifts in Public Health Nutrition Science, Guidance and Policy Actions: A Narrative Review. *Nutrients*. 11:3, 531. Doi: 10.3390/nu11030531

Lawrence MA, McNaughton SA. (2019). Vegetarian diets and health, *The BMJ*. 366: l5272. doi: 10.1136/bmj.l5272 [Editorial]

Lawrence M, Baker P, Pulker C, Pollard C. (2019). Sustainable, resilient food systems for healthy diets: the transformation agenda. *Public Health Nutrition*. 22(16): 2916-2920. doi: 10.1017/S1368980019003112 [Editorial]

Lawrence MA, Baker PI. (2019). Ultra-processed food and adverse health outcomes. *The BMJ*. doi: 10.1136/bmj.l2289 [Editorial]

Farah Naja , Leila Itani, Rena Hamade, Marie Claire Chamieh and Nahla Hwalla. Mediterranean Diet and Its Environmental Footprints Amid Nutrition Transition: The Case of Lebanon. *Sustainability* 2019, 11, 6690; doi:10.3390/su11236690.

Scalco A, Macdiarmid JJ, Craig T, Whybrow S, Horgan GW (2019) An Agent-Based Model to Simulate Meat Consumption Behaviour of Consumers in Britain. *J Artificial Societies & Social Simulation*, 22 (4) 8.

Hall C, Macdiarmid J I, Matthew R, Smith P, Hubbard S, Dawson T. (2019) The relationship between forest cover and diet quality: a case study of rural southern Malawi. *Food Security*, 11:635-650.

Reynolds CJ, Horgan GW, Whybrow S, Macdiarmid JI (2019) Healthy and sustainable diets that meet greenhouse gas emissions reduction targets and are affordable for different income groups in the UK. *Public Health Nutrition*, 22(8):1503-1517.

Horgan GW, Scalco A, Craig T, Whybrow S, Macdiarmid JI (2019) Social, temporal and situational influences on meat consumption in the UK population. *Appetite*, 138, 1-9.

Presentations

Many keynote and invited presentations on sustainable diets were given by TF members in 2019, including the following:

Burlingame, B. Sustainable diets and food systems of Pacific Island Countries and other Small Island Developing States. 2nd Global Conference of the One Planet (10YFP) Sustainable Food Systems Programme, 5-7 February 2019, San Jose, Costa Rica.

Macdiarmid J I. Italian Association of Agriculture and Applied Economics International Conference. The impact of changing diets on health and the environment - where do we need to go? Florence, Italy (June 2019).

Macdiarmid J I. Global Academy of Agriculture and Food Security. Achieve sustainable diets: "eating is a complex social phenomenon". University of Edinburgh, Edinburgh (June 2019).

Naja, F. 'Incorporating the Principles of the Mediterranean Diet Within Healthy Food Systems' High level meeting, Future of food, Rome Italy 9-12 June 2019

Burlingame, B. - Achieving sustainable diets: the fundamental role of the food chemist. EuroFoodChem XX Conference, 17-19 June 2019.

Burlingame, B. Food Data Evolution: How did we get here and where are we heading? 10th OCEANIAFOODS Conference, Auckland, NZ, 3-4 September 2019.

Naja, F. 'The Healthy Lebanese Mediterranean diet: Is it Sustainable? SDGs research day, Faculty of Agriculture and Food Sciences, American University of Beirut. 18 September 2019

Burlingame, B. Food system transformation for healthy and sustainable diets. FAO/ WHO Multi-stakeholder Policy Workshop: Leveraging Food Systems to Combat Obesity in the Near East and North Africa Region. Cairo, 23-24 September 2019.

Lawrence M. 'Healthy and sustainable diets for personal and planetary health', Victorian Healthy Eating Enterprise Implementation & Action Roundtable, 26 November 2019, Department of Health and Human Services, Melbourne.

Contributions to committees, policy

Mark Lawrence: Moderator, Food and Agriculture Organization – World Health Organization International Expert Consultation on Sustainable and Healthy Diets, 1-3 July 2019, FAO Headquarters, Rome, Italy - This role was associated with the following 2 policy documents:

- Member of International Expert Committee. (2019). Food and Agriculture Organization – World Health Organization, Guiding Principles for Sustainable Healthy Diets, Rome, Food and Agriculture Organization – World Health Organization. <http://www.fao.org/publications/card/en/c/CA6640EN>
- Kumanyika, S., Arimond, M., Afshin, A., Lawrence, M., McNaughton, S., Nishida, C. (In Press). 'Healthy Diets', paper prepared for the Food and Agriculture Organization – World Health Organization International Expert Consultation on Healthy and Sustainable Diets.

Jennie Macdiarmid: FAO/WHO Committee: Sustainable Healthy diets: guiding principles (2019) <http://www.fao.org/3/ca6640en/ca6640en.pdf>

Conferences organised

Sandro Dernini: Organised the 2nd World Conference on the Revitalization of the Mediterranean Diet: Strategies Towards More Sustainable Food Systems in the Mediterranean Region. Palermo, 15-17 May 2019. The purpose of the Forum is to develop and report on research, promotion and communication towards the revitalization of the Mediterranean diets as a sustainable diet model. One session was organized by TF Chair Barbara Burlingame on Sustainable Diets: Linking Nutrition and Food Systems.

Academic contributions

All TF members carry out research and teaching programmes into which they have integrated the subject of sustainable diets.

All TF members are Chief and/or Associate Editors for the journal 'Frontiers in Nutrition and Environmental Sustainability', and are involved in the publishing, reviewing and editing papers on the topic of sustainable diets.

Activities planned for 2020

Activities continue in 2020 for increasing research efforts, and the publication of more books and scientific papers. More input into national and intergovernmental policies and programmes is expected. Planning continues for organising conferences and conference sessions, including the following:

As a member of the National Organising Committee for the World Nutrition Congress 2020 (World Public Health Nutrition Association), TF member Mark Lawrence provided expert advice for the inclusion of a sustainable diet theme and principles into the committee's work programs; Advocacy for healthy and sustainable food systems, World Public Health Nutrition Congress 2020, 31 March to Friday 3 April 2020, Brisbane. Programme includes:

- Invited keynote: Lawrence M. "Ecology or algorithms? Public Health Nutrition Science, Evidence and Policy to Promote Healthy and Sustainable Food Systems".
- Invited keynote: Burlingame, B. "Sustainable Diets: Science, Policy, Implementation, Evaluation in Public Health Nutrition".

Burlingame, B. Assessing the environmental impacts of diets. Climate Change, Nutrition and Health: Global Challenges and Potential Solutions, Heidelberg, May 7-9, 2020

Invited plenary speaker: Lawrence M. "Sustainability, nutrition and health". Annual Conference of the Dietitians Association of Australia, 22 - 25 August, 2020, Melbourne.

Future activities also includes organising one or more sessions at the 2021 IUNS Nutrition Congress, and other international and national events.