Sustainable Food Systems as a Driving Force Towards Optimal Public Health and Food Security – the Role of the Nordic Nutrition Recommendations

Thoughts from Iceland

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Food for a family of 4 for a week
(Professor Laufey Steingrímsdóttir)

Year 1900

Year 2000

Heimild: Reykvíska eldhúsið, matarsetur.is
Byggt á fæðuframboði, Guðm. Jónsson

Laufey Steingrímsdóttir,
Matur saga menning
Monitoring
Climate equality

Nutrition within Sustainable Food Systems
Determinants

Public Policy
National, provincial/territorial local laws and policy

Community
Design, access, connectedness, spaces

Organizational
Organizations, schools, workplaces

Interpersonal
Family, friends, social networks

Individual
Knowledge, attitudes, skills
NUTRITION AND THE SDGs
CENTRAL TO THE 2030 AGENDA

Global prioritization of nutrition has never been higher and requires cooperation of all actors. War and conflict are major underlying causes of nutrition insecurity. Soil degradation and reduced biodiversity threaten our ability to grow food. Better nutrition reduces population pressure on the world’s oceans. Sustainable food systems reduce greenhouse gas emissions. Responsible food consumption and production reduces food waste and loss. Sustainable cities require integrated urban and rural food systems. Reducing current nutrition inequalities will lessen income inequalities. Enhanced nutrition through the lifespan supports learning and later innovation potential.

Good nutrition results in higher labour productivity, greater mental capacity and longer, healthier lives. Without a sufficiently nutritious diet, learning ability and focus are greatly impaired. Improving the nutrition of girls, women and children improves schooling, reducing gender inequalities.

Good nutrition for all increases demand for healthy food, requiring clean, renewable energy sources. Malnutrition in all its forms lowers economic productivity and unnecessarily increases healthcare costs.

UNITED NATIONS DECADE OF ACTION ON NUTRITION
2016-2025

THE STATE OF FOOD SECURITY AND NUTRITION IN THE WORLD
BUILDING CLIMATE RESILIENCE FOR FOOD SECURITY AND NUTRITION
We are ecological creatures – our health is woven into the earth's ecosystem
Takk fyrir