

Nutrition Education in the Anthropocene*

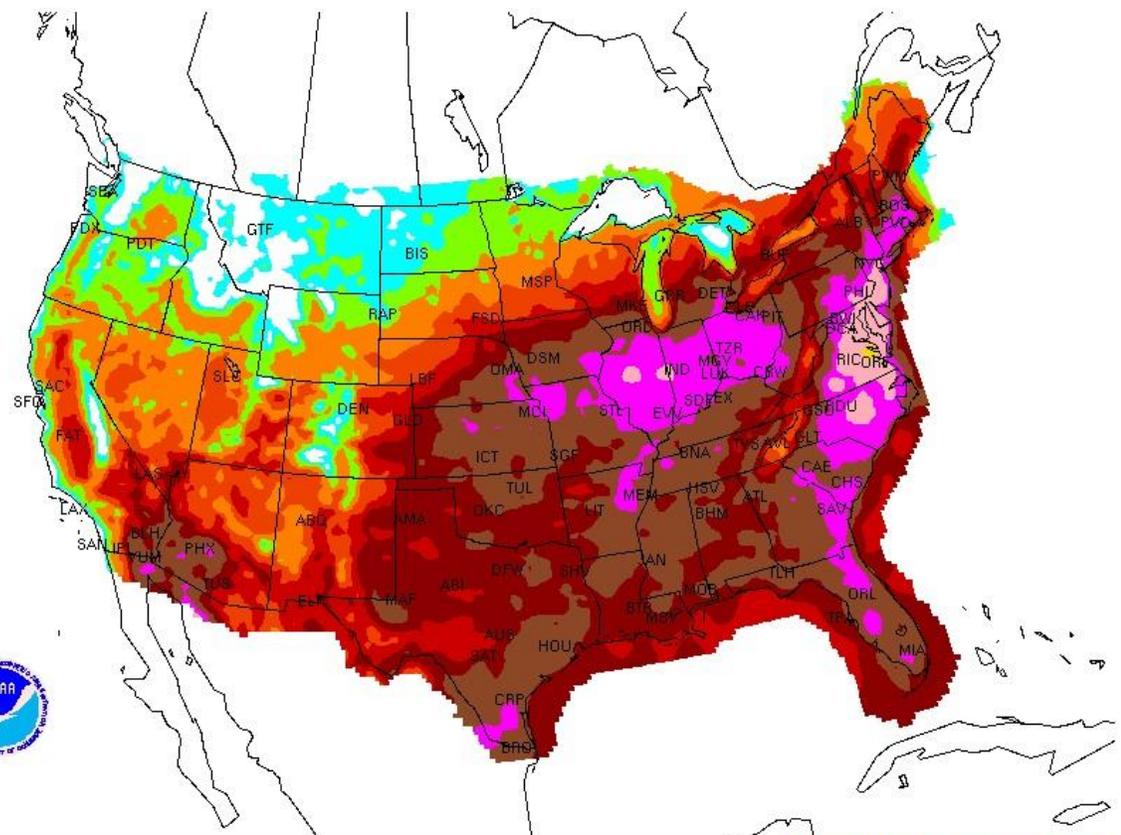
Jennifer L. Wilkins, PhD, RD

President

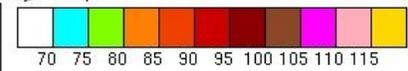
Society for Nutrition Education and Behavior

* the current geological age, viewed as the period during which human activity has been the dominant influence on climate and the environment.

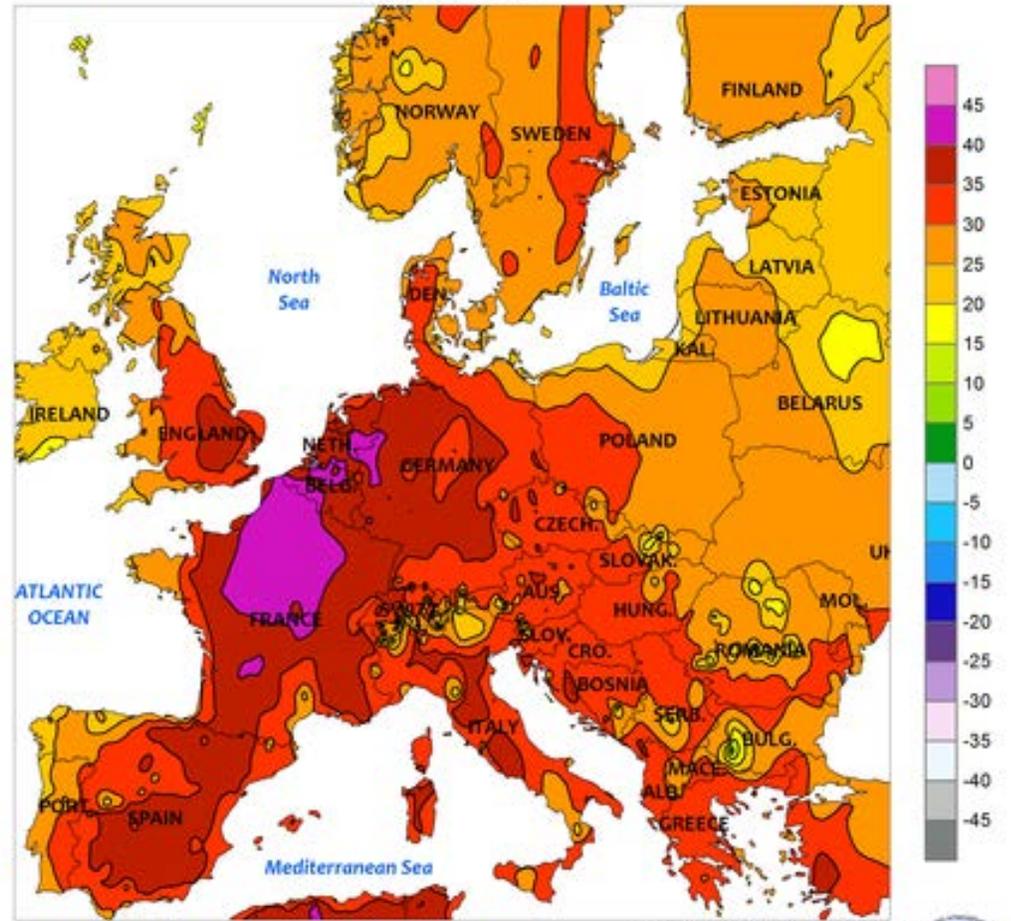
CLICK ON A CITY CODE FOR A TABLE OF FORECAST VALUES



DAY 4 FORECAST DAILY MAXIMUM HEAT INDEX (DEG F)
ISSUED: 1534 UTC TUE JUL 16 2019
VALID: SAT JUL 20 2019
DOC/NOAA/NWS/NCEP
WEATHER PREDICTION CENTER



EUROPE
Extreme Maximum Temperature (C)
July 25, 2019



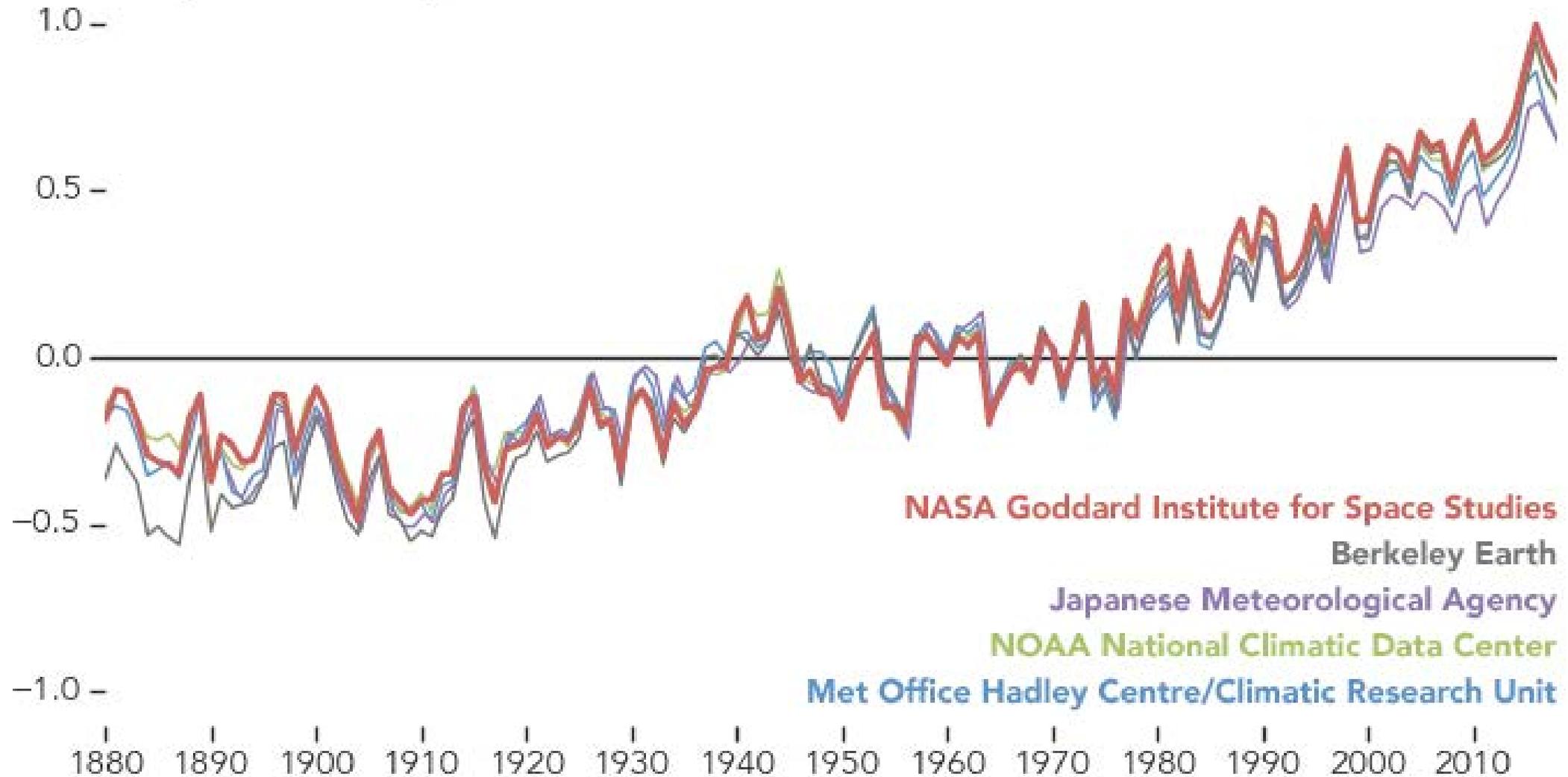
CLIMATE PREDICTION CENTER, NOAA
Computer generated contours
Based on preliminary data



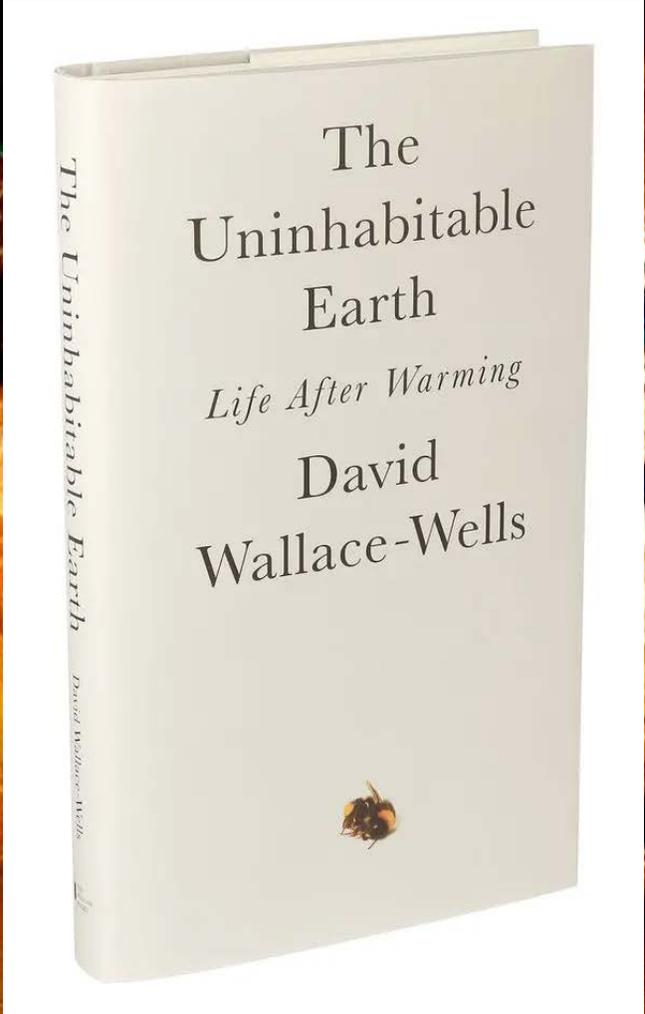
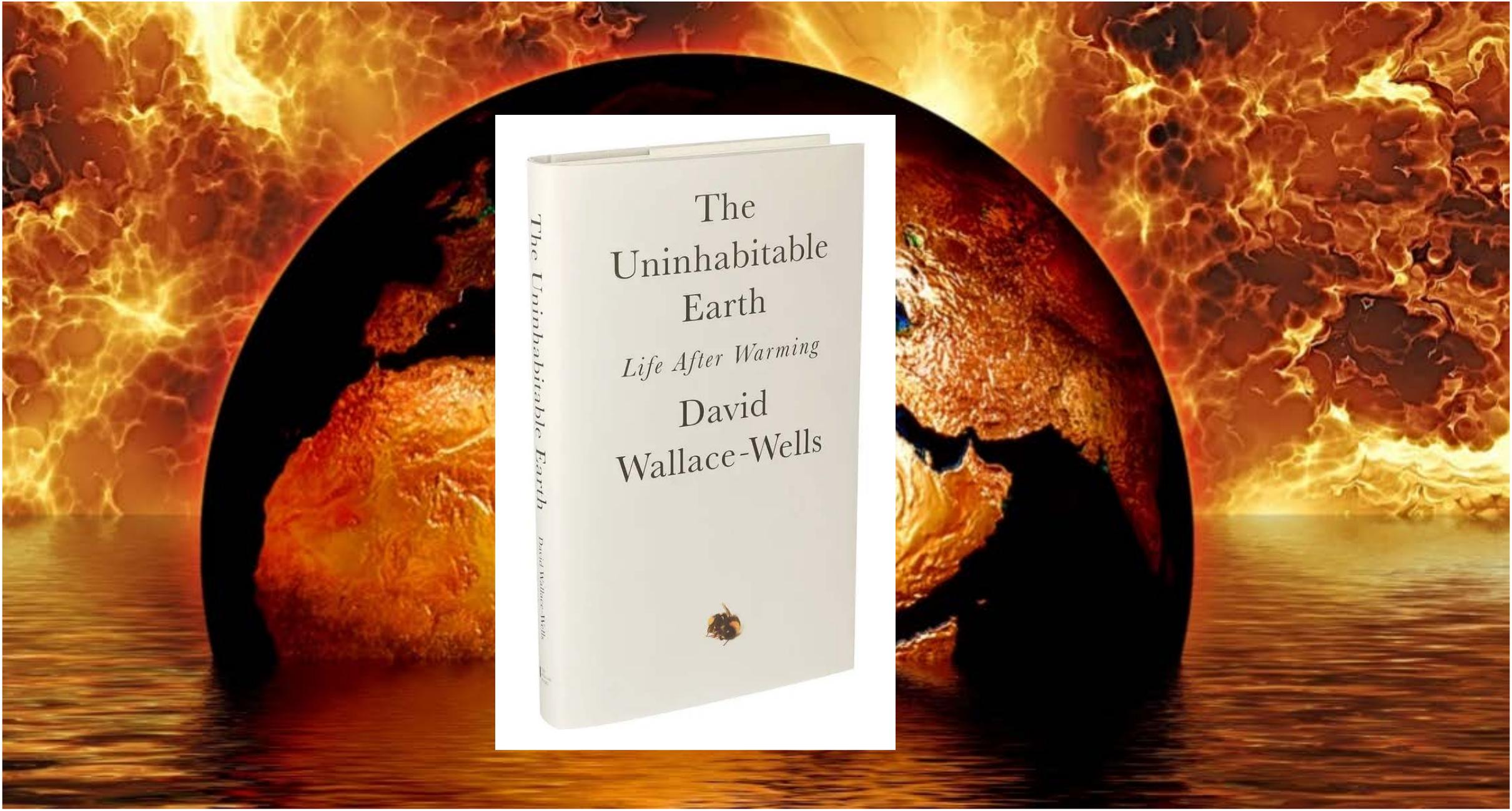
July 25, 2019

A World of Agreement: Temperatures are Rising

Global Temperature Anomaly (°C)







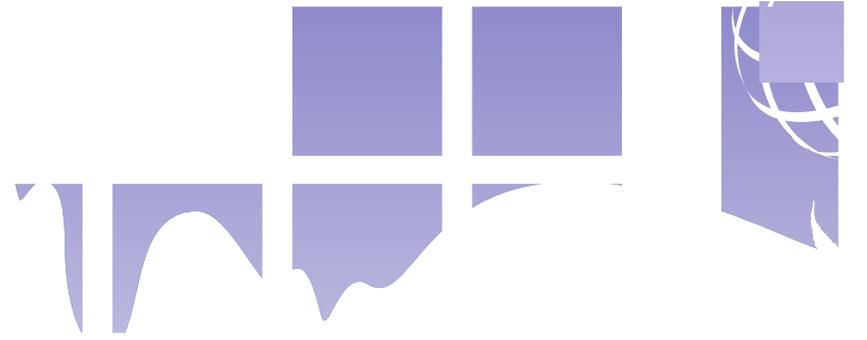
The
Uninhabitable
Earth

Life After Warming

David
Wallace-Wells



The Uninhabitable Earth David Wallace-Wells



Extinction Rebellion



“These three pandemics—obesity, undernutrition, and climate change—represent The Global Syndemic that affects most people in every country and region worldwide.”

THE LANCET



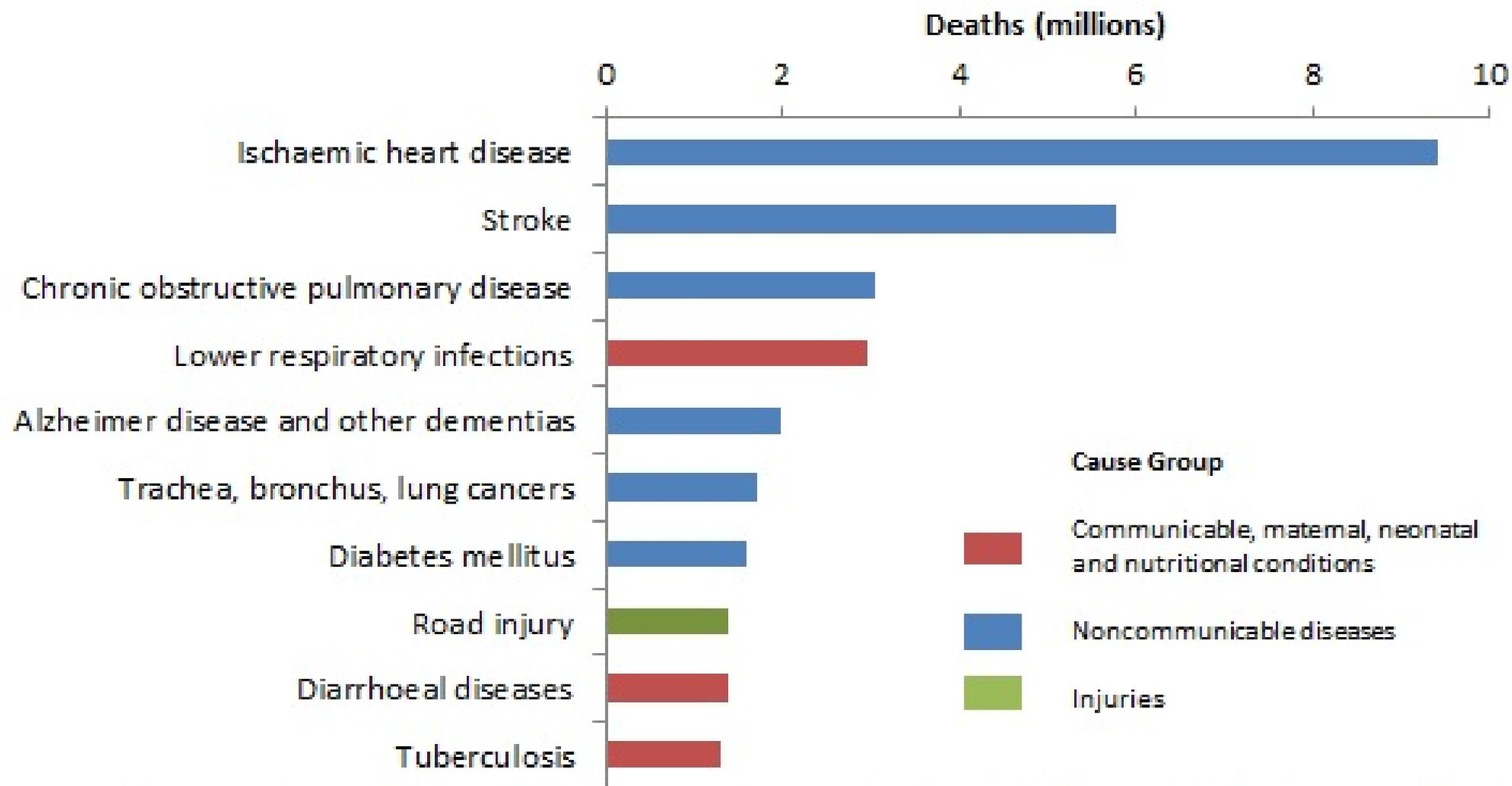
The Global Syndemic of Obesity, Undernutrition, and Climate Change: *The Lancet* Commission report

Boyd A Swinburn, Vivica I Kraak, Steven Allender, Vincent J Atkins, Phillip I Baker, Jessica R Bogard, Hannah Brinsden, Alejandro Calvillo, Olivier De Schutter, Raji Devarajan, Majid Ezzati, Sharon Friel, Shifalika Goenka, Ross A Hammond, Gerard Hastings, Corinna Hawkes, Mario Herrero, Peter S Hovmand, Mark Howden, Lindsay M Jaacks, Ariadne B Kapetanaki, Matt Kasman, Harriet V Kuhnlein, Shiriki K Kumanyika, Bagher Larijani, Tim Lobstein, Michael W Long, Victor K R Matsudo, Susanna D H Mills, Gareth Morgan, Alexandra Morshed, Patricia M Nece, An Pan, David W Patterson, Gary Sacks, Meera Shekar, Geoff L Simmons, Warren Smit, Ali Tootee, Stefanie Vandevijvere, Wilma E Waterlander, Luke Wolfenden, William H Dietz





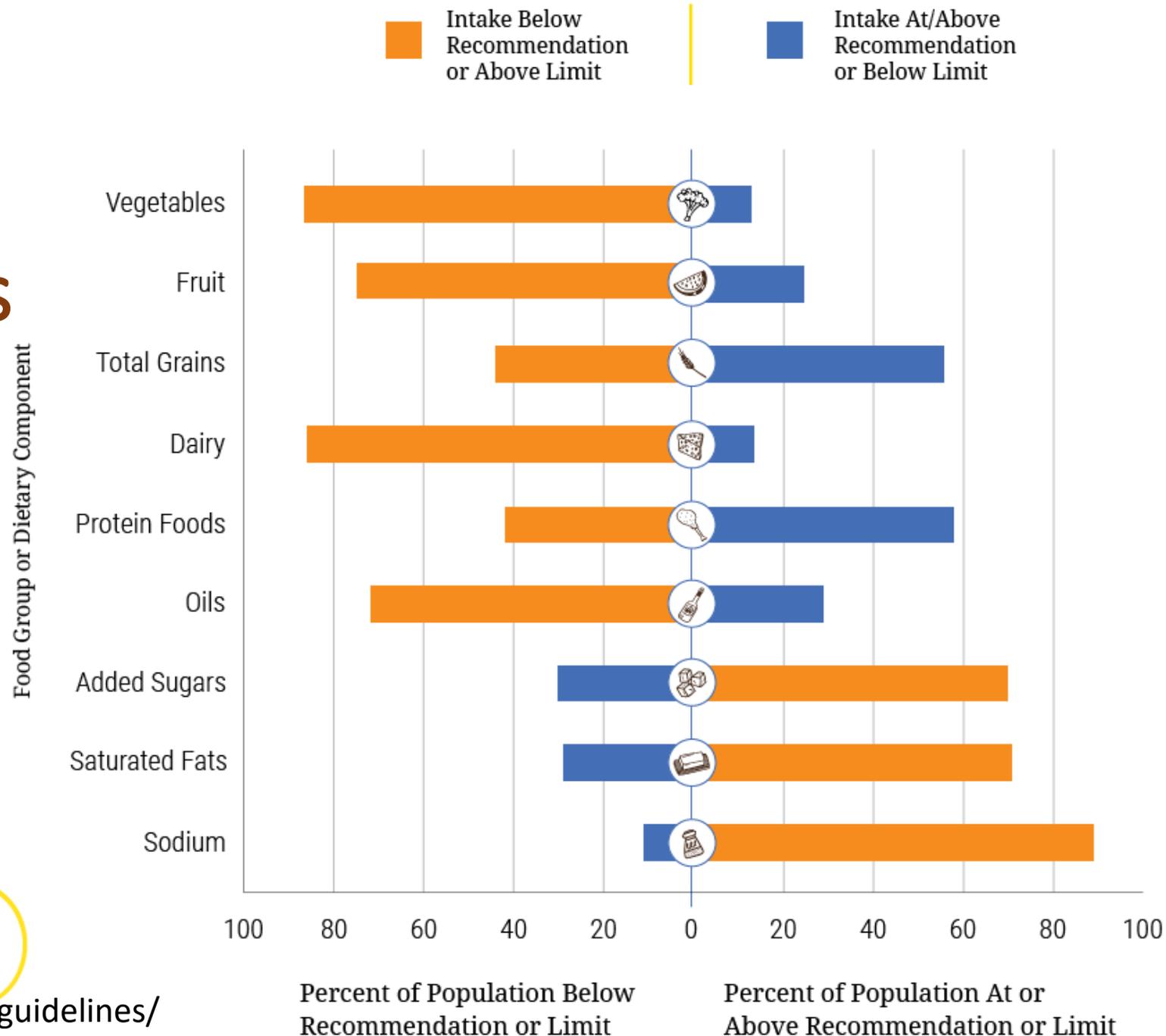
Top 10 global causes of deaths, 2016



Source: Global Health Estimates 2016: Deaths by Cause, Age, Sex, by Country and by Region, 2000-2016. Geneva, World Health Organization; 2018.

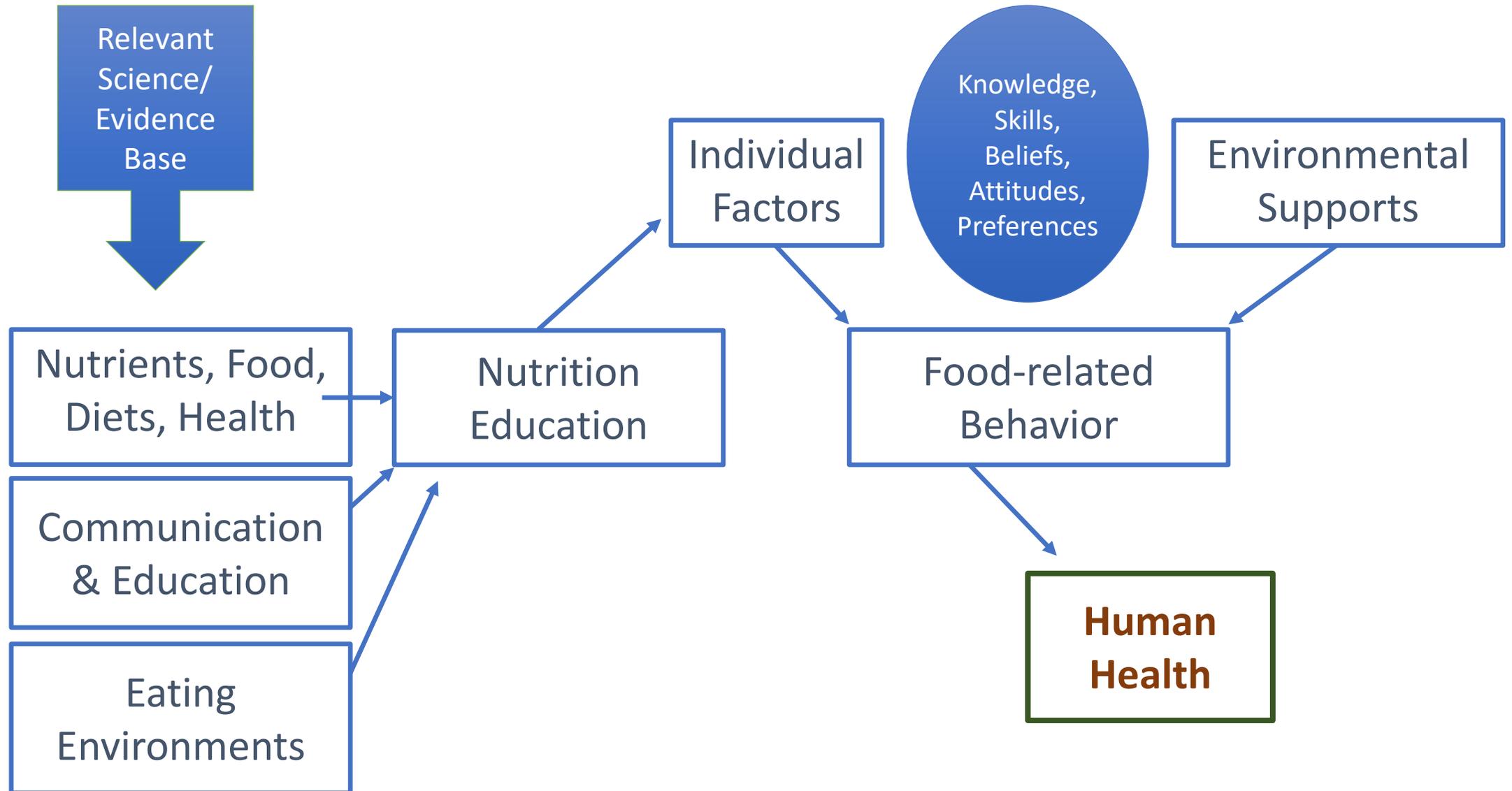
Dietary Intakes Compared to Recommendations

2015-2020 US Dietary Guidelines

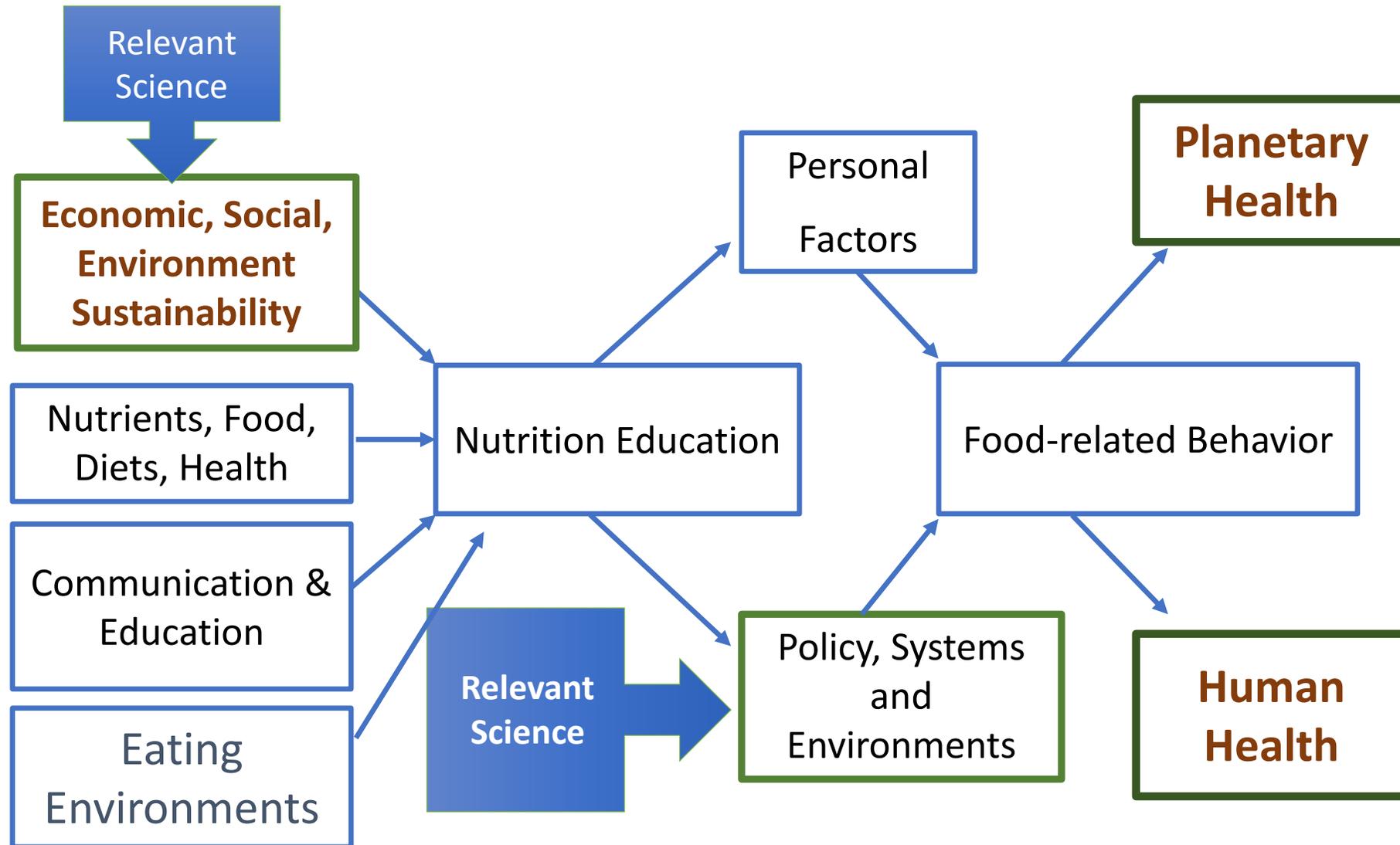


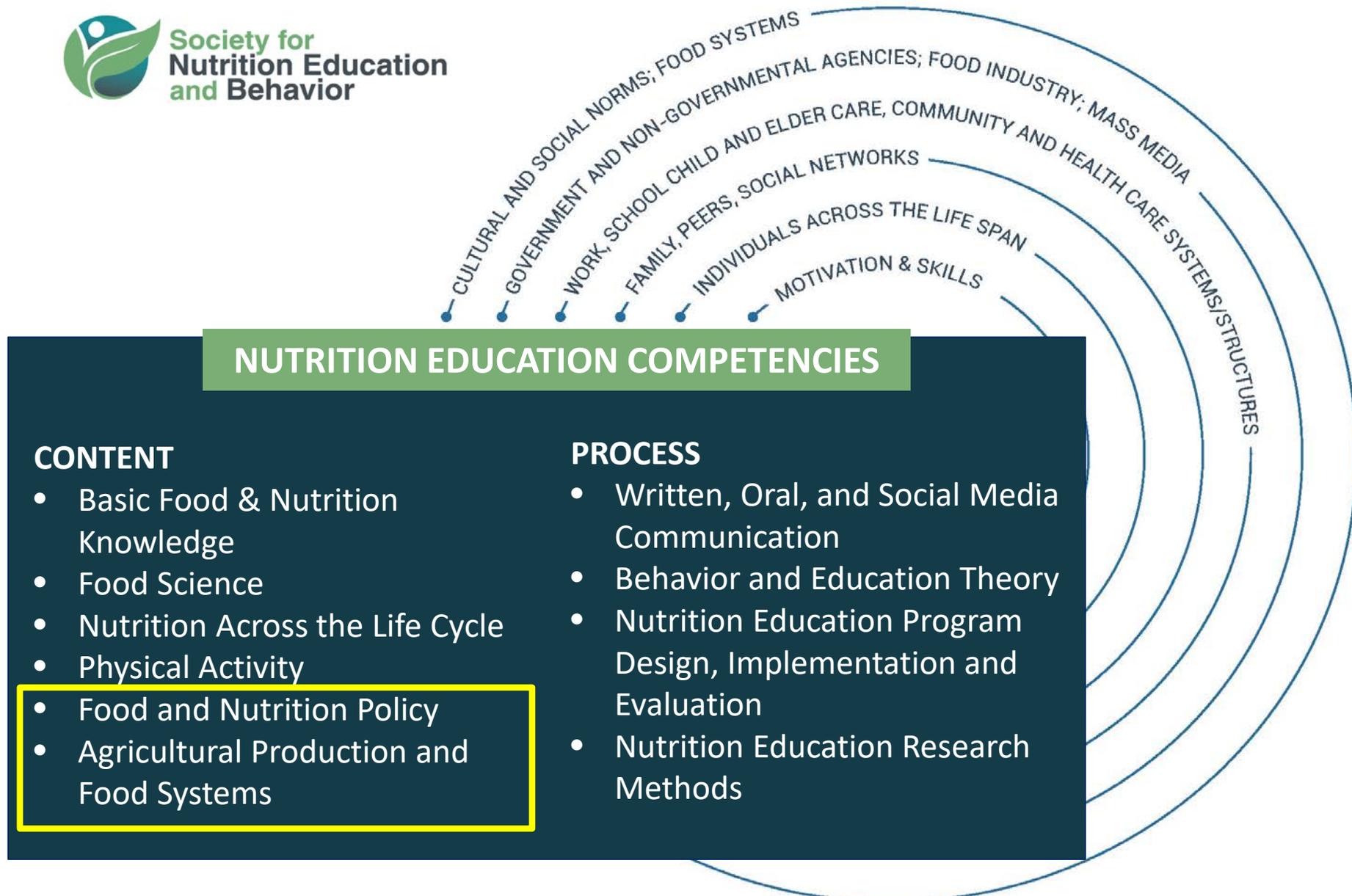
From Chapter 2 in:
<https://health.gov/dietaryguidelines/2015/guidelines/>

Nutrition Education Framework: Traditional



Nutrition Education Framework: Revised





SNEB Position Paper: Sustainability in Dietary Guidance



SNEB Position Paper

Position of the Society for Nutrition Education and Behavior: The Importance of Including Environmental Sustainability in Dietary Guidance

Donald Rose, PhD¹; Martin C. Heller, PhD²; Christina A. Roberto, PhD³

January 2019

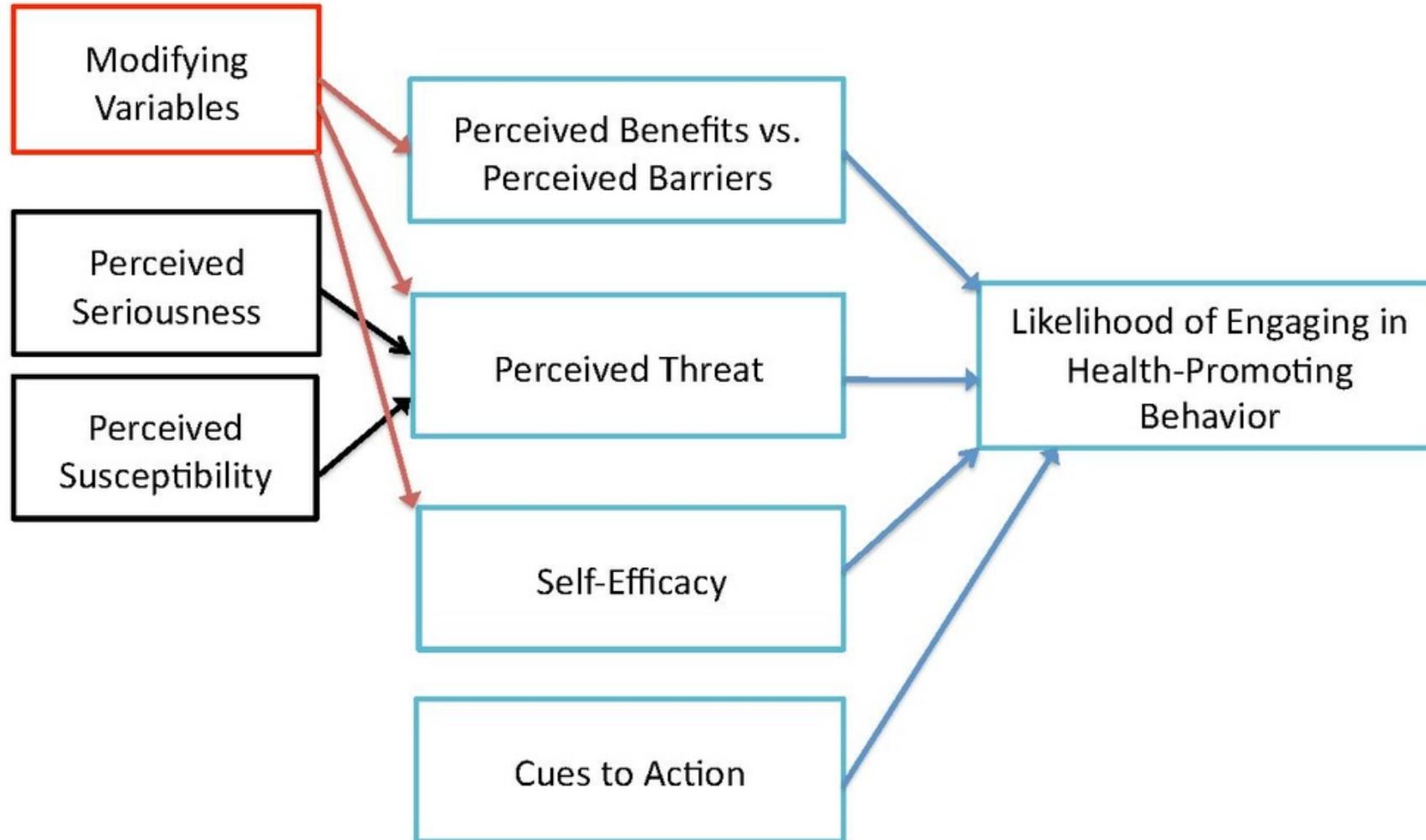
ABSTRACT

It is the position of the Society for Nutrition Education and Behavior that environmental sustainability should be inherent in dietary guidance, whether working with individuals or groups about their dietary choices or in setting national dietary guidance. Improving the nutritional health of a population is a long-term goal that requires ensuring the long-term sustainability of the food system. Current environmental trends, including those related to climate change, biodiversity loss, land degradation, water shortages, and water pollution, threaten long-term food security and are caused in part by current diets and agricultural practices. Addressing these problems while producing more food for a growing population will require changes to current food systems. Dietary choices have a significant role in contributing to environmental impacts, which could be lessened by consuming fewer overconsumed animal products and more plant-based foods while reducing excess energy intake and the amount of food wasted. Discussion of sustainability within governmental dietary guidance is common in many countries, is consistent with previous US guidelines, and is within the scope of authorizing legislation. Dietary choices are a personal matter, but many American consumers are motivated by a concern for the environment and would welcome sound advice from credentialed nutrition professionals. More opportunities are needed for developing such interdisciplinary knowledge among nutritionists.

Key Words: agriculture, climate change, dietary choice, dietary guidance, environment (*J Nutr Educ Behav*. 2019; 51:3–15.)

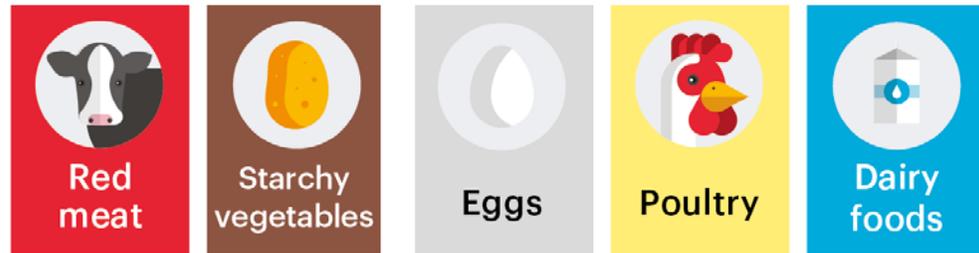
Accepted July 13, 2018.

The Health Belief Model

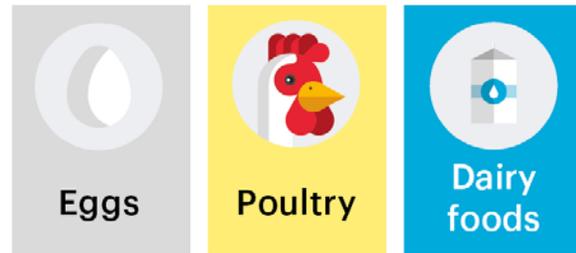


Current Intakes versus Planetary Health Diet

Limited intake



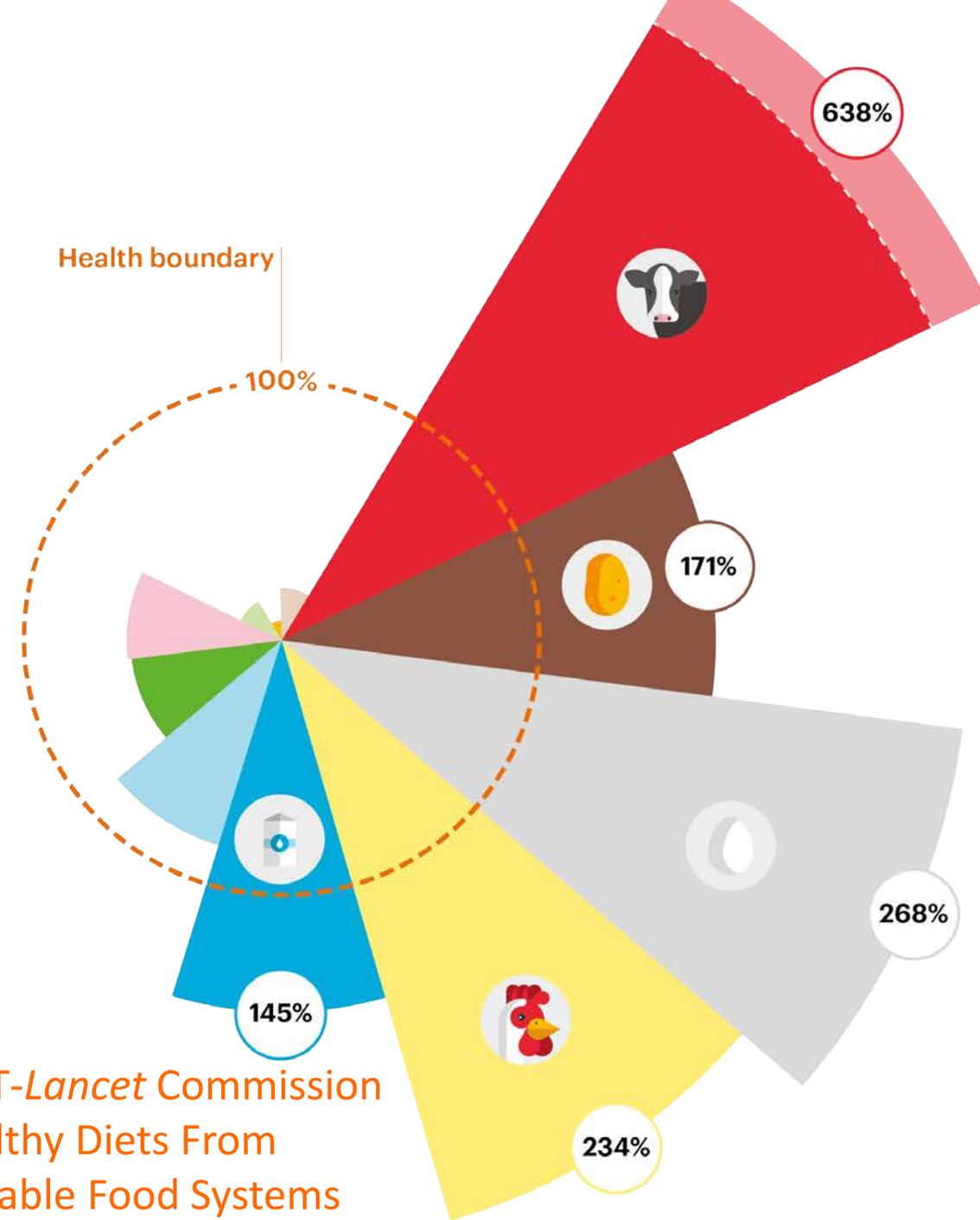
Optional foods



Emphasized foods



North America



Knowledge and Skills

- Diet Principle: local and seasonal
- Local oils?
- What is seasonal and local?
- What is a salad in winter?



Knowledge and Skills

- Make it yourself!
- What can be made at home?
- Reduce plastic in waste stream



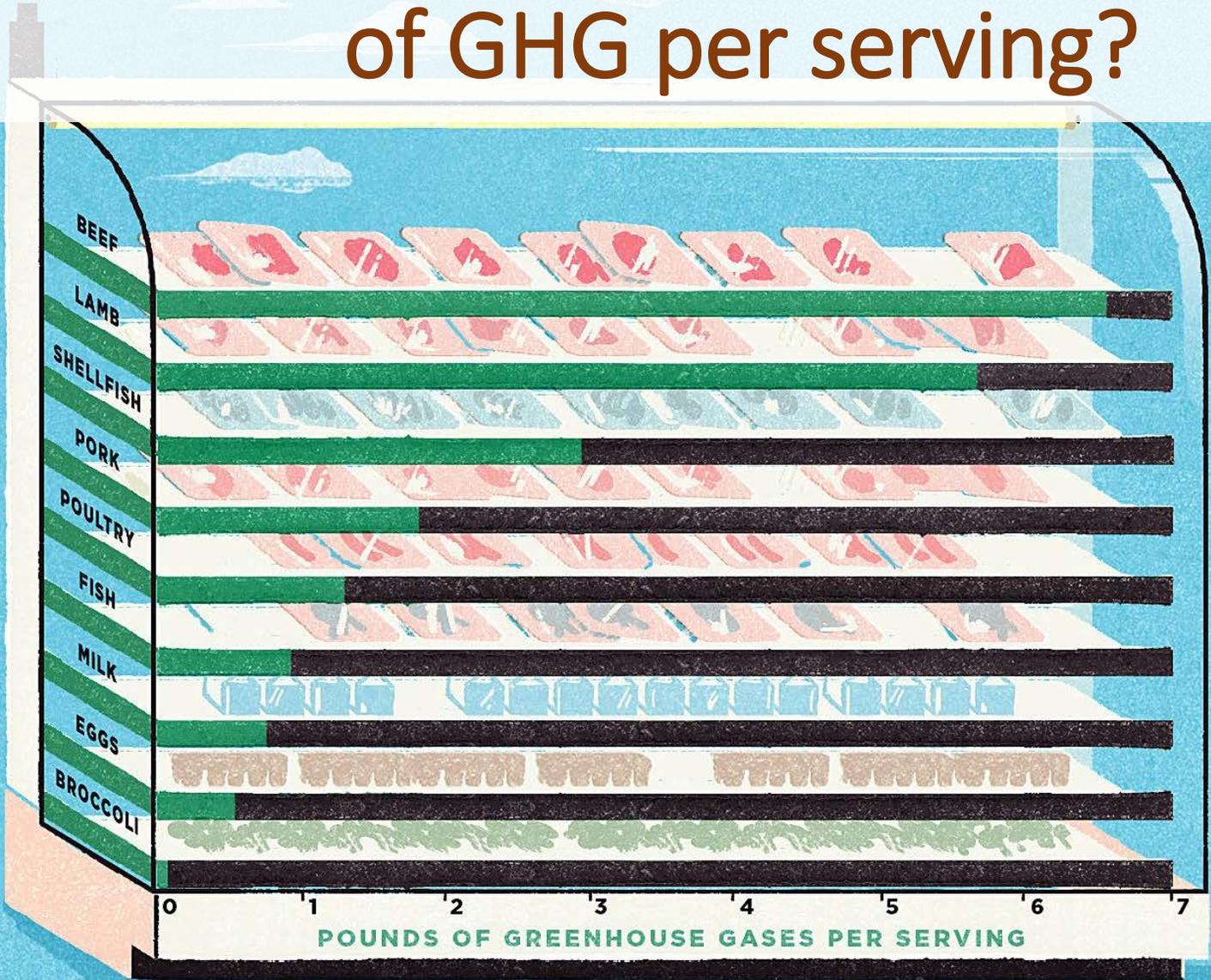
Knowledge and Skills

- Avoid ultra-processed foods
- Avoid fast food
- Diet principle: whole, minimally processed foods
- Transform the food system

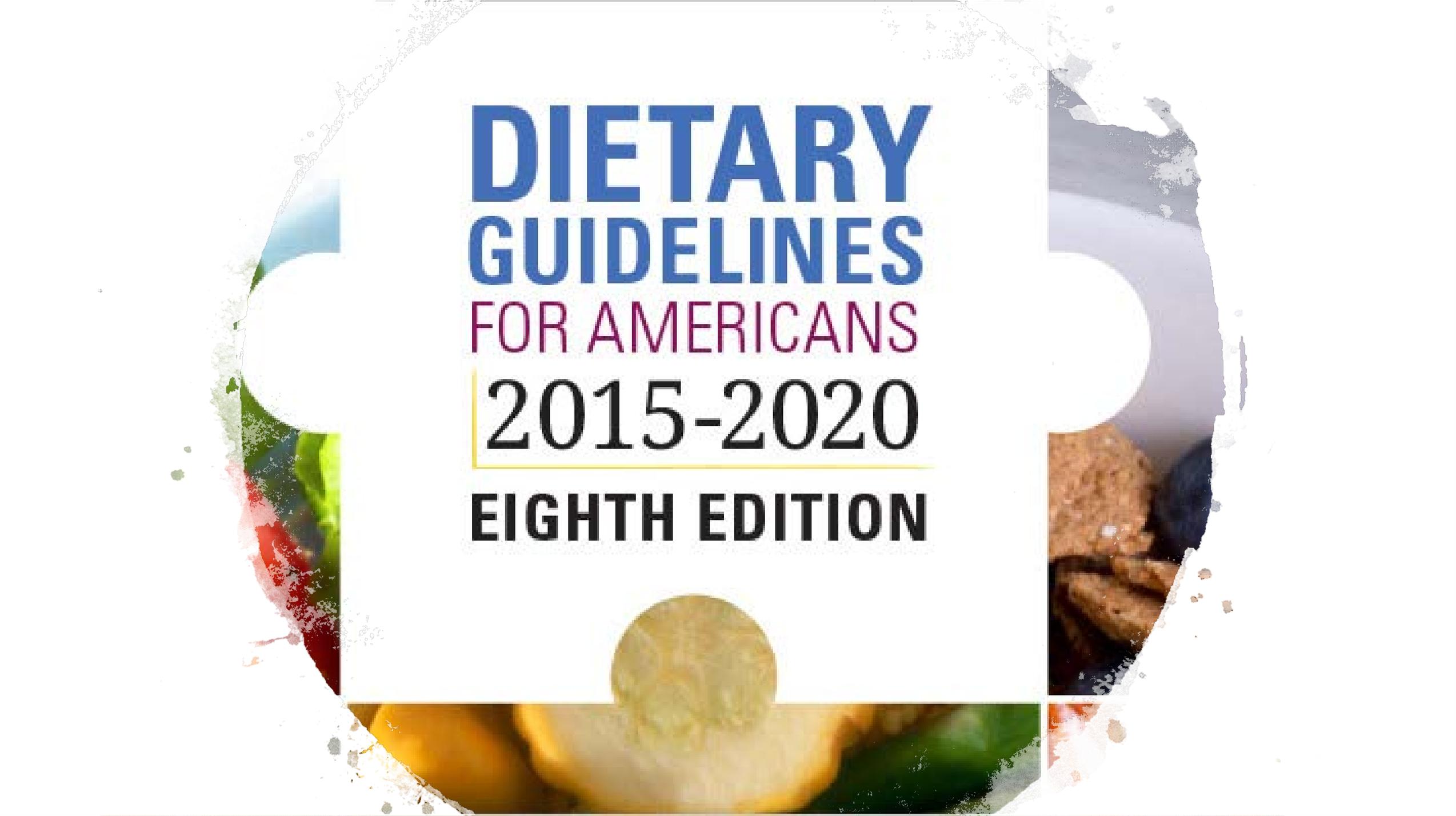


Policy: Food Labeling that Includes of GHG per serving?

Pounds





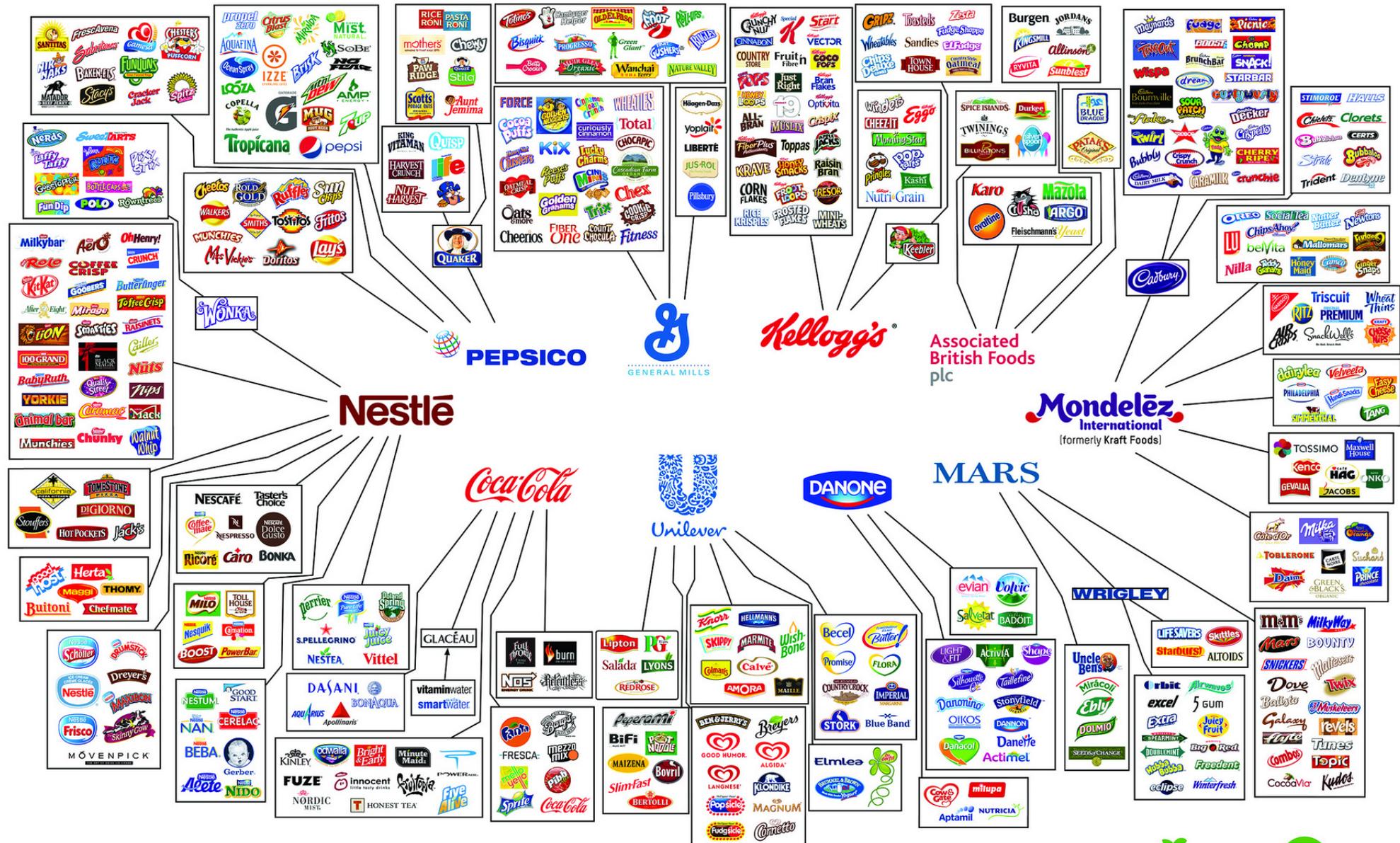


DIETARY GUIDELINES

FOR AMERICANS

2015-2020

EIGHTH EDITION



Concentration, Power, Control ≠ Food Justice, Health, Sustainability

Call to Action: Collaboration for Change

