



Folkhälsomyndigheten
PUBLIC HEALTH AGENCY OF SWEDEN



Sustainable food consumption – a prerequisite for sustainable development ?

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Public Health Agency of Sweden

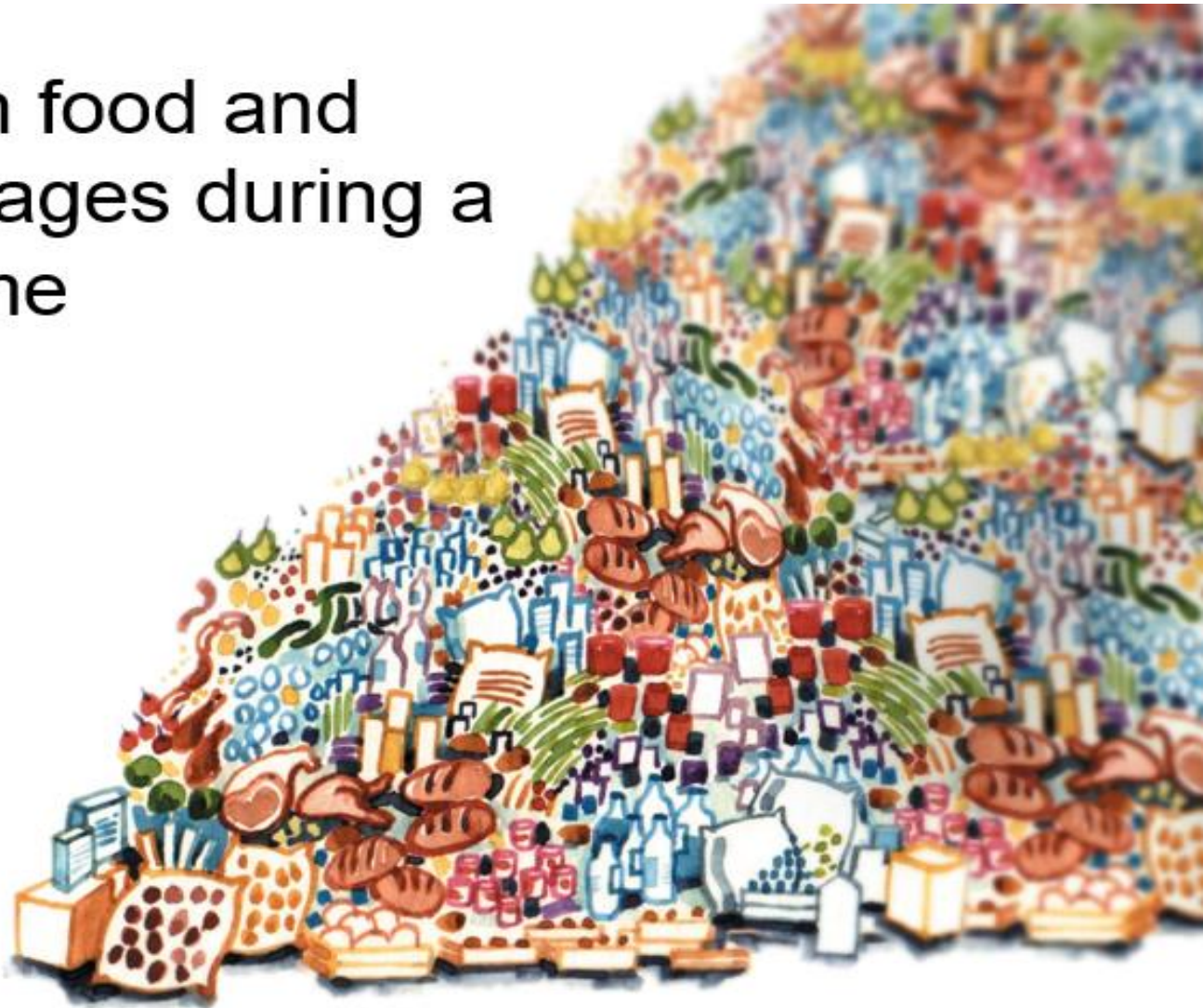
- The Public Health Agency of Sweden is a government agency accountable to the Government (Ministry of Health and Social Affairs).
- The agency was established on January 1, 2014 and is a merger of the Swedish National Institute of Public Health (Folkhälsoinstitutet) and the Swedish Institute for Communicable Disease Control (Smittskyddsinstitutet). Most of the work concerning environmental health and public health reports at the National Board of Health and Welfare (Socialstyrelsen) was also transferred to the new agency.
- Locations for operations and activities are both in Solna (Stockholm) and in Östersund.

Main tasks

- To monitor the implementation of the national public health policy.
- To be a national expert agency for the development and dissemination of methods and strategies in the field of public health, based on scientific evidence.
- To exercise supervision in the areas of alcohol and tobacco
- To support communicable disease control with epidemiological and microbiological analyses.

The agency will work to secure preconditions for health on equal terms.

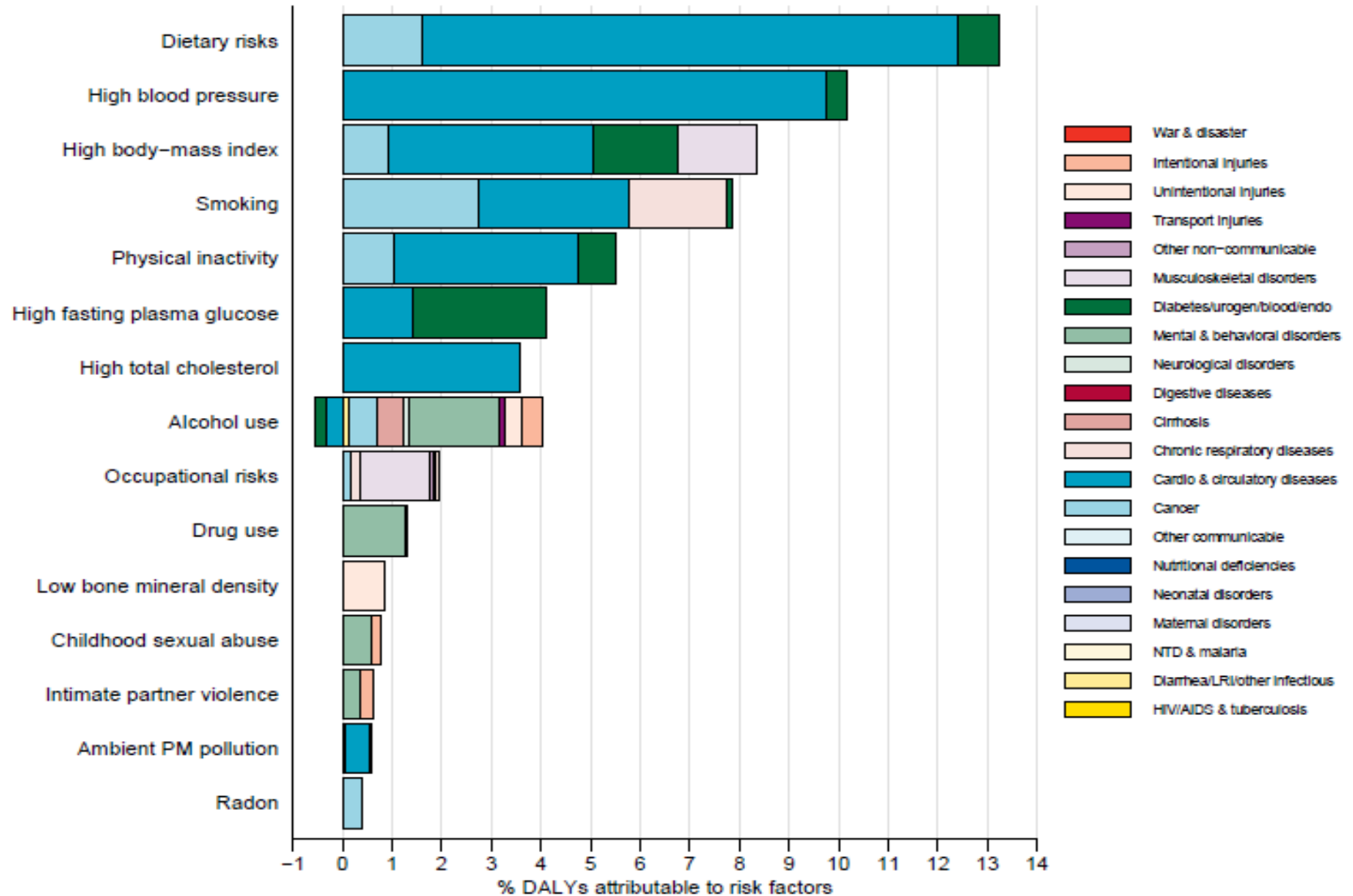
70 ton food and beverages during a life time



From Ät SMART, Stockholm county council

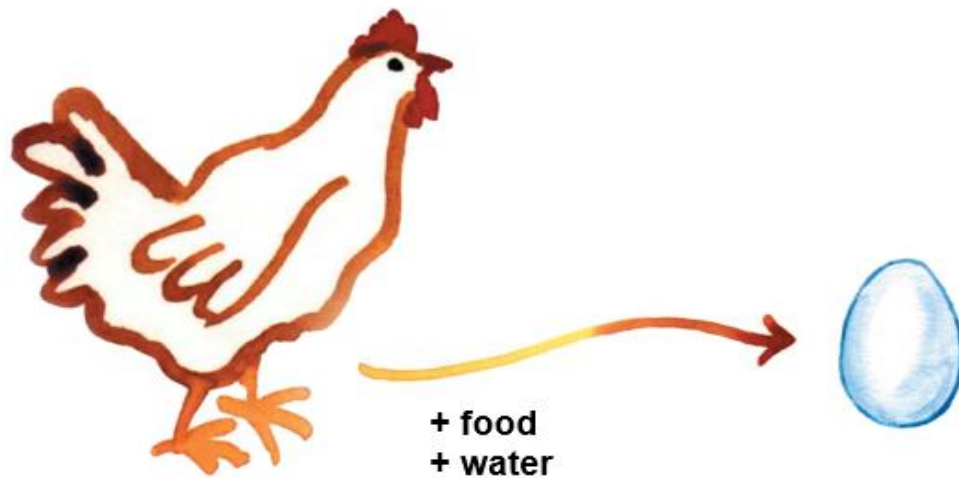
Global burden of disease, Sweden

Burden of disease attributable to 15 leading risk factors in 2010, expressed as a percentage of Sweden DALYs



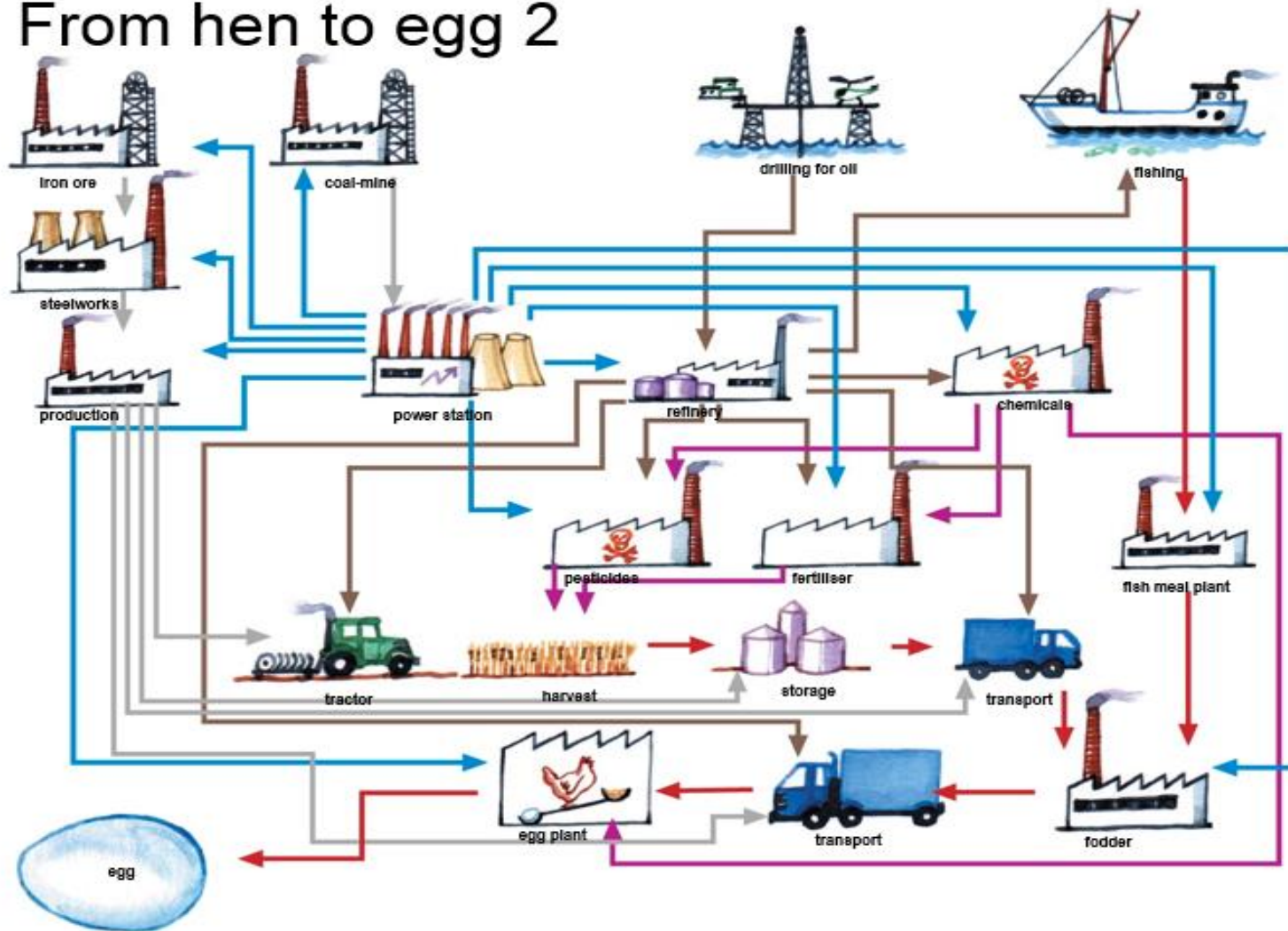
The burden of food production

From hen to egg 1



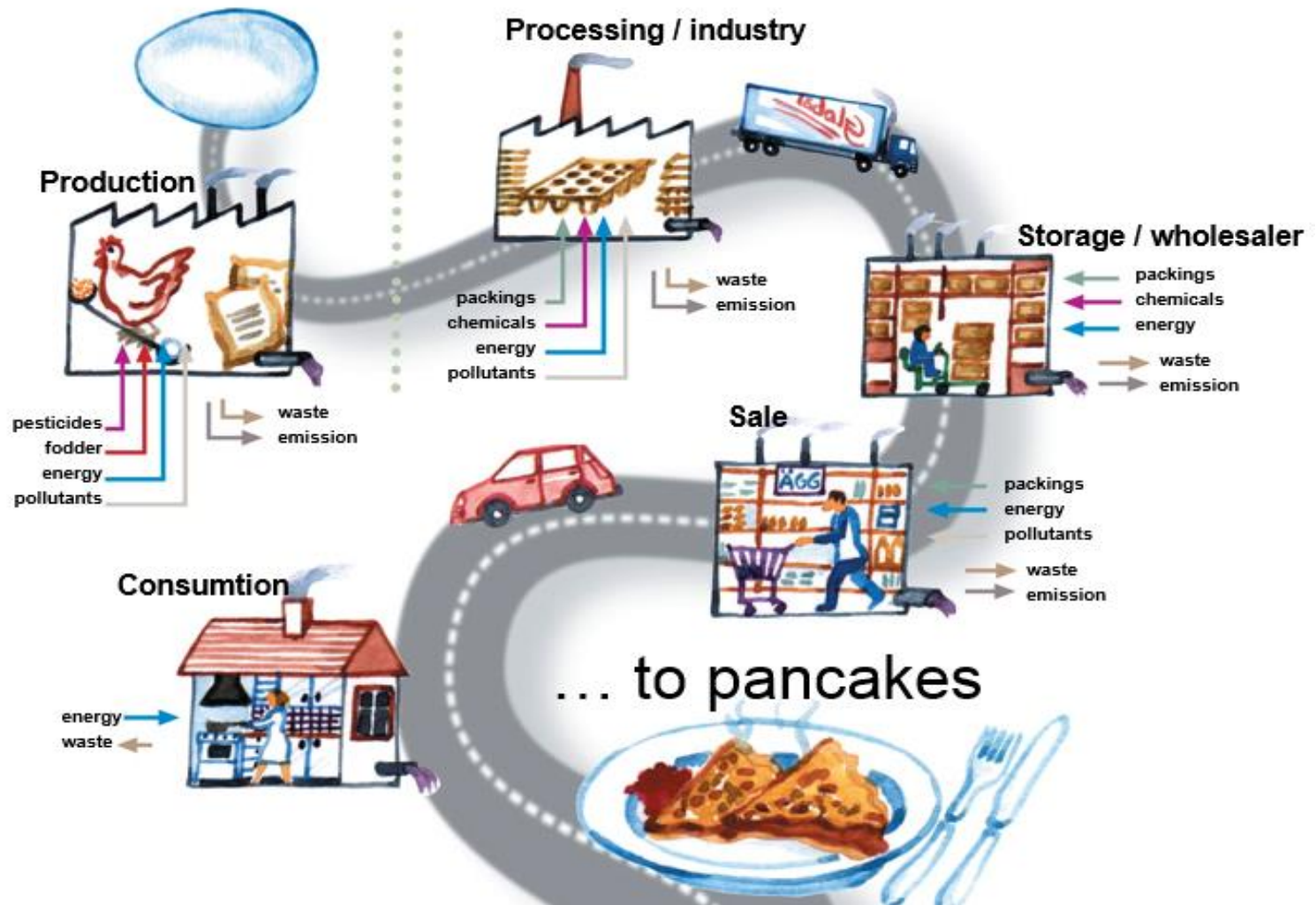
From Ät SMART, Stockholm county council

From hen to egg 2



From Ät SMART, Stockholm county council

From egg...

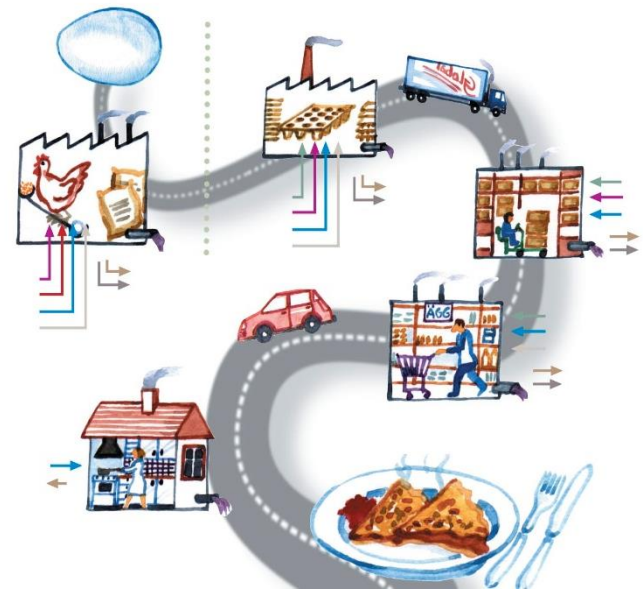


From Ät SMART, Stockholm county council

Food supply chain - a major stress factor on the environment

It contributes to

- degradation of ozone layer
- climate change
- increased acidification
- decreased bio-diversity
- pollution of ecosystems
- eutrophication
- use of fossil fuels, phosphorous etc.



Swedens environmental quality objects – and connection to food

- Reduced Climate Impact **YES**
- Clean Air YES
- Natural Acidification Only YES
- A Non-Toxic Environment **YES**
- A Protective Ozone Layer YES
- A Safe Radiation Environment
- Zero Eutrophication **YES**
- Flourishing Lakes and Streams **YES**
- Good-Quality Groundwater **YES**
- A Balanced Marine Environment, Flourishing Coastal Areas and Archipelagos **YES**
- Thriving Wetlands YES
- Sustainable Forests YES
- A Varied Agricultural Landscape **YES**
- A Magnificent Mountain Landscape YES
- A Good Built Environment YES
- A Rich Diversity of Plant and Animal Life **YES**

“Spicy food”

Food contains unwanted substances:

Dioxin

PCB

Bromated compounds

Fluorinated compounds

Ftalates

Endocrine disruptive compounds

Pesticide residues

Cadmium

etc



Unsustainability

The present food supply system and food consumption are evidently **not** contributing to a sustainable society.

What to do?

We could not stop eating

Turn unsustainability into sustainability

Sustainable food consumption

According to the literature it is possible to have both health and environmental benefits:

Health

Reduced risk of obesity

Reduced risk of cardiovascular disease

Reduced risk of cancer

Reduced risk of type 2 diabetes

Good nutritional status

Environment

Reduced climate impact

Reduced acidification

Reduced use of pesticides

Landscape and biodiversity benefits

Better use of water and increased quality of water

Reduced need for agricultural land

etc

Action for sustainable food consumption – examples from Sweden

- Guidelines, for a first step, towards sustainable dietary habits, SLL 1999
 - Eat S.M.A.R.T. – educational package, SLL 2001
 - Several reports from Swedish Environmental Protection Agency
 - Towards Environmentally Sound Dietary Guidelines and other reports from Swedish National Food Agency
 - What is the cost of sustainable eating habits?, several reports from Swedish National Institute of Public Health
 - Project for reduction of food waste, NFA
-and numerous projects on local and regional level

Eat S.M.A.R.T.

Serve more vegetables



Proportions in the diet

Minimize "empty calories"

Add more organic foods



Production

Right kind of meats and "vegs"

Transport limitation



Transport

Promotion of sustainable food consumption

- addresses both several health and several environmental issues
- can mobilize resources on national and local/regional levels – knowledge, people, money
- use the experience of promoting sustainable food consumption in other areas
- use food as a tool in the integration process

Thank you for listening