



going to **sustainable** eating

SYMPOSIUM/WORKSHOPS/Breakfasts PROPOSAL TEMPLATE

17th International
Congress of Dietetics
**GRANADA
SPAIN**
2016
7, 8, 9 and 10 September

General information

- **Symposiums** can take up to two hours and will offer a strong scientific focus and approach. They
- **Workshops** can take up to two hours and will have a practical, professional and hands on structure. Will be held simultaneously to other workshops. Registration will be needed. Limited places 70-120 attendees.
- **Breakfasts** can take up to one hour and will have an informal set up where all Associations' members - both directors and associates - can discuss a specific scientific or professional subject in an enjoyable and colloquial environment.

Food industry and/or a pharmaceutical company can sponsor the Symposium /Workshop/ Breakfast. Sponsor 's details will be provided as part of the proposal.

SYMPOSIUM/WORKSHOPSTitle/Theme:

Please insert the title/theme of your symposium. Titles will be used in all pre-Congress promotion. Titles must accurately describe the content of your session and be no more than 10-12 words long.

Mainstreaming sustainable food as a health issue: sharing best practice in sustainable public health food policy

SYMPOSIUM/WORKSHOPS Facilitators: Names and main filiation

Alison Nelson, RD, MBDA
The British Dietetic Association

SYMPOSIUM/WORKSHOPS Presenters: Names and main filiation

SYMPOSIUM/WORKSHOPSHistory:

Has the symposium/workshop been held previously? If yes, please describe previous symposium details and rationale for repeating session.

No

SYMPOSIUM/WORKSHOPS Overview:

Insert a short **overview** of your symposium/workshop proposal. If accepted, this information will be used in publications to promote your session. Overview should not exceed 100 words.

SYMPOSIUM/WORKSHOPS Proposal: All details

In English, with a limit of 800 words: you must include a minimum of 3 references and a maximum of 10 references (will follow the consecutive order in which they appear in the text with the corresponding consecutive numbering in Arabic numerals in parentheses; Vancouver style).

| |
|---|
| <p>We all know that food should be healthy, tasty and enjoyable. Really good food requires a better, more resilient food system that builds on the wider health benefits of food that</p> |
|---|



going to **sustainable** eating

SYMPOSIUM/WORKSHOPS/Breakfasts PROPOSAL TEMPLATE

17th International
Congress of Dietitians
GRANADA
SPAIN
2016
7, 8, 9 and 10 September

‘produces, processes and distributed in ways that are good for nature, good for workers, good for animal welfare, and good for local businesses’.(1)Food forms an important part of our cultural identity, and plays an important role in the economy. This wider view of a more sustainable, more resilient food system requires a shift in policy to support more regional, seasonal, fairly traded, and organically grown food with benefits that improve and reduce inequalities in health, increases local jobs and protects the environment. The EU Roadmap to a Resource Efficient Europe outlines how Europe's economy can be transformed into a sustainable one by 2050. (2)Nutrition is one of three sectors (alongside housing and mobility) identified as being responsible for most environmental impacts. The Road map calls for “incentives for healthier and more sustainable production and consumption of food and to halve the disposal of edible food waste in the EU by 2020.”

The promotion of sustainable diets and food systems is seen as one of the positive synergies between public health improvement, climate protection and sustainable and equitable development. (3) The recent International Conference on nutrition (ICN2) calls for aligning of policies that impact nutrition across different ministries and agencies, and strengthen legal frameworks and strategic capacities for nutrition. The ICN also calls for actions that promote healthy diets through sustainable food systems.(4) NHS England are working towards a new five year plan in which Simon Stevens, Chief Executive of NHS England, includes the need to support staff health and wellbeing including a pledge to make the food available on NHS premises healthier, demanding that major suppliers of hospital food do more to make the food offered to staff, patients and visitors more nutritious. (5)

As Health professionals, Dietitians sit in a privileged role with a high level of trust and respect within society. They are seen as having knowledge of the science, an understanding of health and an empathy with the difficulties that their clients have in managing their food choices. Understanding the complexity of the human, social and ecological implications of climate change and its impact on the food system and food security is a real challenge for the profession but one that is vital if the profession is to preserve the role of translating nutritional science into a new range of choices, advocating for change to protect the most vulnerable and maintaining a place in the influencing of the new food policies.

In the UK there is general consumer awareness of the issues of rising obesity and health issues



going to **sustainable** eating

SYMPOSIUM/WORKSHOPS/Breakfasts PROPOSAL TEMPLATE

17th International
Congress of Dietitians
**GRANADA
SPAIN
2016**
7, 8, 9 and 10 September

in relation to the food system. However awareness about the link between the food system and climate change, the environment and water shortages is low. Once consumers are aware of the issues they 'believed it was essential to change food consumption habits' and changes in attitudes and food purchasing behaviour were generally sustained. (6) Individual behavioural interventions to raise awareness of the issues need to ensure there is a clear message about how food choices can reconcile both health and environmental/sustainable food outcomes and need to be supported by opportunities to make better choices. Dietitians have a clear role here in extending their influence to both support individuals and drive changes within the food systems in the organisations to make healthier and sustainable food choices the easiest choices.

This workshop will show case examples of sustainable food programmes in the UK where Dietitians have been shaping policy and delivering programmes

The examples will include work by

- Settings based food system change
- Accreditation schemes for caterers
- Sustainability within the national food model
- Exemplar meal service – early years, schools, hospital, workplace, care homes

References :

(1) The Bristol Good Food Charter 2012. Bristol Food Policy Council <http://bristolgoodfood.org/sample-page/>

(2) EU Communication COM(2011) 571 Roadmap to a Resource Efficient Europe 2011 (section 5.1) available from <http://eur-lex.europa.eu/legal-content/EN/TXT/?uri=CELEX:52011DC0571>

(3) Climate change Impacts and opportunities : a summary and discussion of the IPCC workinggroup 2 report <http://www.climateandhealthalliance.org/ipcc>

(4) Second International Congress on nutrition 2014 <http://www.scribd.com/doc/248162926/ICN2-outcome-framework>

(5) NHS England Five year Forward View 2014 <http://www.england.nhs.uk/ourwork/futurenhs/>

(6) Which? and the Government Office for Science. Food System Challenges . Public Dialogue on food system challenges and possible solutions, 2015 Available from

<http://www.which.co.uk/documents/pdf/food-system-challenges---public-dialogue-on-food-system-challenges-and-possible-solutions-411910.pdf>



going to **sustainable** eating

SYMPOSIUM/WORKSHOPS/Breakfasts PROPOSAL TEMPLATE

17th International
Congress of Dietetics
GRANADA
SPAIN
2016
7, 8, 9 and 10 September

Proposed Program

| Title(s) | Time | Speaker(s) |
|--|--|----------------------|
| Mainstreaming sustainable food as a health issue: sharing best practice in sustainable public health food policy | According to time slot available in the programme. | Alison Nelson |

Please include a picture of the speakers:



going to **sustainable** eating

SYMPOSIUM/WORKSHOPS/Breakfasts PROPOSAL TEMPLATE

17th International
Congress of Dietetics
GRANADA
SPAIN
2016
7, 8, 9 and 10 September

