

Ai sensi dell'Art. 3.3 del Regolamento applicativo dell'Accordo Stato-Regioni 5.11.2009, dichiaro che negli ultimi due anni NON ho avuto alcun rapporto anche di finanziamento con soggetti portatori di interessi commerciali in campo sanitario

Stefania Vezzosi



## Sostenibilità della dieta mediterranea

Dott.ssa Stefania Vezzosi



Né lo né l'Altro sono al centro dell'universo.  
Al centro vi è un Terzo.  
Questo Terzo è la relazione tra l'io e i Tu

H. Von Foerster "Sistemi che osservano", 1987

**Esistono soluzioni tra responsabilità collettiva e responsabilità individuale?**

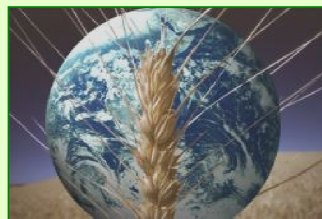
FOOD ...



...is, and always has been, highly contentious space

Tim Lang, The challenge for food policy, 1996

FOOD ...



...but we are confused.

We want to be nice to animals, the environment, our health, the world, in short, we have impossible demands and then we bury our heads either in guilt or despair when the demands cannot be met.

Tim Lang, The challenge for food policy, 1996

## Sostenibilità: un pensiero moderno radicato nel passato

1713



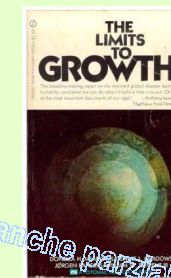
## Sostenibilità: un pensiero moderno radicato nel passato



1962

Dedicato a Albert Schweitzer  
L'uomo ha perduto la capacità di prevenire e prevedere.  
Andrà a finire che distruggerà la Terra

## Sostenibilità: un pensiero moderno radicato nel passato



1972

Se l'attuale tasso di crescita della popolazione, dell'industrializzazione, dell'inquinamento, della produzione di cibo e dello sfruttamento delle risorse continuerà inalterato, i limiti dello sviluppo su questo pianeta saranno raggiunti in un momento imprecisato entro i prossimi cento anni.  
Il risultato più probabile sarà un declino improvviso ed incontrollabile della popolazione e della capacità industriale

## Sostenibilità: un pensiero moderno radicato nel passato

1987



- *Our Common Future* aimed to discuss the environment & development as one single issue
- The Brundtland report (*Our Common Future*) defined sustainable development as “development that meets the needs of the present without compromising the ability of future generations to meet their own needs.”



## Tappe ineludibili della sostenibilità

- Conferenza di Stoccolma, 1972
- Conferenza di Rio de Janeiro, 1992 (nascita di Agenda 21)
- (Trattato di Maastricht, 1992)
- Protocollo di Kyoto (1997)
- (Trattato di Amsterdam, 1997)
- Convenzione di Aarhus (1998)
- Millennium Declaration ONU (2000)
- Biosafety Protocol (Montreal, 2000)
- Convenzione sulle sostanze inquinanti non degradabili (Stoccolma, 2001)
- (Consiglio europeo di Stoccolma, 2001)
- Conferenza sul finanziamento per lo sviluppo (Monterrey, 2002)

**Vertice di Johannesburg (2002): ammissione del fallimento di tutti gli obiettivi sulla sostenibilità compresi quelli di Rio 1992**



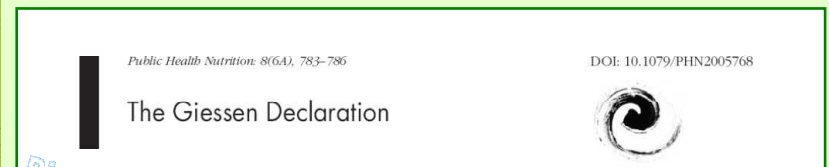
2005



Science has made giant strides in the last century. But the human population continues to increase, and the global climate is changing, with vast implications. Our science has been good in specific ways, but has ignored and overlooked planetary welfare and thus the basic determinants of human health and well-being. **We must ensure that our science supports sustainable eco-systems and healthy environments.**

Mark Wahlqvist  
President, International Union of Nutritional Sciences 2001-2005

2005



### Conclusion

There remains much work to be done in the biological dimension of nutrition science. Much other important work now has to be carried out also in the social and environmental dimensions: this will require a broad, integrated approach. **This Declaration emphasises that the most relevant and urgent work to be done by professionals working in nutrition science and in food and nutrition policy is in its three biological, social and environmental dimensions all together.**



## Position of the American Dietetic Association: Food and Nutrition Professionals Can Implement Practices to Conserve Natural Resources and Support Ecological Sustainability

June 2007 • Journal of the AMERICAN DIETETIC ASSOCIATION



Angie Tagtown, Jennifer Wilkins

## Position of the American Dietetic Association: Food and Nutrition Professionals Can Implement Practices to Conserve Natural Resources and Support Ecological Sustainability

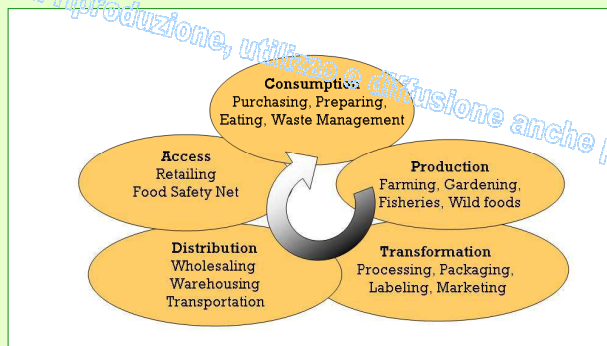
June 2007 • Journal of the AMERICAN DIETETIC ASSOCIATION

### POSITION STATEMENT

*It is the position of the American Dietetic Association to encourage environmentally responsible practices that conserve natural resources, minimize the quantity of waste generated, and support the ecological sustainability of **the food system**—the process of food production, transformation, distribution, access, and consumption.*

## Sustainable Food System

A sustainable food system is a collaborative network that integrates several components in order to enhance a community's environmental, economic and social well-being



## Position of the American Dietetic Association: Food and Nutrition Professionals Can Implement Practices to Conserve Natural Resources and Support Ecological Sustainability

June 2007 • Journal of the AMERICAN DIETETIC ASSOCIATION

**A sustainable diet** is composed of foods that contribute to human health and also encourage the sustainability of food production.

Food and nutrition professionals have opportunities to influence natural resource conservation, solid waste minimization, and ecological sustainability through the variety of roles they serve in the food system.



## Sostenibilità alimentare Posizione ANDID 2009

- ✓ Salute umana
- ✓ Ambiente
- ✓ Società
- ✓ Economia

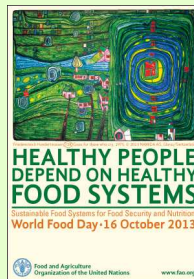


## Sustainable Food System

The principal challenge for the food and agricultural sector is to provide simultaneously enough food, in quantity and quality, to meet nutritional needs and to conserve natural resources for present and future generation

FAO & Bioversity International, 2012 - Buttriss & Riley, 2013

## World Food Day 2013



**Sustainable food systems produce nutritious diets for all people today while also protecting the capacity of future generations to feed themselves.**

**Sustainable food systems use resources efficiently at every stage along the way from farm to fork.**

**Consumers can do their part by choosing balanced diets and minimizing food waste.**

## Sustainable Food System

Given the importance of diets for health and as drivers of environmental pressure, steps must be taken as a matter of urgency to monitor and measure sustainable diets through analysis of information, development of methods and indicators, and development/promotion of policy guidelines

The assessment and development of sustainable diet models will foster a broader consensus for action in nutrition-sensitive agriculture by rising up awareness among consumers and governments that agriculture, food, nutrition, health, culture, environment and sustainability are strongly interdependent to each other





## Towards the Development of Guidelines for Improving the Sustainability of Diets and Food Consumption Patterns in the Mediterranean Area

CIHEAM International Seminar

The Sustainability of Food Systems in the Mediterranean Area

Session 1

Food Systems and Sustainable Diets: The Mediterranean Diet as a Pilot Study

September 2012  
Malta



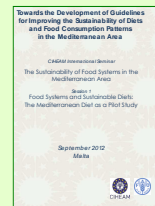
## Methodological framework for the assessment of the sustainability of the Mediterranean diets

### Potential Indicators for Assessing the Sustainability of the Mediterranean Diet

HEALTH & NUTRITION	SOCIETY & CULTURE	ECONOMY	AGRO-BIODIVERSITY	ENVIRONMENT
<ul style="list-style-type: none"> <li>✓ Quantity of local foods</li> <li>✓ Household food security</li> <li>✓ Prevalence of obesity and non-communicable disease</li> <li>✓ Level of physical activity</li> <li>✓ Med diet adherence scores</li> <li>✓ Share of eco-friendly/organs</li> </ul>	<ul style="list-style-type: none"> <li>✓ Quantity of traditional foods</li> <li>✓ Amount of farmer markets</li> <li>✓ Amount of Med food culture events</li> <li>✓ Gender Empowerment</li> <li>✓ Availability of Med food cultural training</li> <li>✓ Perception of Med diet</li> </ul>	<ul style="list-style-type: none"> <li>✓ Degree of self sufficiency</li> <li>✓ Regional turnover</li> <li>✓ Employment</li> <li>✓ Share of home food consumption</li> <li>✓ Cost of obesity</li> <li>✓ Volatility of prices and yields</li> <li>✓ Fair price / trade</li> <li>✓ Diversification of food production</li> </ul>	<ul style="list-style-type: none"> <li>✓ Rate of biodiversity erosion</li> <li>✓ Share of organic agriculture</li> <li>✓ Food Quality Label</li> <li>✓ Soil Fertility</li> <li>✓ Level of Food Processing</li> <li>✓ Resilience capacity of production systems</li> </ul>	<ul style="list-style-type: none"> <li>✓ Environmental footprint</li> <li>✓ Change in aquatic resources</li> <li>✓ Farms in arable land</li> <li>✓ Share of area dedication to urban and peri-urban agriculture</li> </ul>

Source: Adapted from Task Force on Indicators for Assessing the Sustainability of the Mediterranean Diet . Jan 2012. Med: Mediterranean; Med diet: Mediterranean Diet

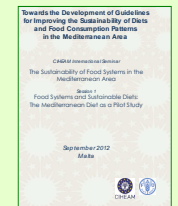
## Methodological framework for the assessment of the sustainability of the Mediterranean diets



### A. Nutrition and health indicators

- A1. Diet-related morbidity/mortality statistics
- A2. Fruit and vegetable consumption/intakes
- A3. Vegetable/animal protein consumption ratio
- A4. Dietary energy supply/intakes
- A5. Dietary diversity score
- A6. Dietary energy density score
- A7. Nutrient density/quality score
- A8. Food biodiversity composition and consumption
- A9. Nutritional Anthropometry
- A10. Physical activity/Physical inactivity prevalence

## Methodological framework for the assessment of the sustainability of the Mediterranean diets



### B. Environmental indicators

- B1. Water footprint
- B2. Carbon footprint
- B3. Nitrogen footprint
- B4. Biodiversity (to be determined)

## Methodological framework for the assessment of the sustainability of the Mediterranean diets



### C. Economic indicators

- C1.** Food consumer price index (FCPI): cereals, fruit, vegetables, fish and meat
- C2.** Cost of living index (COLI) related to food expenditures: cereals, fruit, vegetables, fish and meat
- C3.** Distribution of household expenditure groups: Food
- C4.** Food self-sufficiency: cereals, fruit, vegetables
- C5.** Intermediate consumption in the agricultural sector: nitrogen fertilizers
- C6.** Food losses and waste (to be determined)

## Methodological framework for the assessment of the sustainability of the Mediterranean diets



### D. Socio-cultural indicators

- D1.** Collective participation, cohesion, conviviality and commensality: Proportion of meals consumed outside home.
- D2.** Involvement of consumer in the preparation of food: Proportion of already prepared meals.
- D3.** Traditional diets relevance: Consumption of traditional products (e.g. Proportion of product under PDO (Protected Designation of Origin) or similar recognized traditional food.
- D4.** Transmission of knowledge: Mass media activities and products dedicated to traditional food. Proportion of mass media initiatives dedicated to the knowledge of food background cultural value.

## Do you dare to be mediterranean in all senses?

