



# SEMINAR

## Department of Public Health



University of Otago, Wellington | 23A Mein Street | Newtown | Wellington

## Sustainable diets as a public health imperative

**Professor Barbara Burlingame, College of Health, Massey University**

The health sector has a long history of ineffectual policies and interventions to combat malnutrition in all its forms. The concept of sustainable diets requires the agriculture and environment sectors to share the responsibility for public health nutrition, leading to greater successes in dealing with the challenges of hunger, obesity, micronutrient malnutrition, diet-related chronic diseases, and the environmental degradation from intensive, unsustainable, agricultural industries. This presentation will address the following issues: the relationships between food systems and public health, the relevant policy instruments, where have they succeeded, where have they failed, and steps to ensure a healthy future.

*\*Definition: Sustainable Diets are those diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources. Source: FAO, 2010.*



Barbara Burlingame is Professor of Nutrition and Food Systems in Massey University's College of Health. Her research areas include biodiversity for food and nutrition, sustainable diets and traditional food systems of indigenous peoples. Prior to returning to NZ last year, she spent 16 years at the Food and Agriculture Organization of the United Nations (Rome), most recently as Deputy Director of the Nutrition Division. She serves on several scientific foundations/academies/boards/panels, is Specialty Chief Editor of *Frontiers in Nutrition*, and author of hundreds of papers, book chapters, UN reports/policy documents.

**Friday 1<sup>st</sup> September 2017 12.30 to 1.15**

**Small Lecture Theatre, Level D, University of Otago Wellington**

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