

Gezond Leven-symposium

24/10/2017

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- **UGent**



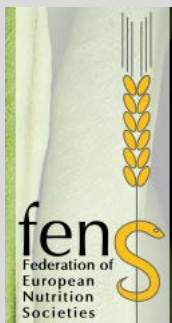
- **HoGent**



- **HGR**



- **FENS**



- **+ BNS**

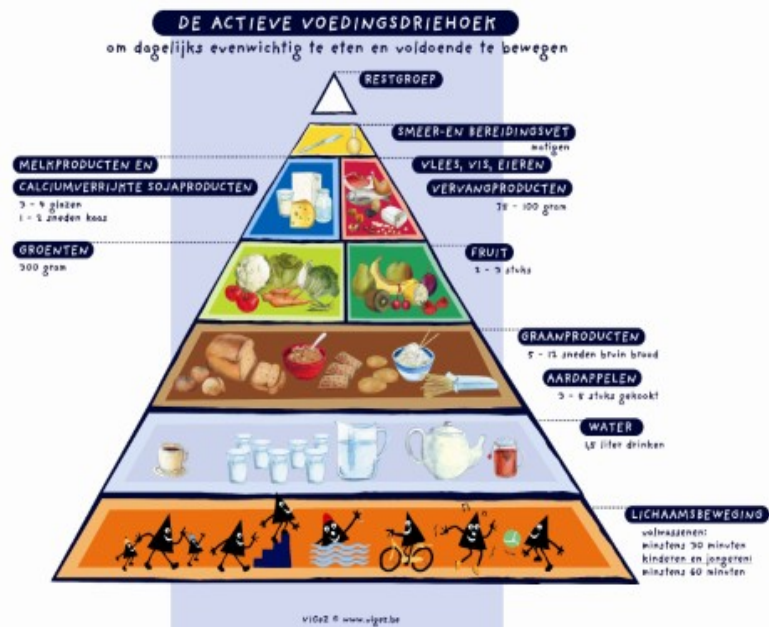


Drie grote vragen

- Wat is het probleem ?
- Hoe is het zo ver kunnen komen?
- Quo Vadis? Wat moet er nu gebeuren ?

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Restgroep





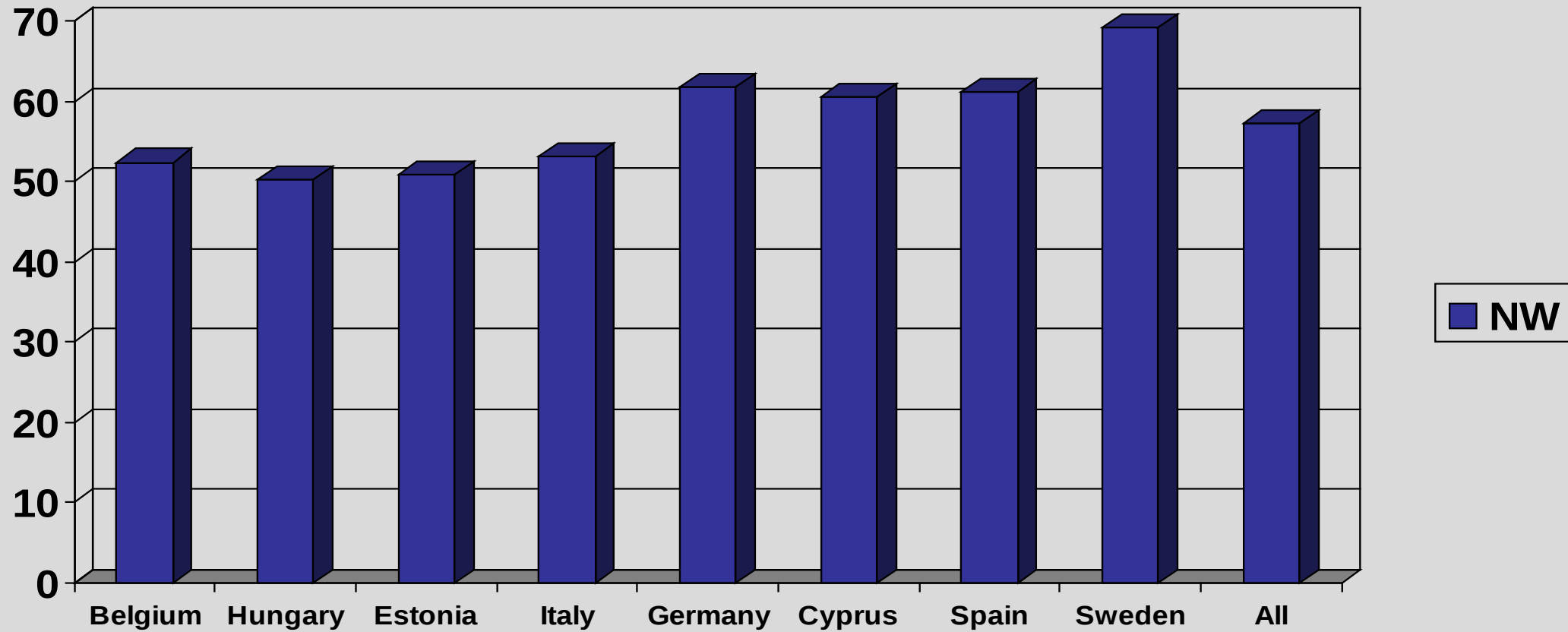
Partners



1. Strovolos, Cyprus
2. Ghent, Belgium
3. Copenhagen, Denmark
4. Tallin, Estonia
5. Helsinki, Finland
6. Bremen, Germany
7. Pécs, Hungary
8. Avellino, Italy
9. Milan, Italy
10. Utrecht, Netherlands
11. Palma de Mallorca, Spain
12. Zaragoza, Spain
13. Gothenburg, Sweden
14. Bristol, United Kingdom
15. Lancaster, United Kingdom
16. Andover, United Kingdom

MESSAGE 1: FRUIT

% consuming fruit at least once a day, normal weight boys and girls



Far too much energy-dense food eaten by I.Family children

- ✓ Average dietary energy density close to **1.9 kcal/g**
- ✓ Higher in school children (1.94 kcal/g) vs. pre-schoolers (1.81 kcal/g)

About **1.25 kcal/g** considered a healthy average density



3.4 kcal/g



2 kcal/g



1.4 kcal/g

First View

[Get access](#)

Household availability of ultra-processed foods and obesity in nineteen European countries

Carlos Augusto Monteiro^{(a1) (a2)}, Jean-Claude Moubarac^{(a2) (a3)}, Renata Bertazzi Levy^{(a2) (a4)}, Daniela Silva Canella^{(a2) (a5)} ... 

<https://doi.org/10.1017/S1368980017001379> Published online: 17 July 2017

Abstract

To assess household availability of NOVA food groups in nineteen European countries and to analyse the association between availability of ultra-processed foods and prevalence of obesity.

Ecological, cross-sectional study.

Europe.

Estimates of ultra-processed foods calculated from national household budget surveys conducted between 1991 and 2008. Estimates of obesity prevalence obtained from national surveys undertaken near the budget survey time.

Across the nineteen countries, median average household availability amounted to 33.9 % of total purchased dietary energy for unprocessed or minimally processed foods, 20.3 % for processed culinary ingredients, 19.6 % for processed foods and 26.4 % for ultra-processed foods. The average household availability of ultra-processed foods ranged from 10.2 % in Portugal and 13.4 % in Italy to 46.2 % in Germany and 50.4 % in the UK. A significant positive association was found between national household availability of ultra-processed foods and national prevalence of obesity among adults. After adjustment for national income, prevalence of physical inactivity, prevalence of smoking, measured or self-reported prevalence of obesity, and time lag between estimates on household food availability and obesity, each percentage point increase in the household availability of ultra-processed foods resulted in an increase of 0.25 percentage points in obesity prevalence.

The study contributes to a growing literature showing that the consumption of ultra-processed foods is associated with an increased risk of diet-related non-communicable diseases. Its findings reinforce the need for public policies and actions that promote consumption of unprocessed or minimally processed foods and make ultra-processed foods less available and affordable.

More than half of all calories consumed in the U.S. come from “ultra-processed” foods, which can contribute to serious health complications like obesity and heart disease, new research finds.

Ultra-processed foods are products that contain several manufactured ingredients that are not generally used when cooking from scratch, CBS reports.

Some examples of ultra-processed foods include soft drinks; sweet or savory packaged snacks; packaged baked goods; chicken or fish nuggets and other reconstituted meat products, and instant noodles and soups.





FORCE-FED

Does the food system constrict healthy choices for typical British families?

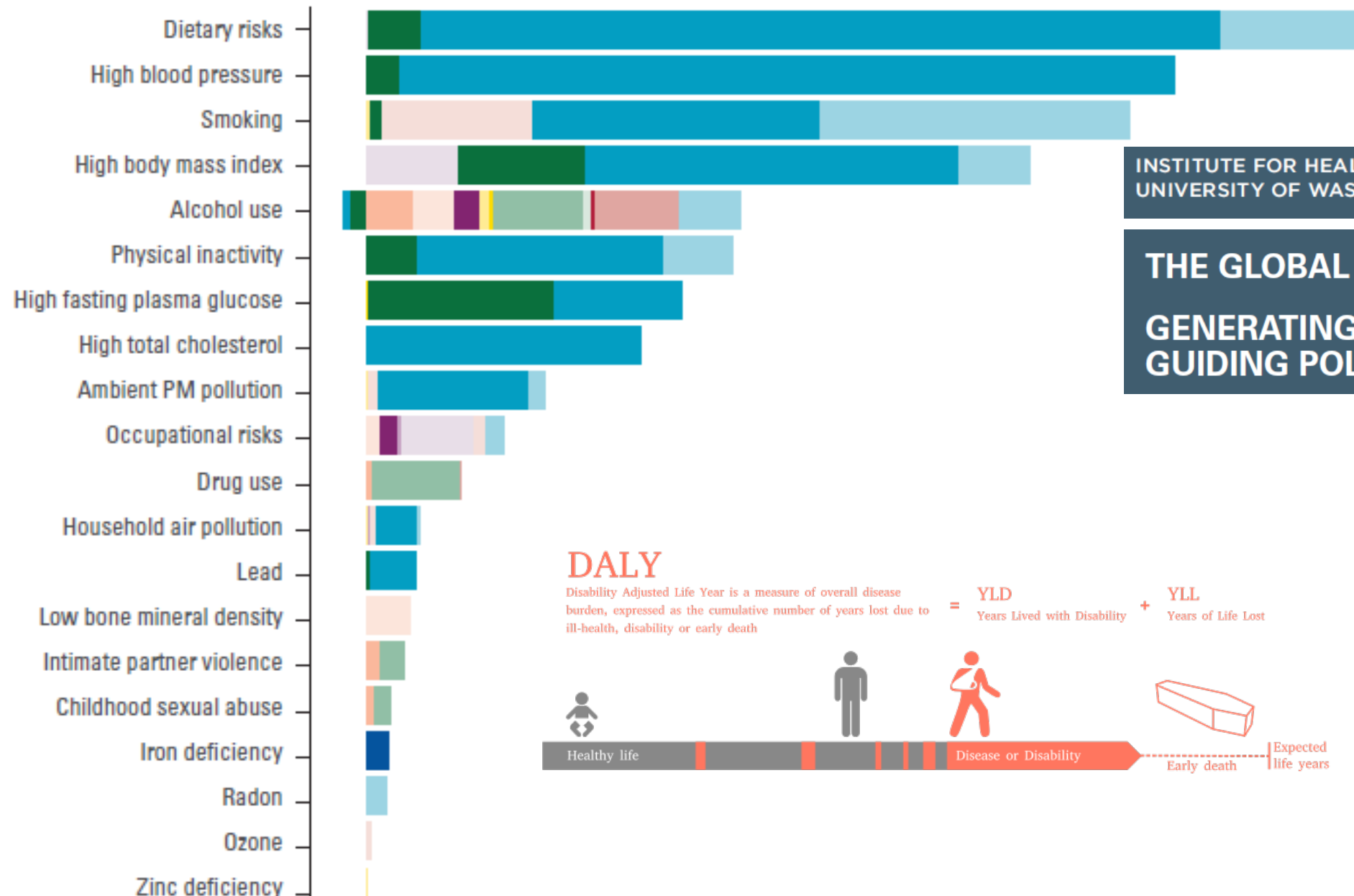


Key finding 6 Unhealthy diets are more common in children from poorer families

Dietary patterns more common (↑) or less common (↓) in different groups of children

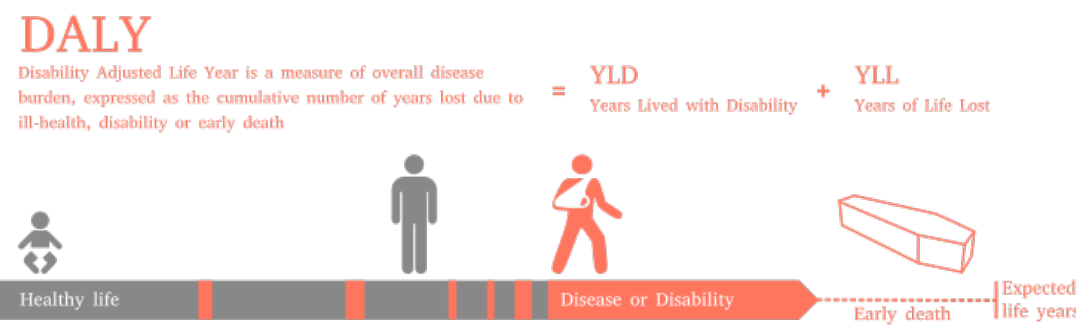
COMMON DIETARY PATTERNS			
<i>Family type</i>	Street food, fast food french fries, hamburger, pizza, kebab, savoury pastries	Sweet foods sweetened drinks, chocolate, biscuits and candies	Healthy foods raw vegs, fruits, wholemeal products
<i>Migrants</i>	↑ +25%		
<i>High maternal and paternal education</i>		↓ - 30%	↑ +50%
<i>High household income</i>		↓ - 30%	↑ +30%

Figure 10: DALYs attributable to leading risk factors, both sexes, all ages, EU and EFTA, 2010



INSTITUTE FOR HEALTH METRICS AND EVALUATION
UNIVERSITY OF WASHINGTON

**THE GLOBAL BURDEN OF DISEASE:
GENERATING EVIDENCE,
GUIDING POLICY**



Belgium, Both sexes, All ages, 2015

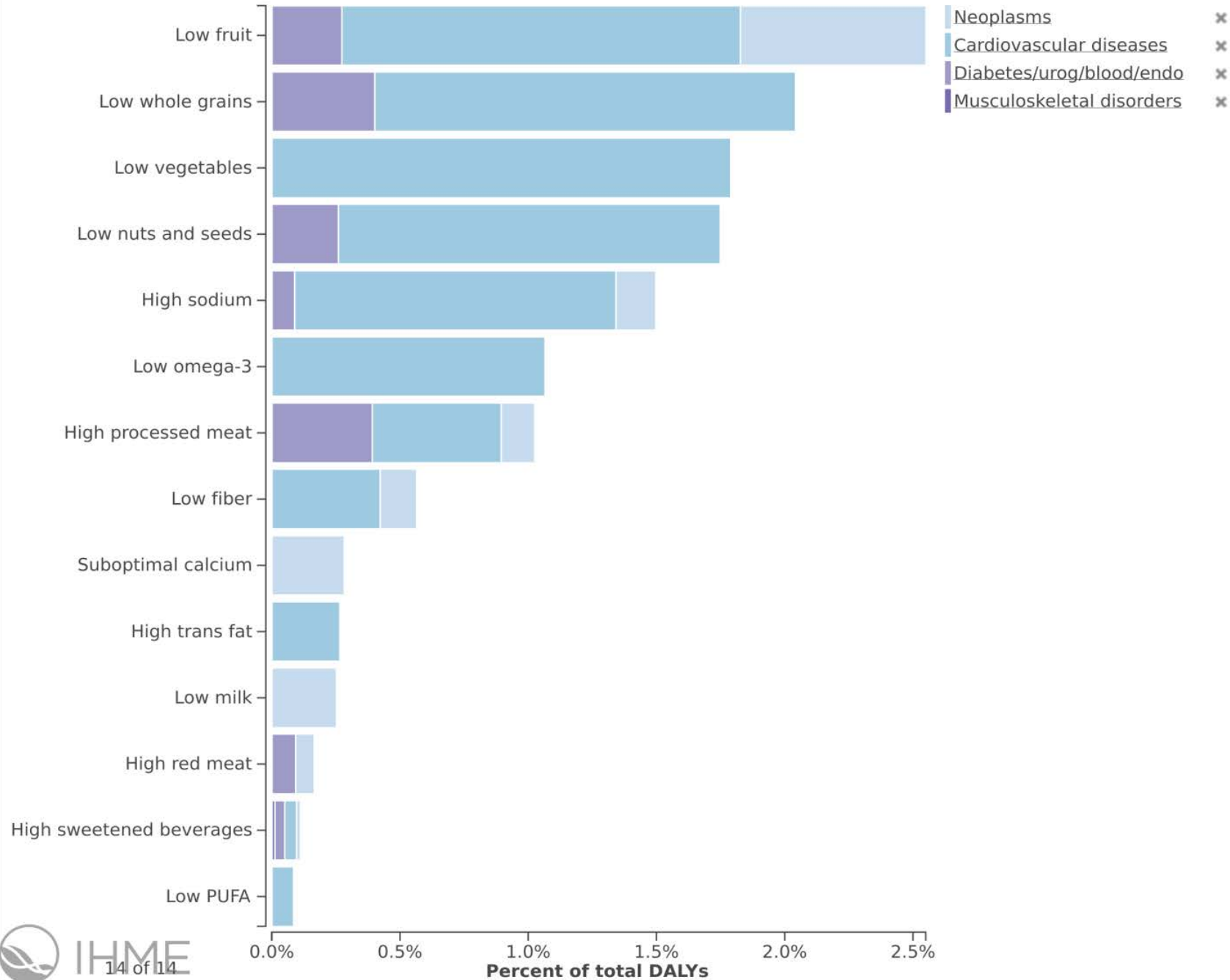


Figure 1: The key components, determinants, factors and processes of a Sustainable Diet. Adapted from Lairon, 2012.



Interim statement (Lancet EAT commission)

Aan het begin van de 21^{ste} eeuw is de voedingstoestand en de effecten ervan op de gezondheid op wereldschaal te beschouwen als zeer problematisch

Het voedselsysteem dat aan de basis ligt van deze problematische voedingstoestand is op zichzelf ook

ZEER PROBLEMATISCH

- houdt honger in de wereld
- is verantwoordelijk voor onevenwicht in de voeding
- heeft bovendien een zeer nefaste impact op de gezondheid van onze planeet.

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Nutrition in transition: The changing global nutrition challenge

Barry M Popkin PhD

Asia Pacific J Clin Nutr (2001) 10(Suppl.): S13–S18

(...)

The shift towards a diet higher in fat and meat and lower in carbohydrates and fibre, lower in vegetables and fruits

(...) Energy dense – nutrient poor diets

(...) Highly processed foods

(...) Less physical activity

High burden of diet related diseases.

(...)

Prof. Geoffrey Rose (UK) (1926-1993)
“The strategy of preventive medicine”

*“ The primary determinants of diseases
are mainly economic and social
and therefore
its remedies must also be economic and social’*

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- **Het huidige systeem (en onszelf) fundamenteel in vraag stellen**
- **Link met andere maatschappelijke problemen onderzoeken (duurzaamheid, sociale cohesie, Noord-Zuid, ...)**
- **“Wicked” problem / Radical thinking for solutions (Einstein)**

- **Het ganse “food system” hertekenen (productie, distributie, consumptie, recyclage, ...)**
- **Bottom up**
New movements
- **M. Pollan**

Michael Pollan



eat food.
{ not too much } mostly plants.
—Michael Pollan

FOOD TRIANGLE

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LEVEN**

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**Thank you for
your attention**