

All for One Health

Animals, plants and humans share the same eco-system, which requires multiple sectors to work together. How can the public health community collaborate to achieve one health?



EUROPEAN
PUBLIC HEALTH
WEEK

EUPHA - EFAD Featured Webinar

Sustainable and Nutritious Diets for Healthier Populations

20 May 2021, 10:00 - 11:30 CEST



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Sustainable and Nutritious Diets for Healthier Populations



Speakers



EUROPEAN
PUBLIC HEALTH
WEEK



Maaïke Droogers
EUPHA Deputy Director



Annemieke van Ginkel-Res
EFAD Honorary President



Manuel Moñino
EFAD's European Specialist Dietetic
Network in Public Health Lead



Eleonora Lano
Dietitian within Slow Food



Elena Carrillo Álvarez
EFAD's European Specialist Dietetic
Network in Public Health



Giuseppe Grosso
EUPHA Food and Nutrition Section
President



Marija Jevtić
EUPHA Environment and Health
Section President



Sara Savic
Scientific Veterinary Institute
'Novi Sad'

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Programme



10:00 **Opening Remarks**
Maaïke Droogers, EUPHA Deputy Director
Annemieke van Ginkel-Res, EFAD Honorary President



10:15 **Current challenges around nutrition and dietary quality**
Giuseppe Grosso, President of the Food and Nutrition Section of EUPHA



10:25 **Food choices to protect biodiversity: the case of Slow Food Presidia**
Eleonora Lano, Dietitian within Slow Food



10:35 **One health and only one environment**
Marija Jevtić, EUPHA President of the Environment and Health Section



10:45 **Serbian Association of One Health - first steps and challenges**
Sara Savić, Scientific Veterinary Institute "Novi Sad"



10:55 **Leading Europe towards healthier and more sustainable dietary patterns**
Manuel Moñino, EFAD's European Specialist Dietetic Network in Public Health Lead



11:05 **Group Discussion**
Moderator: Elena Carrillo Álvarez, EFAD's ESDN in Public Health

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Opening Remarks 10:00 - 10:15

Annemieke van Ginkel-Res, EFAD Honorary President



Annemieke van Ginkel-Res is director/owner of Diëtheek The Netherlands.

Annemieke began her career as a clinical dietitian in the University Hospital in Amsterdam. This was followed by 9 years of experience working in product /marketing management with Nutricia. In 1998 she started in Nutri-akt to recruit dietitians, nutritionists and food technologists for successful engagement in new positions. In 2010 she started Vialente-Diëtheek, an organization with over 90 dietitians working in primary care in the Netherlands. Over the past 20 years, she has been highly involved with aspects of governance within the field of Dietetics in Europe, she is former President of the Dutch Association of Dietitians and is currently Honorary President of European Federation of Associations of Dietitians (EFAD). She is member of the board of trustees of the European Nutrition Health Alliance (ENHA) and the European Foundation for Dietetics and Nutrition (EUFODIN).

Annemieke is living in the Netherlands, is married and has two boys, she loves playing tennis, skiing, hiking and good food!

Maaïke Droogers, EUPHA Deputy Director



Maaïke started working for EUPHA in March 2017. With a background in public health, she worked for various research institutes, NGOs and the European Centre for Disease Prevention and Control (ECDC). Maaïke worked for several public health research projects, including studies on maternal health, eHealth, nutrition, air quality and dementia.

As a scientific officer, Maaïke supported EUPHA in enhancing its research and scientific profile and its presence in the European Institutions in Brussels. In addition, she participates in the research projects and takes an active part in the tasks of the EUPHA office. Since January 2020 Maaïke is Deputy Director of EUPHA.

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Current challenges around nutrition and dietary quality

Improving and maintaining diet quality is a core business for public health efforts in Europe. Current evidence suggests that several aspects are taken into account when exploring dietary guidelines and policy, but recent data shows that emerging underrated issues should be considered and updated recommendations implemented at a population level. While the population is growing, food security raises as a growing concern for European individuals. In spite of sustainable approaches to produce nutritious food for all, other aspects related to cultural heritage, tradition and palatability should be taken into account to project into the future of diet and nutrition in Europe.



Giuseppe Grosso, President of the Food and Nutrition Section of EUPHA

Dr. Giuseppe Grosso's research focuses on evidence-based nutrition. Its main interests include the impact of dietary and lifestyle habits on common non-communicable diseases. He is interested in evidence synthesis aimed to generate policy-oriented research in the area of public health nutrition. Dr. Grosso's research also aims to measure planetary health, including the potential impact of nutrition at a global level. Dr. Giuseppe Grosso is a cum laude graduated medical doctor. Dr. Grosso holds a specialization in public health and a PhD in neuropharmacology. He is currently working as Assistant Professor of human nutrition at the Department of Biomedical and Biotechnological Sciences, School of Medicine, University of Catania, Catania, Italy; he has been recognized as a Highly Cited Researcher from Clarivate-Web of Science for the years 2019 and 2020; he is the President of the Food and Nutrition Section of the European Public Health Association (EUPHA).

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Food choices to protect biodiversity: the case of Slow Food Presidia

Eleonora Lano

Two of the major challenges of our time are malnutrition in all its and the degradation of environmental and natural resources. Both are worsening at an accelerated pace. Among the leading causes of both these challenges is the current food system, which is seriously threatening the health of humans and the planet. The same production systems that are destroying biodiversity (intensive crop cultivation and livestock farming, monocultures, heavy use of pesticides and additives) are also behind ways of living based on excessive consumption of foods of animal origin and ultra-processed foods packed with sugar, fat, salt and preservatives.

Biodiversity contributes in various ways to a healthy and diverse diet. Local varieties and breeds and wild species often have a higher nutrient content than commercial counterparts and cultivated varieties. Slow Food Presidia project is one of the most effective instruments to put Slow Food's politics on agriculture and biodiversity into practice.

The Presidia sustain quality production at risk of extinction, protect unique regions and ecosystems, recover traditional processing methods, safeguard native breeds and local plant varieties.

Slow Food Foundation for Biodiversity, together with some Italian research centers and Universities has carried out different studies to measure the nutritional and environmental value of social and economic sustainable products. The differences that the studies highlight are significant both in terms of nutritional values and environmental impact.

In order to ensure good, clean and fair food for all, Slow Food pursue three important goals: to defend biodiversity, to educate the wider world, and to sustain our efforts and influence the public and private sectors. In particular, we want to educate and inspire consumers, children and adults, in order to impact people's practices and choices, but also educate professionals in food sectors so that more food makers produce good, clean and fair food. Through educational programs, events, campaigns and projects that promote biodiversity Slow Food aims to connect consumers with producers to transform today's unsustainable food system.

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Eleonora Lano, Dietitian within Slow Food



Eleonora Lano, after completion of her studies for the exercise of the profession of a dietitian, has held a Master Degree in Food and Wine Culture. She has experience in the design and implementation of food education and environmental sustainability programs in associations based in Italy and in developing countries. Trainer in school programs related to environmental impact and sustainable&healthy food systems. Since 2016, she is the charge of the design and development of Slow Food educational programs for children and adults. Coordinator of the international board of experts for Sustainable Food&Healthy diets, she edits the contents of scientific articles, papers and communication materials, related to sustainable food&health and manages activities and projects related to this topic.

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One health and only one environment, Marija Jevtić

The One Health approach recognizes the importance of integrating human health with animal health, but also environmental issues.

- The links between humans, domestic animals, wildlife health and the environment (regarding the threat diseases pose to people, their food supplies, and economies) request an interdisciplinary and multidisciplinary approach.
- There is no one sector of society or single professional discipline that has sufficient knowledge or resources to effectively manage this type of risk.
- EU Green Deal with The Global Paris Climate Agreement and Sustainable Development Goals should be guiding principles and policy pathways for all the experts in one health approach.
- EU Green Deal and SDGs give us arguments for research, guide advocacy, and all the other types of actions that will contribute to improving the environment, within the ONE HEALTH concept as well.
- We, as health professionals, together with all other experts could use the positive Synergy of One Health and Public Health approach to achieve better health and a healthier environment for all.

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Marija Jevtić, EUPHA President of the Environment and Health Section



Full professor at the University of Novi Sad, Faculty of Medicine, specialist in Hygiene (Public Health) at the Institute of Public Health of Vojvodina with sub-specialisation in medical ecology. Research collaborator at the Université Libre de Bruxelles, Research Centre on Environmental and Occupational Health, School of Public Health. Associate Member of the Academy of Medical Sciences Serbian Medical Society. 25 years experience in the research and education process and advocacy in public health and environment and health. She is also Group analytic therapist and System Psychodynamic Organizational Consultant.

Field of interest and work: public health, environment and health, SDGs, climate change, disaster and health, migration, mental health, school health, food safety, nutrition, health management, reproductive and sexual health, group psychotherapy, organizational consulting. Previous position and role: Director of Institute of Public Health of Vojvodina: Head of the Department of Hygiene at the Faculty of Medicine, University of Novi Sad; Assistant minister Ministry of Health RS

Actual roles/activities: – president of the Environment and Health Section European Public Health Association (EUPHA), <https://eupha.org/environment-and-health> – Climate Pact Ambassador, https://europa.eu/climate-pact/ambassadors/meet-ourambassadors/marija-jevtic_en – a member of Science Advisory Committee European Health Management organization, <https://ehma.org/members/scientific-advisory-committee/>

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Serbian Association of One Health - first steps and challenges

The association for One Health in Serbia is one of the ways how One Health experts and scientists can be organized to collaborate but also try to influence the broader audience, in order to promote One Health but also improve Public Health.



Sara Savić, Scientific Veterinary Institute 'Novi Sad'

Sara Savić, PhD, DVM, is a researcher, working in a diagnostic laboratory within the Scientific Veterinary Institute 'Novi Sad' from Novi Sad, Serbia. Her main work is based on the diagnostic procedures for zoonotic diseases and vector-borne zoonoses. Dr. Savić has completed her PhD degree in Diagnostics of Lyme disease in dogs and ticks, after which her interests and career went toward One Health issues. The significance of multidisciplinary, transdisciplinary, and interdisciplinary work has become most interesting during the past decade. Her expertise is in bacterial and parasitic vector-borne zoonoses, especially in blood parasites. Dr. Savić has published over 200 publications so far as a leading author or as a co-author, in different scientific journals and proceedings from different scientific meetings.

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Leading Europe towards healthier and more sustainable dietary patterns

Current dietary patterns are linked to the health status of the population and also to deleterious environmental consequences. The profile of a healthy diet with low environmental impact would imply a variety of food mainly fresh and low processed, plant-based, use of sustainable vegetable fats and tap water, small amounts of animal-based foods, and care of food waste.

The presentation will show some examples of practices currently implemented along with Europe, however, taking a step forward is needed in order to reduce food waste, adopt healthier diets, support responsible businesses, raise food literacy, integrate sustainability in food-based dietary guidelines, boost a greener public procurement, integrate sectoral policies to regulate food systems, among other actions.



Manuel Moñino, EFAD's European Specialist Dietetic Network in Public Health Lead

Registered Dietitian-Nutritionist. Lead of the European Specialist Dietetic Network in Public Health of the European Federation of Dietetic Associations (EFAD). Senior consultant in public health in the Spanish Association "5 a day", the Global Alliance for the Promotion of F&V Consumption and the Spanish Academy of Nutrition and Dietetics; researcher in the PREDIMED and PREDIMED PLUS studies. Author of 18 papers and 66 communications in international and national congresses. Observer member of the International Steering Committee of the International Year of Fruit and Vegetables 2021.

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Moderator: Elena Carrillo Álvarez, RD, PhD

Elena Carrillo Álvarez is a Professor of Preventive Medicine and Public Health at the Blanquerna Faculty of Health Sciences of Ramon Llull University in Barcelona, Spain. Is Dietitian-Nutritionist (FCSBlanquerna-URL), master's degree in Social and Community Pedagogy and (FPCEEBlanquerna-URL), and PhD at Ramon Llull University. Always located in the field of social epidemiology, her research career focuses on the study of the social determinants of health in different groups of the population, using a complex and multidisciplinary perspective of research, which is the result of an itinerary that unites the fields of health, education, the sociology and psychology.

Her research activity is divided into three axes: (1) Social determinants and inequalities in health, social capital and socioeconomic status; (2) Food insecurity, family/household perspective, and community responses; (3) Lifecourse approach to health, ageing and well-being, and life transitions. Sustainability is promoted across all axes.

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Key messages

1. Taking a One Health approach recognizes that the health of the ecosystem cannot be separated from the health of all humans, animals, plants, and their living environments. (Source: [HEAL](#))
2. The climate crisis impacts human health because it puts at risk access to clean air, safe drinking water, nutritious food supply, and safe shelter. (Source: [WHO](#))
3. Professional groups from different sectors need to work together to prevent the overuse of antibiotics in human and animal health, which can lead to antimicrobial resistance. That's One Health in action. (Source: [WHO Europe](#))
4. Consumers need to feel empowered to reduce food waste, adopt healthier diets and support businesses with sustainable practices, since they have the power to change food systems through their purchasing and lifestyle decisions, and dietitians are key agents to help and lead them toward a healthier and more sustainable diet. (Source: [EFAD](#))
5. Sustainable diets have low environmental impacts, are diversified, nutritious, less resource-intensive, and produce minimum waste which contributes to food and nutrition security and to healthy life for present and future generations. (Source: [FAO](#))

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Key messages

6. Collaboration between health systems must be assured to achieve “One Health” for all. (Source: [WHO](#))
7. Sustainable Development Goals target “One health” and a sustainable future. We still have 9 years to achieve these goals! (Source: [WHO](#))
8. Front-of-pack nutrition labelling systems provide an opportunity to increase people’s food literacy, empowering them to make better choices; while creating a healthier food environment, improving dietary patterns and promoting healthy lifestyles. (Source: [EUPHA](#))
9. Tackling antimicrobial resistance requires understanding the links between human, animal and environmental health and taking action accordingly. (Source: [WHO Europe](#))
10. Tackling antimicrobial resistance requires: Understanding human behaviour towards using antibiotics; improving public health competencies; Coordinating our efforts via a One Health approach; Elevating health as a political priority for all sectors (Source: [WHO Link](#))
11. Food safety is everyone’s business! Follow the 5 keys to safer food: Keep clean; Separate raw and cooked; Cook thoroughly; Keep food at safe temperatures; Use safe water and raw materials (Sources: [WHO](#))

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Key messages

12. Vendors selling food can take steps to ensure food safety by Regularly washing hands; Handling and storing food correctly; Separating live animals and raw food from ready-to-eat food (Source: [WHO Europe](#))
13. Reducing emissions of greenhouse gases through better transport, food and energy-use choices result in improved health, particularly through reduced air pollution. (Source: [WHO](#))
14. The public health sector should consider changes in the education of healthcare workers and the implementation of public health services and interventions. Sustainable development requires urgent action and a global partnership to solve the world's most complex problems. (Source: [EUPHA Environmental Health Track report 2020](#))
15. The public health community and government officials should work to integrate sustainability into national food-based dietary guidelines to help societies to move toward healthier and more sustainable food patterns (Source: [FAO](#))



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About EFAD

The **European Federation of the Associations of Dietitians** (EFAD) is the voice of 35,000 European dietitians in 30 European countries representing more than half the profession in Europe. Through its membership of 33 National Dietetic Associations and 40 Higher Education Institutes, EFAD aims to improve European nutritional health and reduce health inequalities among the populations its members represent.

Our Mission

To support member Associations in developing the role that dietitians have in the improvement of nutritional health in Europe.

Our Vision

EFAD, National Dietetic Association members (NDAs), Education Associate Members and dietitians are the recognised leaders in the field of dietetics and nutrition. To achieve our vision, EFAD:

- supports the highest quality of dietetic education, professional practice, research activity and partnership.
- pro-actively initiates and grows collaborations in order to improve nutritional health, reduce socioeconomic health inequalities and contribute to economic prosperity.

Registered Address:

The European Federation of the Associations of Dietitians (EFAD)
Gooimeer 4-15, 1411 DC Naarden,
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Kamer van Koophandel (Chamber of Commerce in NL)
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About EUPHA

The **European Public Health Association** (EUPHA) is an umbrella organisation for public health associations and institutes in Europe. EUPHA was founded in 1992 by 15 members (12 countries). EUPHA now has 80 members from 47 countries:

- 41 national associations of public health
- 29 institutional members
- 8 individual members
- 2 global members
- 13 partners

EUPHA is an international, multidisciplinary, scientific organisation, bringing together around 23.000 public health experts for professional exchange and collaboration throughout Europe. We encourage a multi-disciplinary approach to public health.

Our vision

Our vision is of improved health and well-being and narrowing health inequalities for all Europeans. We seek to support our members to improve health in Europe, adding value to the efforts of stakeholders in regions and states, in national and international organisations, and individual public health professionals.

Our mission

Our mission is to facilitate and activate a strong voice of the public health network by enhancing the visibility of the evidence and by strengthening the capacity of public health professionals.

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About EUPHW

The European Public Health Week (EUPHW) aims to:

- Make the case for public health and a more inclusive society across Europe
- Raise awareness and amplify existing messages on five specific public health themes, in line with key organisations at the European level
- Create trust and innovative ways of collaboration among all professionals contributing to public health at the local, national, regional and European level.

The themes for the 2021 edition are:

- Monday 17 May: Communicating science and health
- Tuesday 18 May: New challenges in mental health
- Wednesday 19 May: Your local community
- Thursday 20 May: All for one health
- Friday 21 May: Leaving no one behind



The European Public Health Week (EUPHW) is an initiative by the European Public Health Association (EUPHA) supported by the WHO Regional Office for Europe. Co-funded under an operating grant from the European Union's Health Programme.

All for One Health

Animals, plants and humans share the same eco-system, which requires multiple sectors to work together. How can the public health community collaborate to achieve one health?



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