



**SUSTAINABLE
NUTRITION**
SCIENTIFIC BOARD

SUSTAINABLE NUTRITION: A WORLD TOP PRIORITY

2020
16TH WORLD CONGRESS
ON PUBLIC HEALTH



AT THE 16TH WORLD CONGRESS ON PUBLIC HEALTH A PANEL FEATURING THE SUSTAINABLE NUTRITION SCIENTIFIC BOARD SHARES KEY RESEARCH TOPICS TIED TO FEEDING THE WORLD'S GROWING POPULATION

Global Experts Come Together to Discuss Interconnected Themes that Aim to Provide Valuable Insights and Tackle the Challenge of Providing Nutrition to 10 Billion People on Planet Earth by 2050.

October 14th, 2020

Today, an official World Leadership Dialogue event during the **16th World Congress on Public Health** featured a panel of experts, including members of the **Sustainable Nutrition Scientific Board** (SNSB). They presented unique points of view on how the world can manage the challenge of feeding a vast global population.

In line with the Congress' theme "*The Future of humanity: Analysis, Advocacy, and Action,*" the virtual seminar offered an engaging discussion on the important role vegetable oils have in feeding humanity through the lens of Sustainable Nutrition, a novel approach which takes a look at health, nutrition and sustainability holistically. The event marks the second public event for the SNSB.

Launched earlier this summer, the **Sustainable Nutrition Scientific Board** is comprised of an independent international scientific group of eight experts who, alongside external thought-leaders, have embarked on a three-year research journey to come up with actionable, pre-competitive Sustainable Nutrition insights and solutions backed up with hard facts and data. The first year of research – currently underway – is targeting unique themes related to the role vegetable oils have in the average human being's daily nutrition intake. Indeed, the team members are working on parallel targeted studies drawing from a wide range of fields, specifically nutrition, public health, pediatrics, environment & environmental health sciences, and leveraging the use of Big Data.

Professor Arne Astrup, SNSB President stated, *"We are thrilled to participate in the World Congress on Public Health with a thought-provoking panel to tease some of the key concepts the Sustainable Nutrition Scientific Board is researching during our first year of life."* He added, *"Now more than ever, it is evident that innovative, transparent solutions must be strategically developed and implemented on a global scale in order for humanity to deal with some of the world's complex sustainability challenges."*

Contextualized with the current complex period due to Covid-19 pandemic and its global effects, the timely reflection was moderated by SNSB **panel Chairman Prof. Olivier Joliet** (SNSB Member and expert in Food LCiAs and Healthy and Sustainable Food Systems), and deep-dived the importance of prevention and action for the food industry in meeting the United Nations' Sustainable Development Goals (and beyond). The individual research projects discussed by the panelists include:

- **“Personalized nutrition and scientific evidence in a sustainable perspective” Professor Stefania Boccia**, SNSB Member and Professor, Epidemiology and Prevention expert drew from the current COVID-19 pandemic and other emerging infectious diseases as a reminder of the close connections between human, animal and environmental health and the urgent need to address them in a holistic manner. Professor Boccia is exploring the personal and socioeconomic benefits of shifting from a “one size fits all” approach to nutrition, to a tailor-made approach leveraging state-of-the-art technology.
- **“It’s time to change nutrition guidelines” Professor Arne Astrup**, SNSB President and Professor/leading Nutrition and Health expert, challenged recommendations to limit dietary saturated fatty acid (SFA) intake, including palm oil, which has persisted despite mounting contrary evidence. The analysis is based on growing proof that SFA alone does not increase cardiovascular disease risks, as well as the overall consideration that health effects on food cannot be predicted by their content in any nutrient group without considering the food matrix, meal composition and macronutrient distribution.
- **“Physiological role of Palmitic Acid” Professor Sebastiano Banni**, Biomedical Sciences and Palmitic Acid expert countered the popular belief that palmitic acid has alleged detrimental health effects. On the contrary, studies supporting this hypothesis have overshadowed the acid’s multiple crucial physiological activities and overlooked that the detrimental health effects associated to an abnormal increase of tissue palmitic acid cannot be attributed to its higher dietary intake, but rather reflects its uncontrolled enhanced endogenous biosynthesis from glucose.

The SNSB team member's individual projects and uncovered insights will be holistically analyzed and conclude with a research paper featuring concrete recommendations to be presented publicly in early 2021. This first output, alongside Year 2 and 3 projects, aims to promote the concept of "Sustainable Nutrition": a new approach that optimizes health and nutritional outcomes whilst restoring the key ecosystems and farming livelihoods on which we depend.

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About the Sustainable Nutrition Scientific Board

Established in 2020, the Sustainable Nutrition Scientific Board is a group of independent, cross-disciplinary research experts coming together to leverage big data to uncover concrete, measurable pre-competitive solutions for the food industry to tackle the world's challenges related to Sustainable Nutrition, in particular nutrition, health, and the environment. The SNSB has been created with the unquestioning support of Nutella.



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