

EXPLORING THE ENVIRONMENTAL, HEALTH AND ECONOMIC SUSTAINABILITY OF CURRENT FOOD CONSUMPTION PATTERNS: THE MEDITERRANEAN DIETARY PARADOX

Sandro Dernini

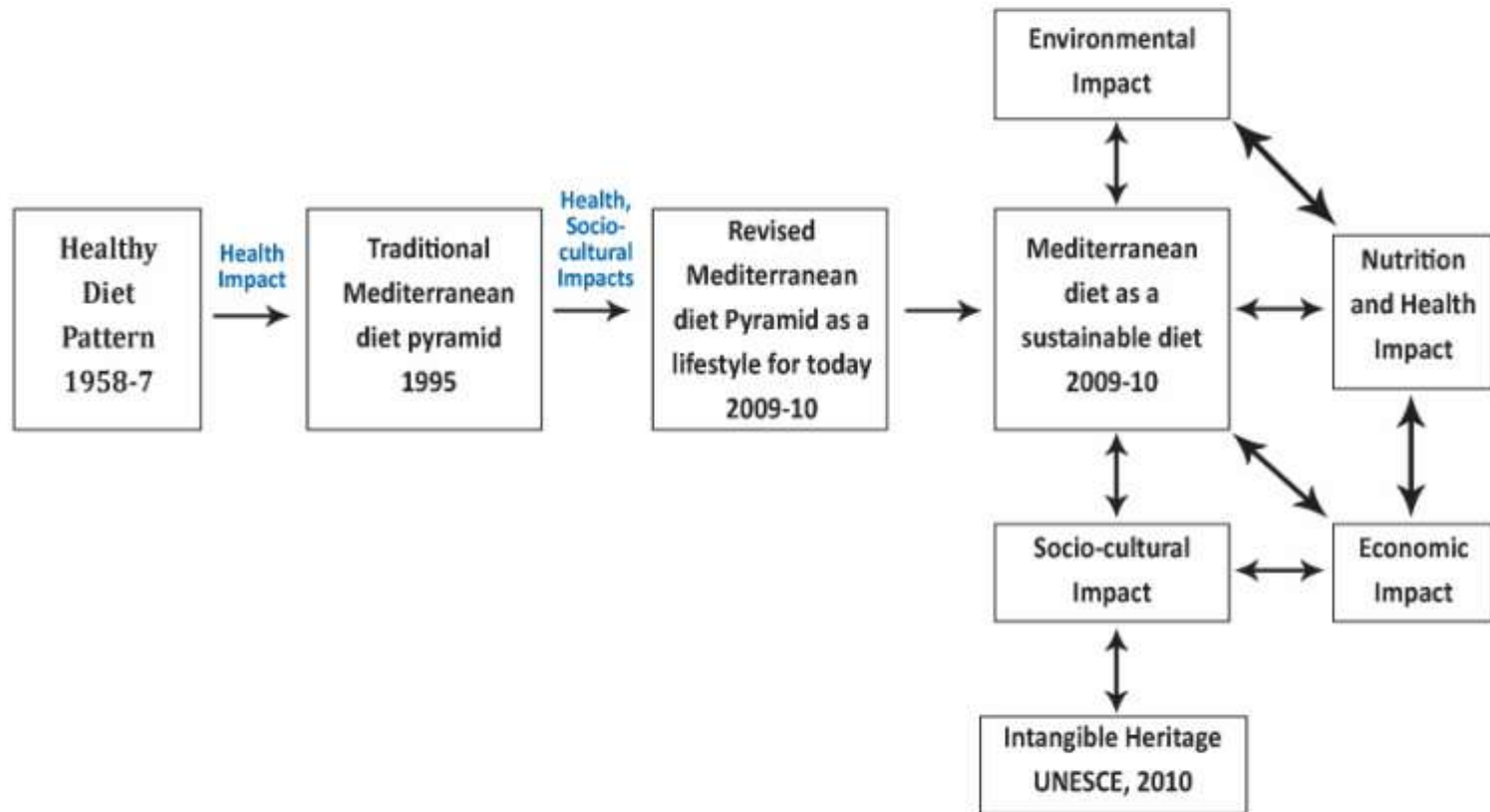
II MEDITERRANEAN SYMPOSIUM

A better health for youth:

From obesity to sustainability

April 16, San Lorenzo de Escorial, Madrid

The Evolution of the concept of the Mediterranean Diet



Food and Nutrition Challenges in the Mediterranean Area

- **Food insecurity and Nutrition in Transition**
- **Growing demand, in quantity, quality and diversity**
- **Food production & consumption already exerts considerable pressure on environment**
- **Resources fragile & scarce**
- **Food systems must become more sustainably intensive, more efficient in the use of resources**

NUTRITION IN TRANSITION IN THE MEDITERRANEAN AREA

Specification	Overweight 2011 (%) (WHO, 2011)	Obesity 2011 (%) (WHO, 2011)	Undernourishment 2010-2012 (%) (FAO, WFP and IFAD; 2012)
Albania	54.4	21.3	-
Algeria	45.5	16.0	<5
Egypt	67.9	33.1	<5
Iraq	62.3	27.0	26.0
Israel	60.9	26.2	-
Jordan	64.1	30.0	<5
Lebanon	61.8	27.4	<5
Libya	61.9	27.8	<5
Morocco	46.8	16.4	5.5
Syria	61.2	27.1	<5
Tunisia	53.7	22.3	<5
Turkey	61.9	27.8	<5

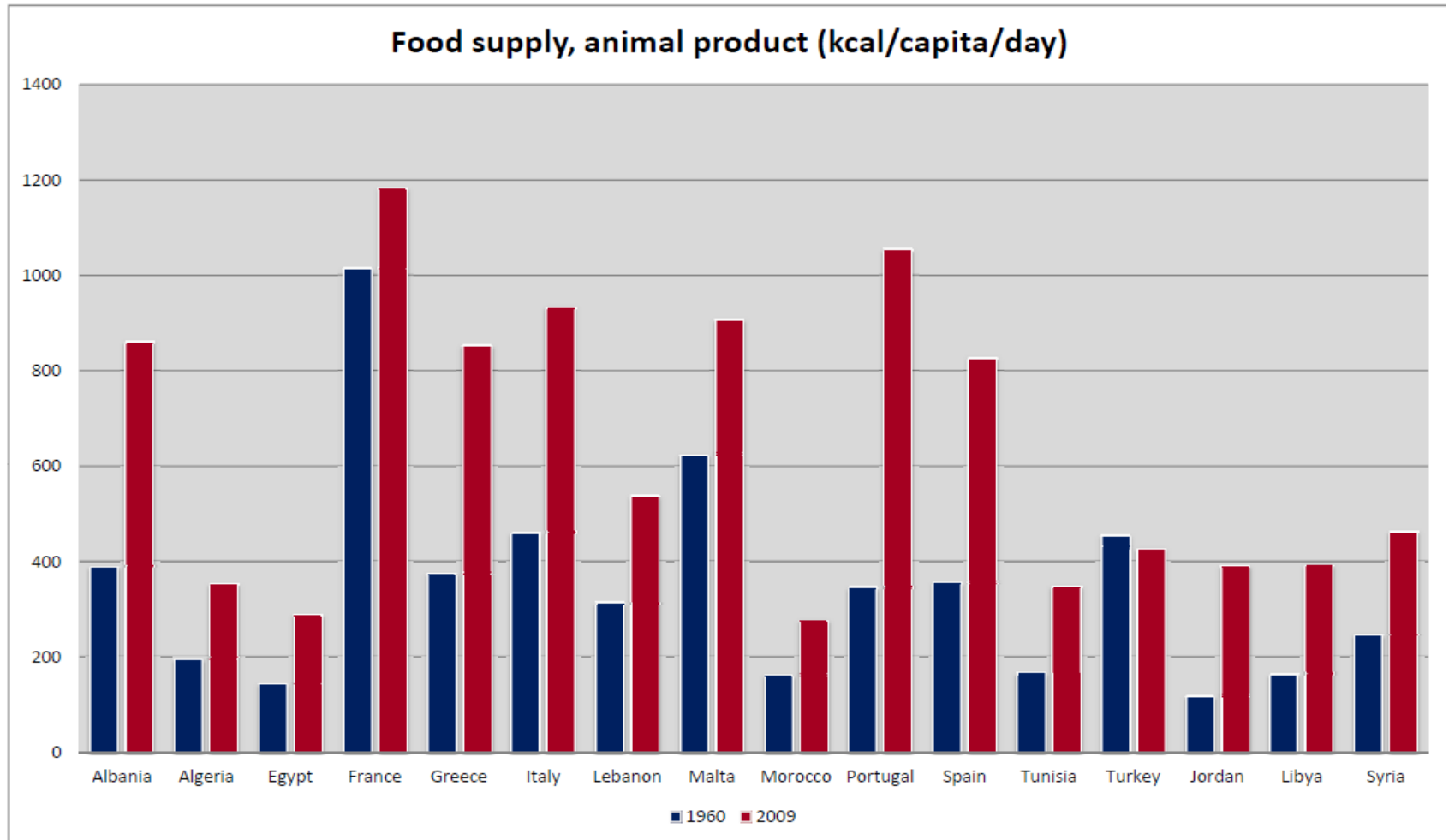
Table. 1. *Obesity, overweight and malnutrition (undernourishment) in selected Mediterranean countries.*

Source: CIHEAM-Bari's elaboration using data from WHO 2011 and FAO-WFP-IFAD 2012 ([FAO, WFP et al. 2012](#)) .

Nutrition Transition in the Mediterranean Countries

Not only does nutrition transition impact dietary intake and health, it has profound effects on the sustainability of food systems prevalent in Mediterranean countries and consequently on the food security and nutrition of the Mediterranean population.

Animal Product Consumption in Mediterranean Countries



THE PARADOX OF THE EROSION of the Mediterranean Diet

Despite its increasing popularity worldwide and its well documented health benefits of the Mediterranean diet there is the paradox that it is becoming less and less the diet of choice in most Mediterranean countries.

The Mediterranean diet is today endangered in all countries of the Mediterranean region, because of globalization process, standardization of life styles, and, in particular, of the loss of consciousness and appreciation among younger generations about their own cultural food heritage.

THE EROSION OF THE MED DIET

- This poses important sustainability threats to the preservation and transmission of the Mediterranean Diet to future generations.



2005 Rome Call for a Common Action on Food in the Mediterranean.



**3° Euro-Mediterranean Forum
October 2005 University of Rome La
Sapienza**

UNDER THE HIGH PATRONAGE OF THE PRESIDENT OF THE REPUBLIC OF ITALY
ITALIAN OFFICIAL WORLD DAY CELEBRATIONS 2009
ACHIEVING FOOD SECURITY IN TIMES OF CRISIS



Tuesday, 3rd November 2009

3RD CIISCAM INTERNATIONAL CONFERENCE

THE MEDITERRANEAN DIET TODAY A MODEL OF SUSTAINABLE DIET

NEW FRONTIERS IN THE MEDITERRANEAN
FOR FOOD SECURITY

PARMA Palazzo Soragna

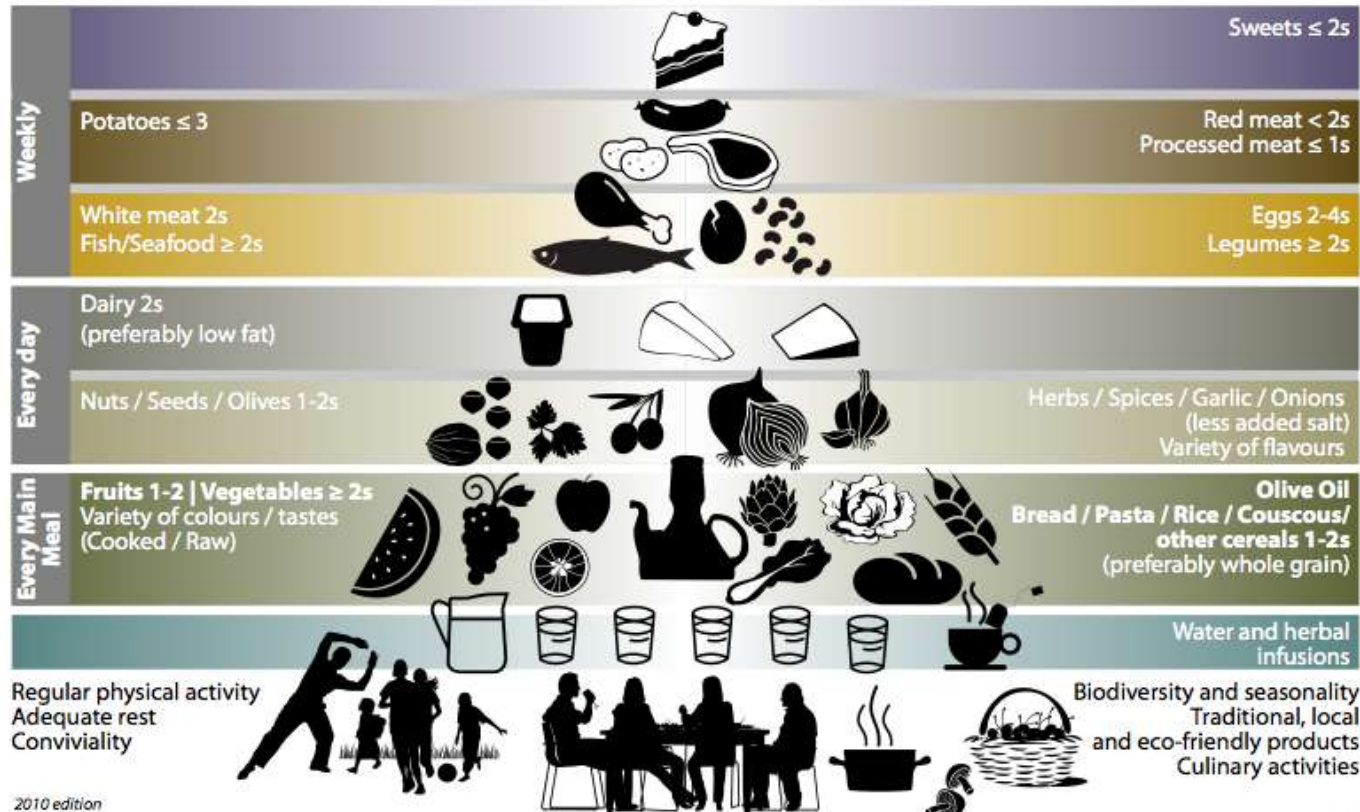
Mediterranean Diet Pyramid: a lifestyle for today

Guidelines for Adult population

Serving size based on frugality
and local habits



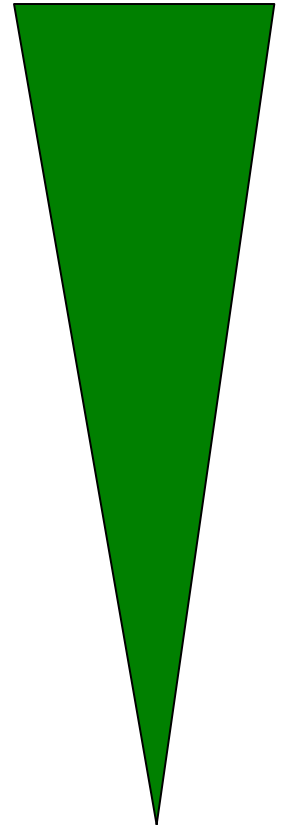
Wine in moderation
and respecting social beliefs



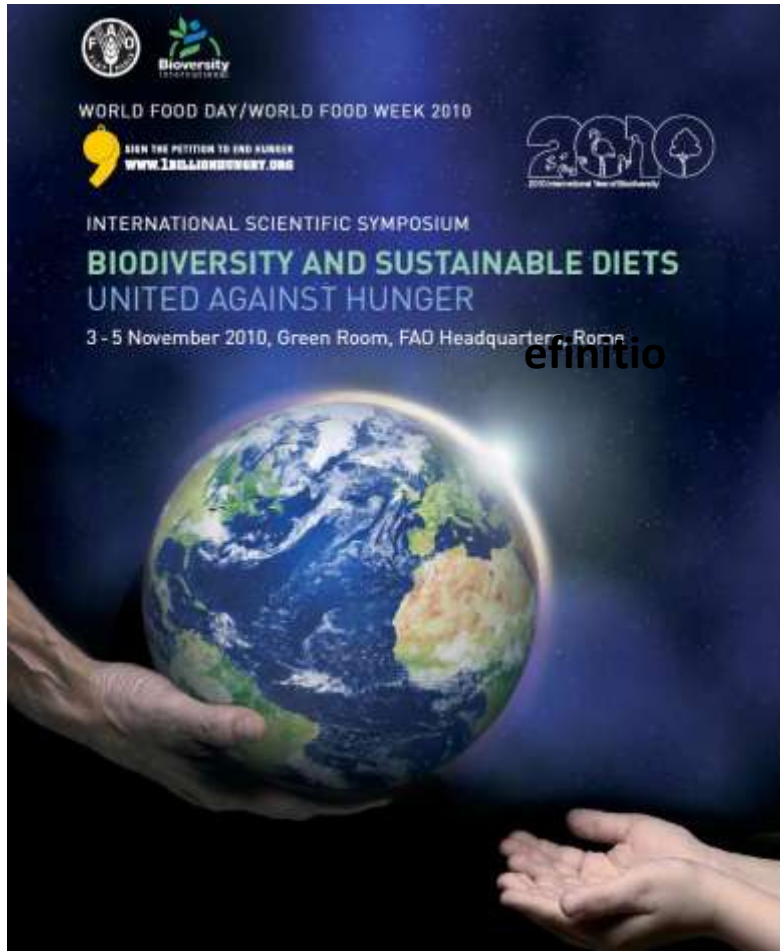
2010 edition

s = Serving

Environmental
footprint



Sustainable diets



“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”. (FAO, 2010)

**At this 2010 FAO Symposium,
the Mediterranean diet was
presented as the example for
modelling the sustainable
diets' notion**

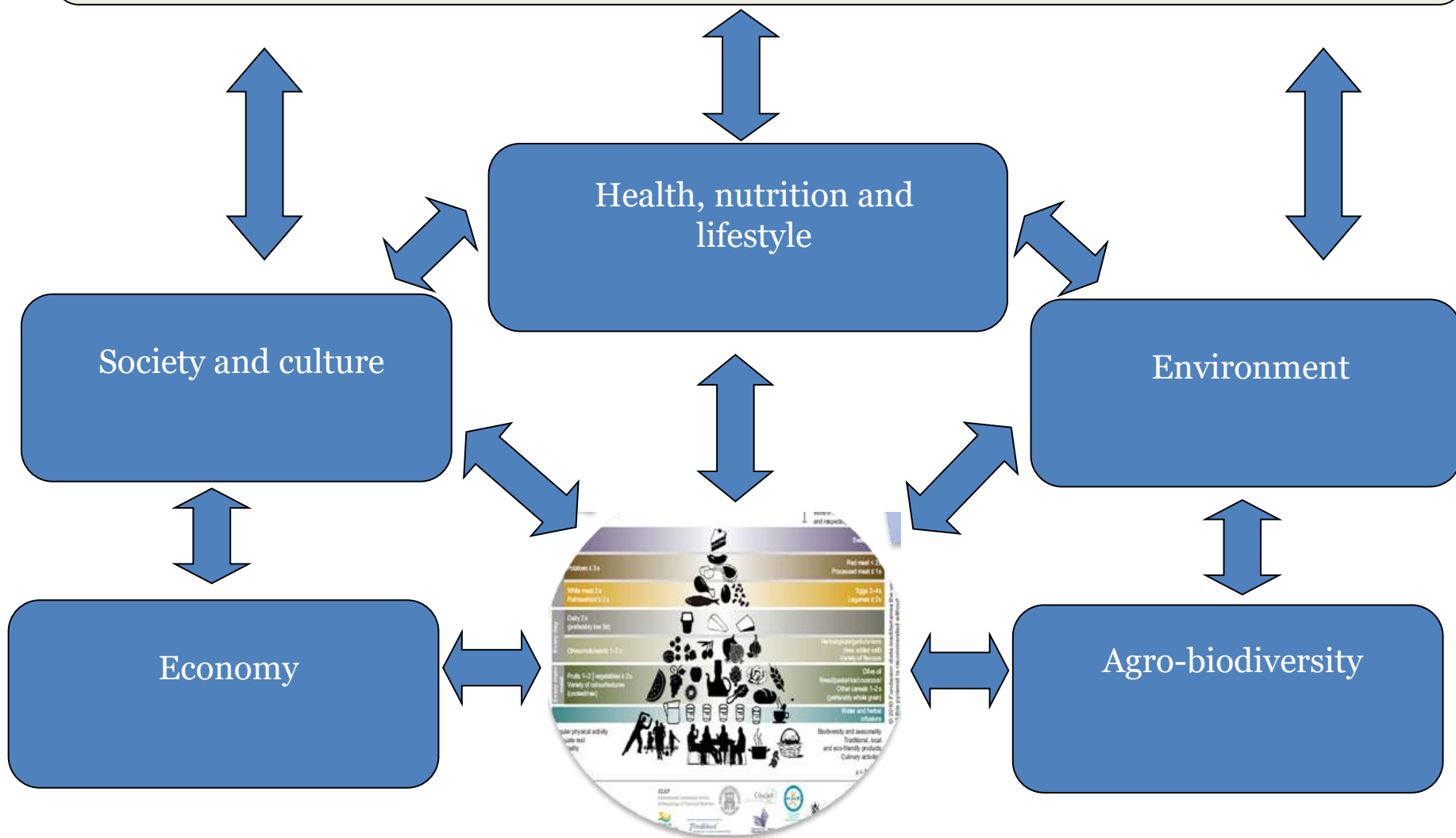
Why the Mediterranean diet was identified by FAO as a sustainable diet?

- Health benefits well documented
- Evidences of lower environmental impacts
- Cultural heritage acknowledged by UNESCO
- Related to several Mediterranean countries

The Mediterranean Diet as a sustainable diet case study

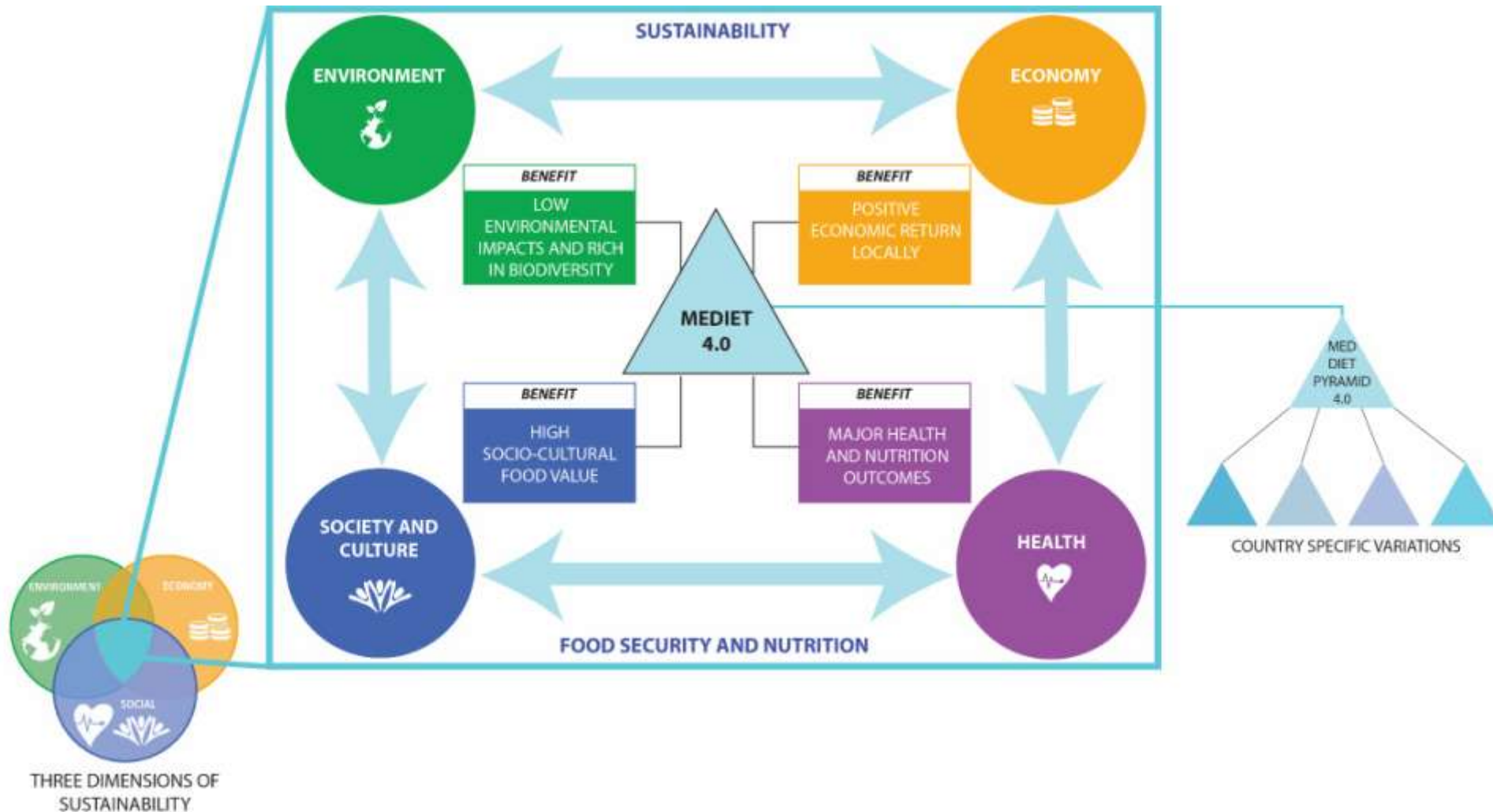
Within the international debate on a shift towards more sustainable food systems and diets, the Mediterranean diet started to be investigated by FAO and CIHEAM as a case study for sustainable diets' assessment in the Mediterranean area.

FAO/CIHEAM collaboration on the sustainability of the Mediterranean diet in the context of the Mediterranean food system



FAO/CIHEAM-Bari, International Workshop, 2011

THE COPING STRATEGY OF THE MED DIET 4.0 FRAMEWORK



The Way Forward:

A new role of the Mediterranean diet in the context of the future of the Mediterranean sustainable food systems

The Mediterranean diet, by linking consumption and production, can be more revitalized, not just an healthy diet but as a significant component of the improvement of the sustainability of the Mediterranean food systems

THANKS FOR YOUR ATTENTION