

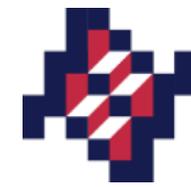


# **Sustainable healthy diets: Why are they so crucial after COVID-19?**

**Juan Rivera Dommarco**

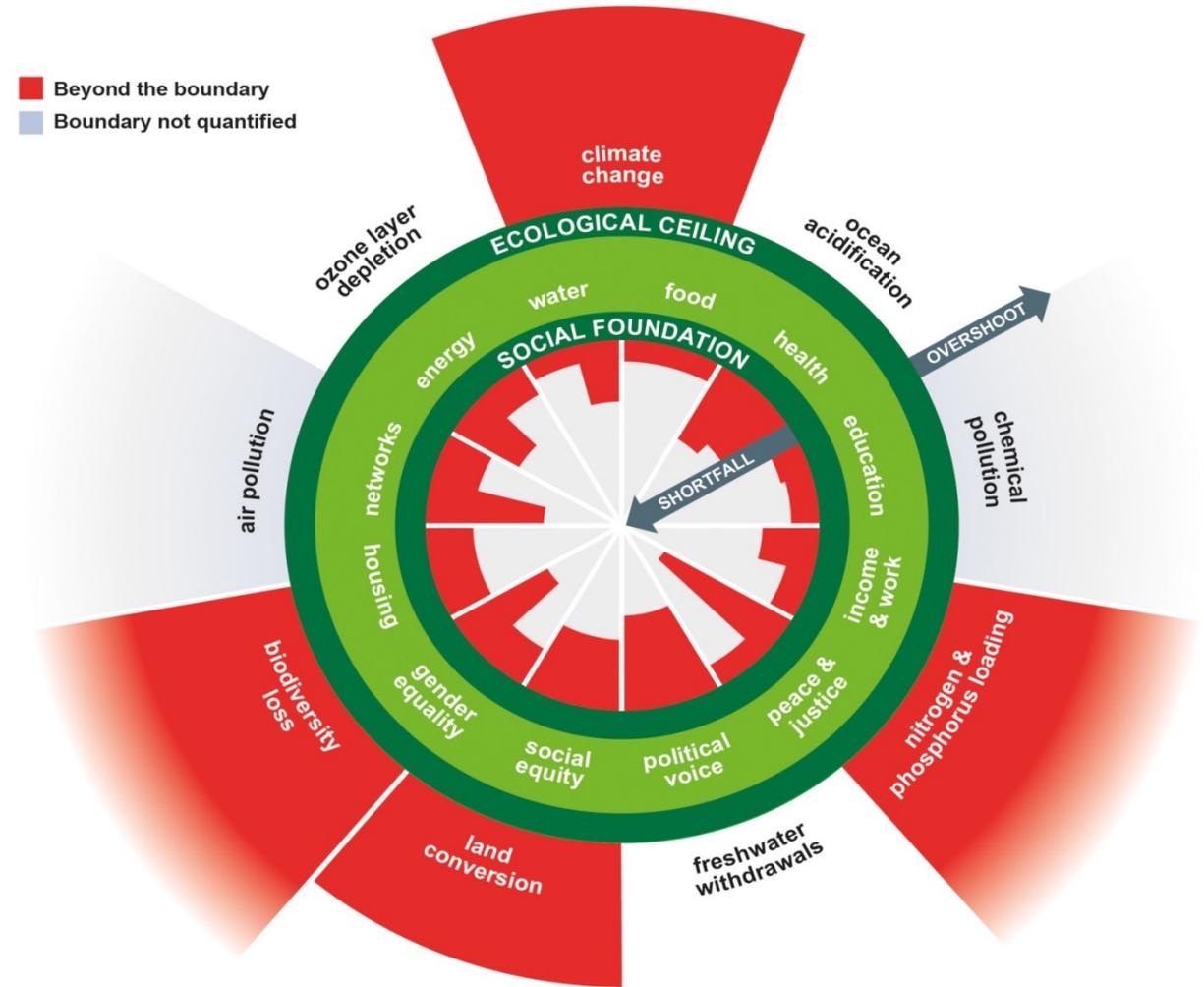
**Instituto Nacional de Salud Pública  
(Mexico)**

# It is urgent to reconsider our food system



- In 2050 we will need to feed over 9 billion people
- Some environmental systems are already beyond safe boundaries
- It is urgent to reconsider what foods should we eat and how should we produce them
- The question addressed by EAT-Lancet:

¿How can we feed over 9 billion people in 2050 with a healthy diet that simultaneously will ensure the sustainability of our planet?



# Why are sustainable diets so crucial after COVID-19?

## Meta-analysis

### Obesity is associated with:

- 46% ↑ risk of a positive COVID-19 test
- 113% ↑ risk of hospitalization
- 74% ↑ risk of Intensive Care need
- 48% ↑ risk of death

Popkin, B., et al. Individuals with obesity and COVID-19: A global perspective on the epidemiology and biological relationships. *Obesity Reviews* 2020; 21:e13128

## Our Study in Mexico

### We have documented and increase in severe COVID-19 risk associated with:

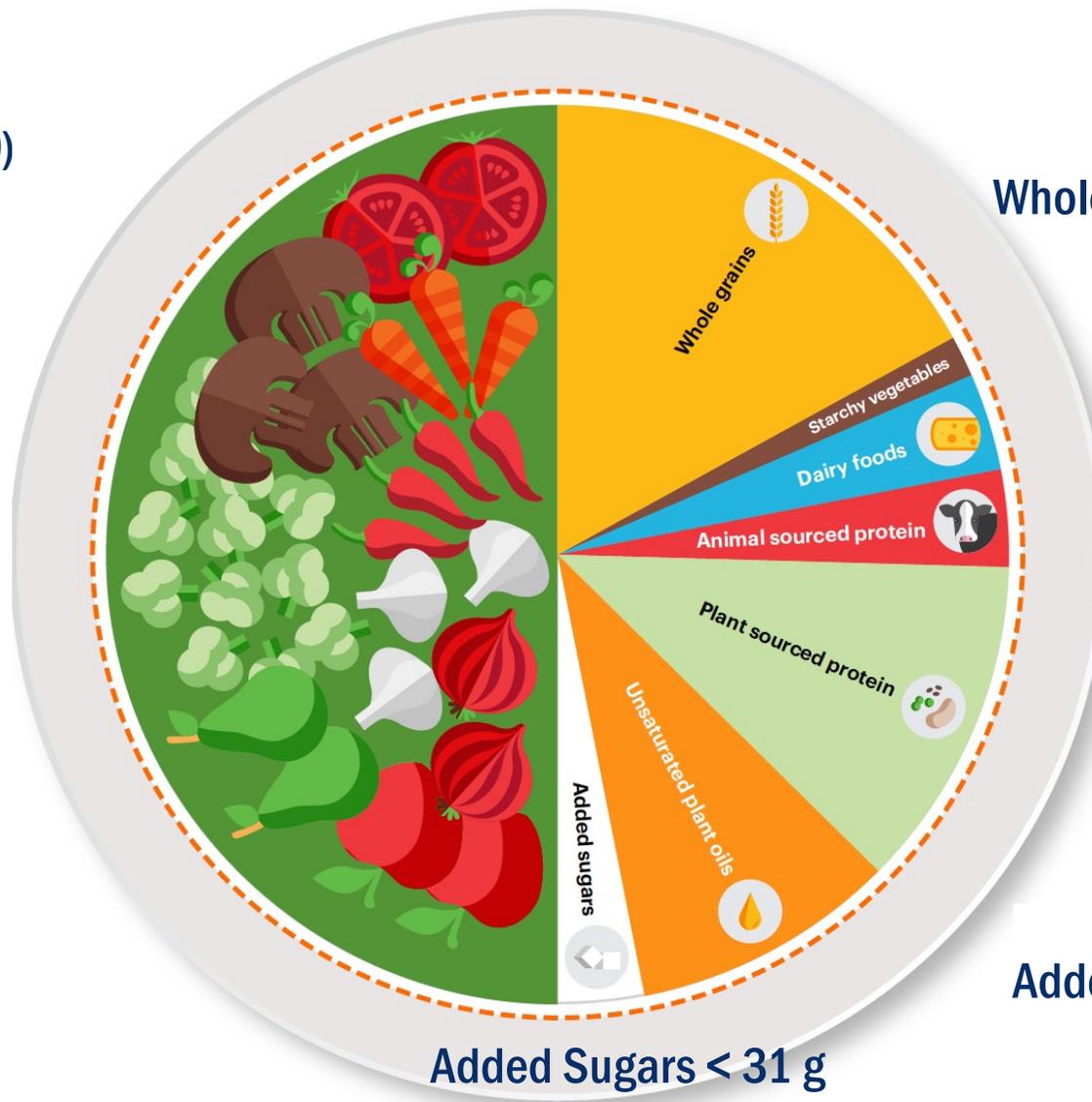
- Obesity ↑ 43%
- Diabetes ↑ 87%
- Hipertension ↑ 77%

Denova-Gutierrez, E. et al. The association of obesity, type 2 diabetes and hypertension with severe coronavirus disease 2019 on admission among Mexican patients. *Obesity* 2020.

- The COVID-19 pandemic is the result of the way in which humans interact with ecosystems:
- Our interference in niches of wild species, the trafficking, distribution and use of this species, conditions the spread of diseases, such as that caused by SARS-CoV-2, from animals to humans
- Also, land conversion to agriculture and built environments interferes with niches of wild species

# EAT-Lancet Commission healthy and sustainable diet (g/day) for 2500 Kcal/day

Vegetables 300g (200-600)



Whole grains 230 g

Whole milk or equivalent

250 g (0-500)

Animal Source  
Protein 84 g

Red Meat 14 g (0-28)  
Poultry 29 g (0-58)  
Eggs 13 g (0-25)  
Fish 28 g (0-100)

Plant Source  
Protein 125 g

Legumes 75 g (0-100)  
Nuts 50 g (0-75)

Fruits 200g (100-300)

Added Fats 52 g ( Unsaturated 40 g)

Added Sugars < 31 g

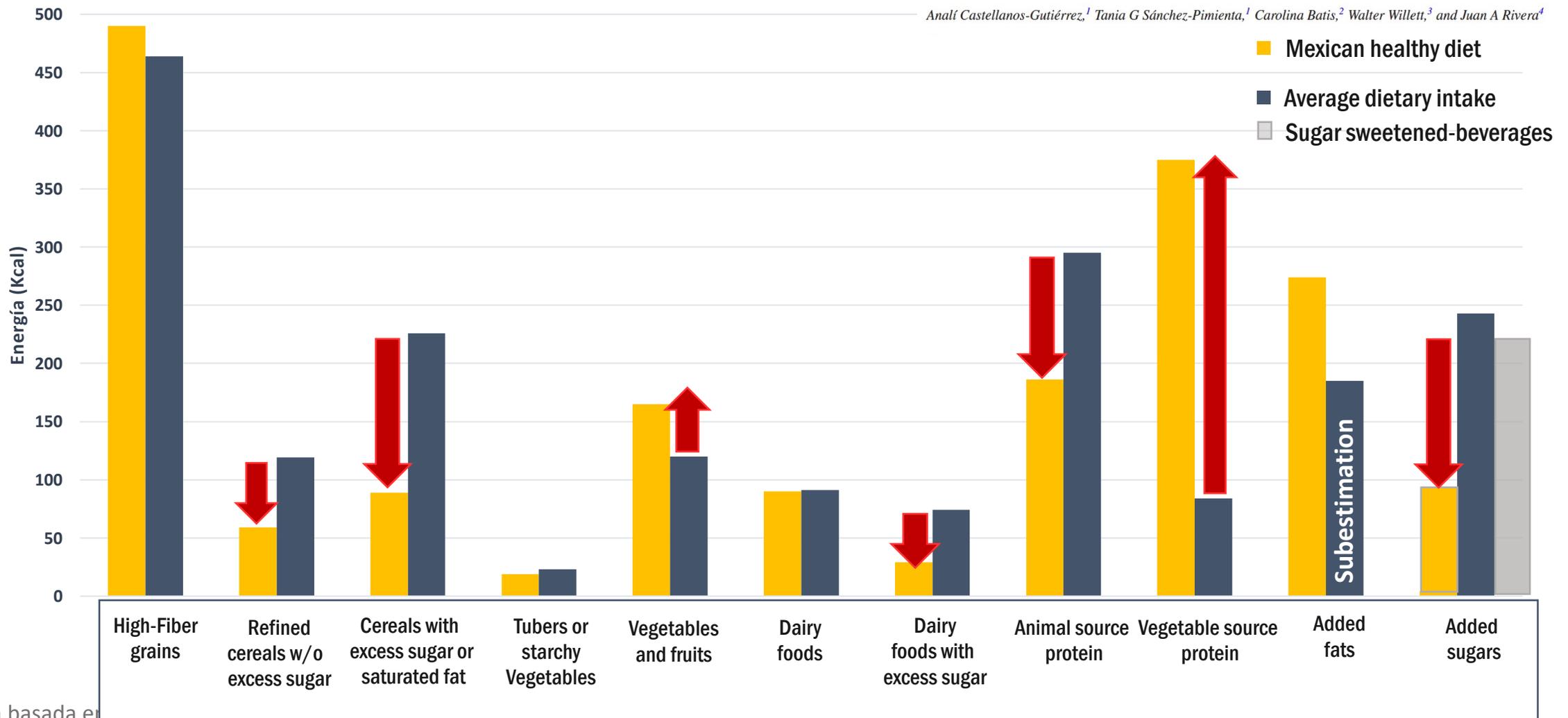
# What changes are required in the average diet of the Mexican population?

- ✓ Substantial increase of **vegetables, fruits, legumes, nuts or seeds and whole grains** (except whole grains in rural areas)
- ✓ Mixed recommendations for the intake of **milk and dairy**
  - Increase in Rural population
  - Reduction in urban population
- ✓ Substantial reduction in **added sugars, refined grains, processed meat and red meat**
- ✓ Reduce **food waste**

# Intake from food groups (g/day) by Mexican adults relative to the Mexican healthy reference diet

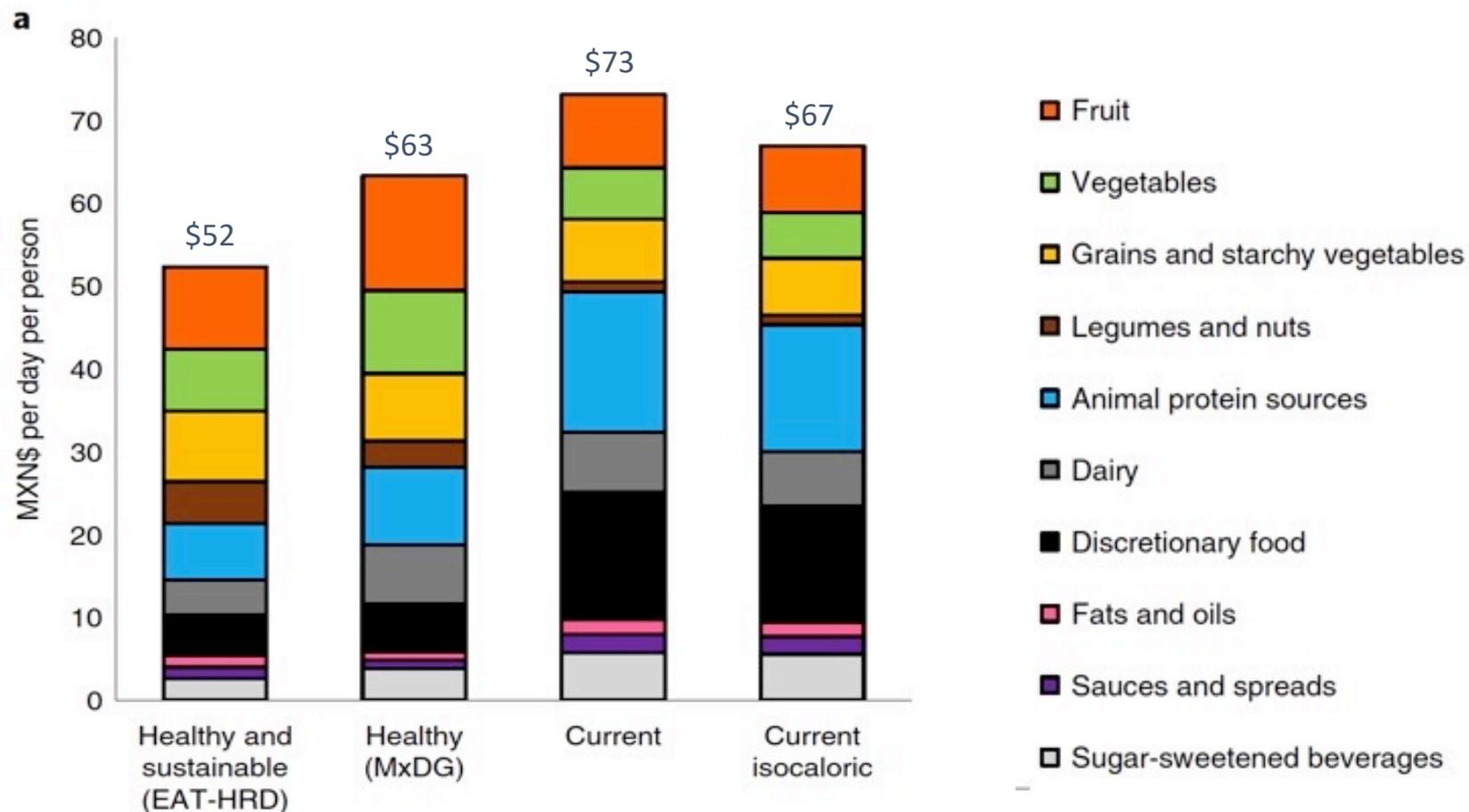
Toward a healthy and sustainable diet in Mexico: where are we and how can we move forward?

Anali Castellanos-Gutiérrez,<sup>1</sup> Tania G Sánchez-Pimienta,<sup>1</sup> Carolina Batis,<sup>2</sup> Walter Willett,<sup>3</sup> and Juan A Rivera<sup>4</sup>



Dieta basada en

# Average cost (MXN\$) per capita per day of current Mexican diet vs a Mexican Healthy and sustainable diet



# Examples of potential policies to promote a healthy diet in Mexico

- Substantial increase of **vegetables, fruits, legumes, nuts or seeds and whole grains**
- Mixed recommendations for the intake of **milk**
- Substantial reduction in **added sugars, refined grains, processed meat and red meat**
- Reduce **food waste**

- Shift agricultural subsidies to these foods\*
- Increase availability in underserved rural areas\*
- Prioritize these foods for government procurement
- Healthy foods in school feeding programs (partially implemented)\*

- Target subsidized milk (currently in urban areas) to rural communities\*

- Double the rate of current taxes to SSB's and junk food\*
- Use tax revenues to ensure drinking water in underserved communities
- Front of Pack warning labels of unhealthy food \*
- Marketing restrictions to children\*
- Food standards for schools\*

- Implementation of food waste management and education on food purchases planning and storage

# A Mexican Toolkit for healthy and sustainable diets

**GISAMAC**

**(Inter-Sectoral Group  
for Health Agriculture  
Environment and  
Competitiveness)**

- Taxes to unhealthy products and consider subsidies supporting healthy food
- FOP Warning Labeling Systems
- Regulations of Food marketing to children
- Creation of friendly environment to promote Physical Activity

## First 1000 days

- Prenatal Care and nutrition
- Breast-feeding promotion
- Healthy complementary feeding
- Nutrition supplements
- Access to preventative health care services (WCC)
- Strengthen Universal Immunisation

- Production and supply of fresh and minimally processed healthy foods
- Support small farmers and environmentally friendly production systems
- Foster Development of short food chains
- Target agricultural subsidies to the production of fresh healthy food
- Reduce food waste
- Nutritional Standards for Government food Purchases



- Spaces that promote healthy eating and physical activity
- Include healthy and sustainable eating and physical activity in school curricula
- Strengthen the design and implementation of school standards related to a healthy food environment
- Ensure clean drinking water in all schools
- Promote physical activity

- Update Mexican Dietary Guidelines and include sustainability concerns
- Communication multimedia campaigns promoting healthy eating and physical activity

- Dietary counseling using the updated Dietary Guidelines
- Comprehensive treatment of obesity
- Secondary prevention of NCDs related to obesity

**“No single action alone is enough to solve the obesity epidemic. It is the sum of the effects of several policy actions that will result in Obesity prevention and control”**



**Thank you**

**Juan Rivera Dommarco**

**@RiveraDommarco**

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