

Tackling chronic disease and promoting health – a challenge for CAP

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EPHAC Mission

- Brussels based alliance of public health organisations advocating for a healthier, more sustainable Common Agricultural Policy (CAP)
- Constructive partner in the debate on the future of European food and farming policy



Diet and chronic disease

- Chronic Disease, CVD, Cancer, Diabetes and overweight and obesity have huge social and economic costs.
- CVD alone is estimated to cost the European Union € 192 Billion
- Overweight and obesity >increasing pressure on health care costs

Action needed – Healthy life years

- Average life expectancy in the EU (2008) = **79.4 years**
- Average healthy life years expectancy in the EU (2009) = **61.45**

CAP and Public Health

- Historical public health focus – regional food security and food safety
- New challenges CAP 2020
 - Limited land and water resources
 - Climate change
 - Biodiversity
 - Public health and Chronic Disease



New Challenges

The CAP towards 2020, states that 'the issues of access, availability and acceptability of healthy food and nutritional efficiency have also become more apparent'.

New Challenges

“A radical change in food consumption and production in Europe is unavoidable to meet the challenges of scarcities and to make the European agro-food system more resilient in times of increasing instability and surprise”.

European Commission – Standing Committee on Agricultural Research (SCAR),
The 3rd SCAR Foresight Exercise (2011) **Sustainable food consumption and production in a resource-constrained world.**



Converging agendas

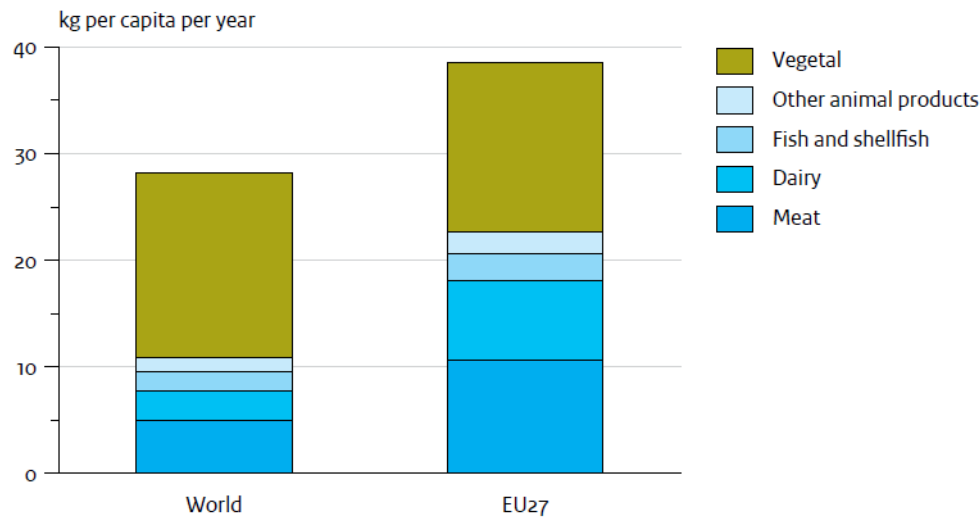
More nutrient dense foods > Increased consumption of F/V, grains (whole), plant based sources of protein.

Less foods of animal origin, processed foods high in saturated fat, sugar and salt.



New Challenges

Figure 3.1
Protein supply, 2007

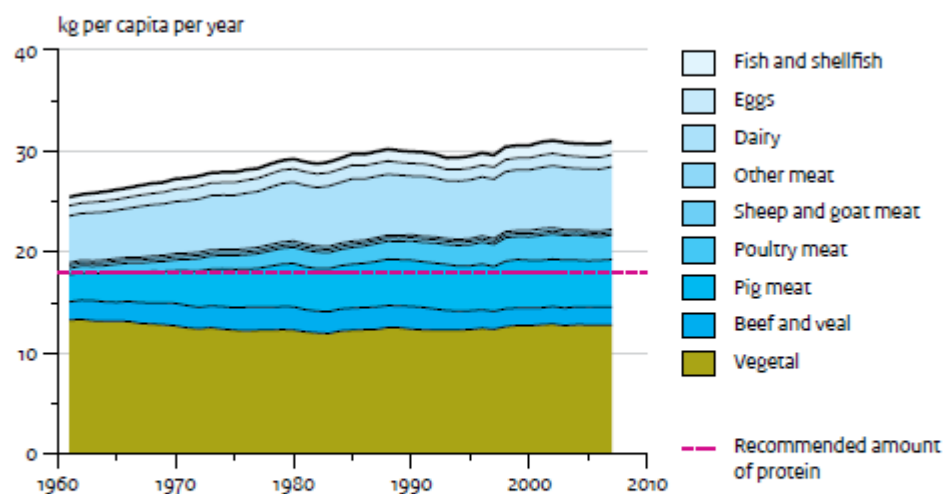


Source: FAO (2010)

EU per-capita consumption of proteins from animal food products is more than double the world's average.

New Challenges

Figure 3
Intake of protein in EU27



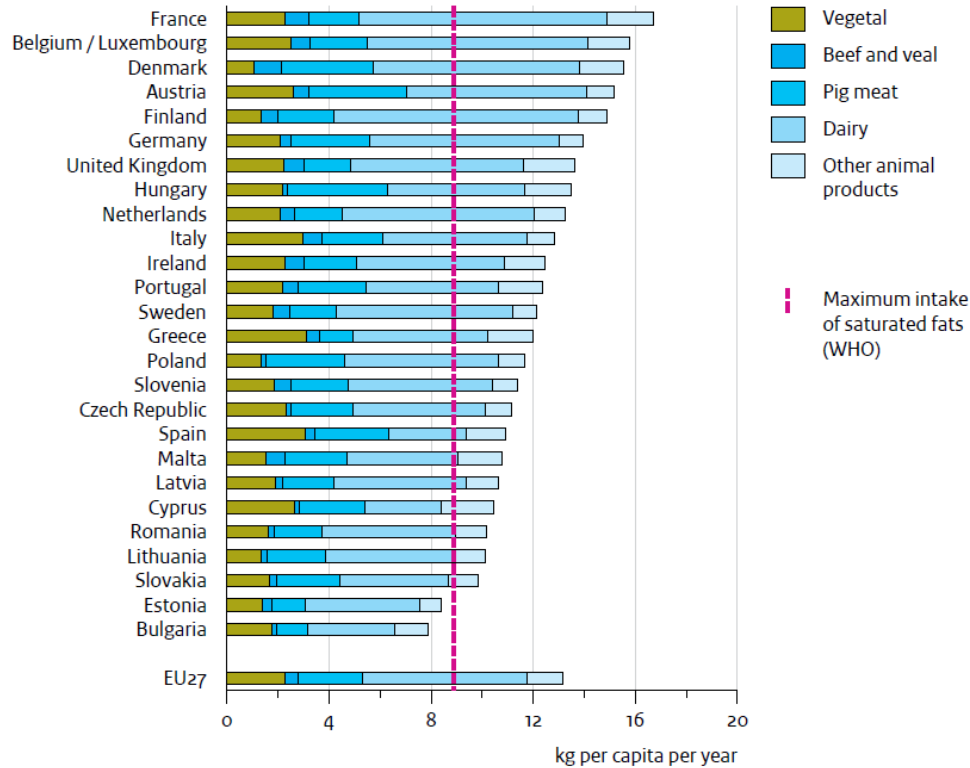
Source: PBL analysis, based on FAO (2010); Gezondheidsraad (2001); NEVO (2010); Schmidhuber (2007); Voedingscentrum (2008); WHO (2003b, 2007)

The increased consumption of animal products means that the total protein intake has increased over the last 50 years. The consumption of proteins per person is around 70% higher than recommended.

New Challenges

Figure 3.9

Intake of saturated fats in EU27, 2007



Source: PBL analysis based on FAO (2010) and NEVO (2010)

The consumption of animal fats differs by more than a factor of two between European countries. In most countries the consumption of saturated fatty acids is more than the recommended maximum amount.

What can CAP contribute to health, sustainability and equity?

- Food and nutrition security
- Eliminate health harming policy
- Economic growth and jobs
- Rural poverty and migration
- Climate change
- Biodiversity
- Animal health + human health = one health



Recommendations

- **Linking consumption and production policy** to promote healthier choices i.e. school fruit scheme, public procurement policy, catering policy
- Improving **Nutritional efficiency** throughout the food chain i.e. intensive production negative impact on nutrition quality



Recommendations

- Increased support for **local and regional food systems** creating better balance between local, regional and global
- More equity in direct payments and examine linking to social criteria i.e. Job creation

Recommendations

- Increase support for **more resilient food systems**
 - reducing dependency on fossil fuels and chemical inputs,
 - standards for crop rotation including leguminous crops as protein source,
 - mixed farming systems, HNV, better feeding practices, organic.

Thank you

