

De impact van ons huidige voedselsysteem op de planetaire en humane gezondheid



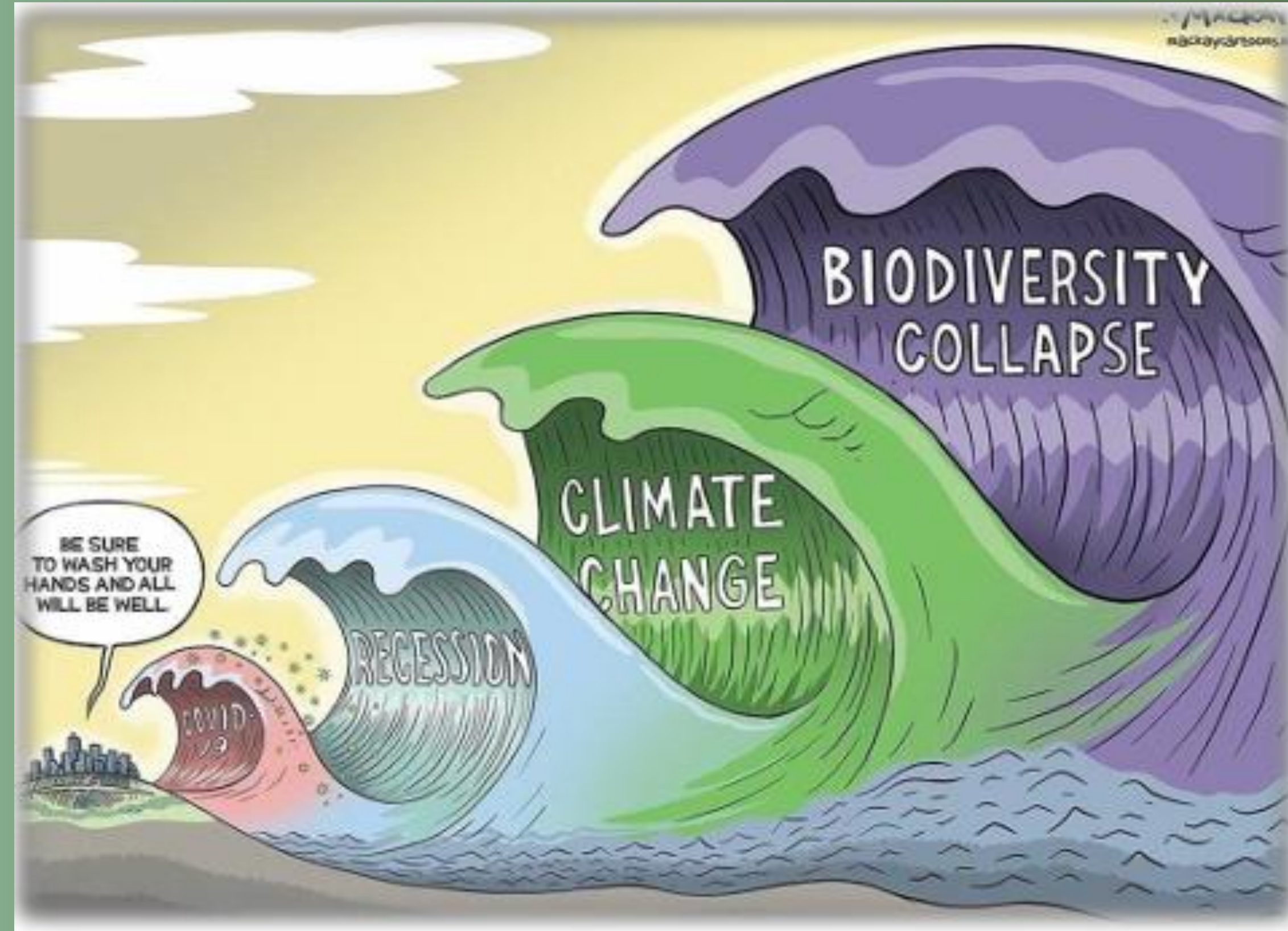
Disclosure

Disclosure belangen spreker

(potentiële) belangenverstrengeling	Geen / [REDACTED]
Voor bijeenkomst mogelijk relevante relaties met bedrijven	Bedrijfsnamen
• Sponsoring of onderzoeksgeld • Honorarium of andere (financiële) vergoeding • Aandeelhouder • Andere relatie, namelijk ...	• • • •

INHOUD

- Caring Doctors
- Klimaatverandering
- Planetaire en humane gezondheid
- Hoe verder?
- Complexiteit





Wat doet Caring Doctors?

- Caring Movement
- Ondersteunen zorginstellingen in de voedseltransitie
- Caring Dinners
- Caring Congres



De oplossing ligt op je bord

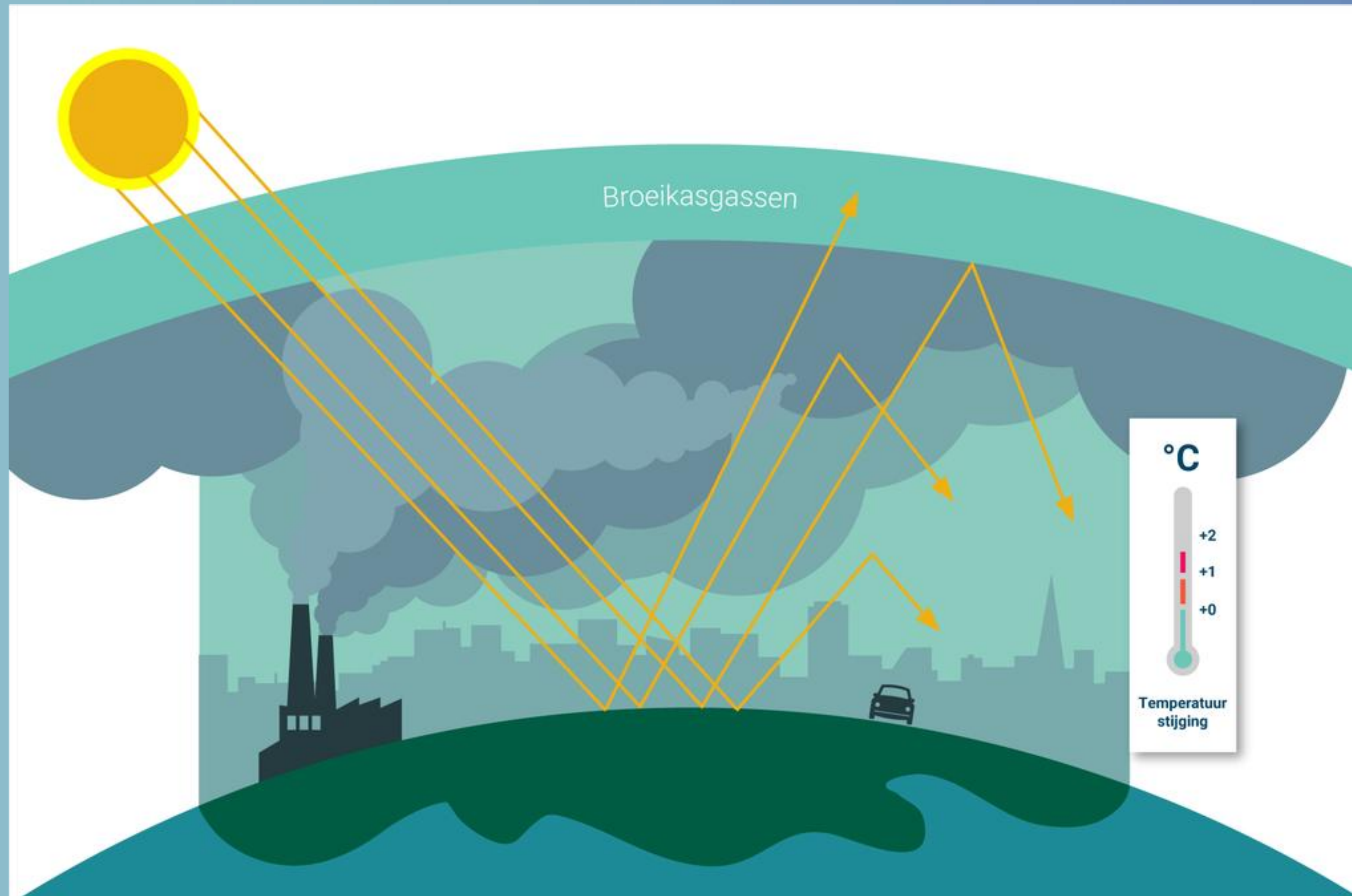
Belang van de voedseltransitie

In een (hoofdzakelijk) plantaardig voedselsysteem is er:

- Minder gezondheidsschade door welvaartsziekten
- Minder klimaatschade
- Minder voedsel- en waterschaarste



KLIMAATVERANDERING



A large, diverse crowd of people is gathered for a climate protest. Many individuals are holding up handmade signs with various messages. Some signs include "LOVE & RAGE", "NATURE FINAL WEATHER NOT", "LISTEN SYSTEM CLIMATE CHANGE", "CLIMATE ACTION NOW", "SIEGE THE MEANS PRODUCTION", "RUN FOREST RUN", "Denial is not a policy", "I SHOULD BE IN SCHOOL BUT I'M NOT", "RESPECT EXISTENCE", "CAUSE CONSENT", "STRIKE FOR CHANGE", "#STOP ADAM!", "SAVE THE PLANET", "GOOD PLANTS", "IT'S NO LONGER ETHICAL FOR ME TO HAVE KIDS", "WE MIGHT BE ABLE TO SAVE THE PLANETS", "CLIMATE CHANGE: NOT COOL", "green left!", "SYSTEM CHANGE NOW", "NO SCIENCE BUTCH", "SEA LEVEL", "IT'S GETTING HOT HERE", "The Guardian", "Australia we should be working", "In 2001 10% of the world's population was killed by a nuclear war", "I STRIKE FOR CHANGE", "CLIMATE ACTION NOW", "THE RE", "IS", "ANET". The crowd is dense and fills the frame, with people of various ages and ethnicities visible. The background shows some trees and a clear sky.

We can make a **difference**

Our World
in Data



**CARING
DOCTORS**



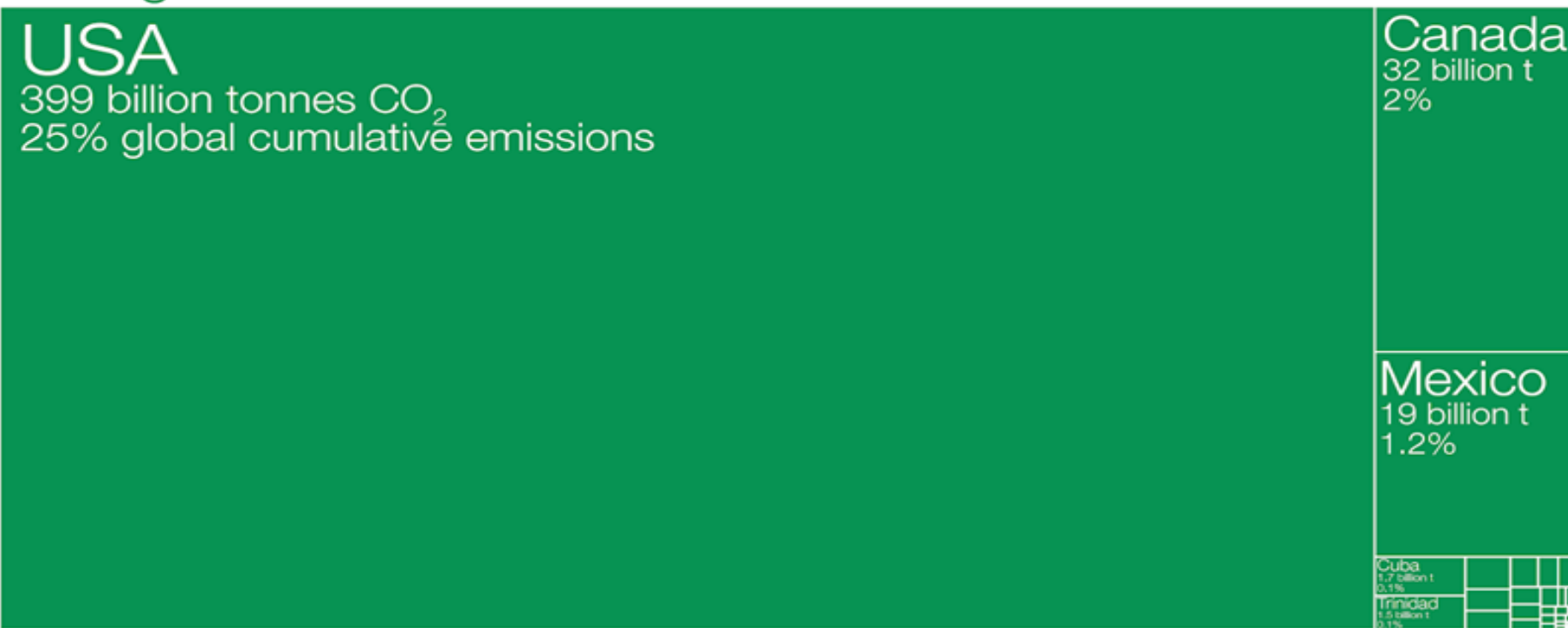
Who has contributed most to global CO₂ emissions?

Our World
in Data

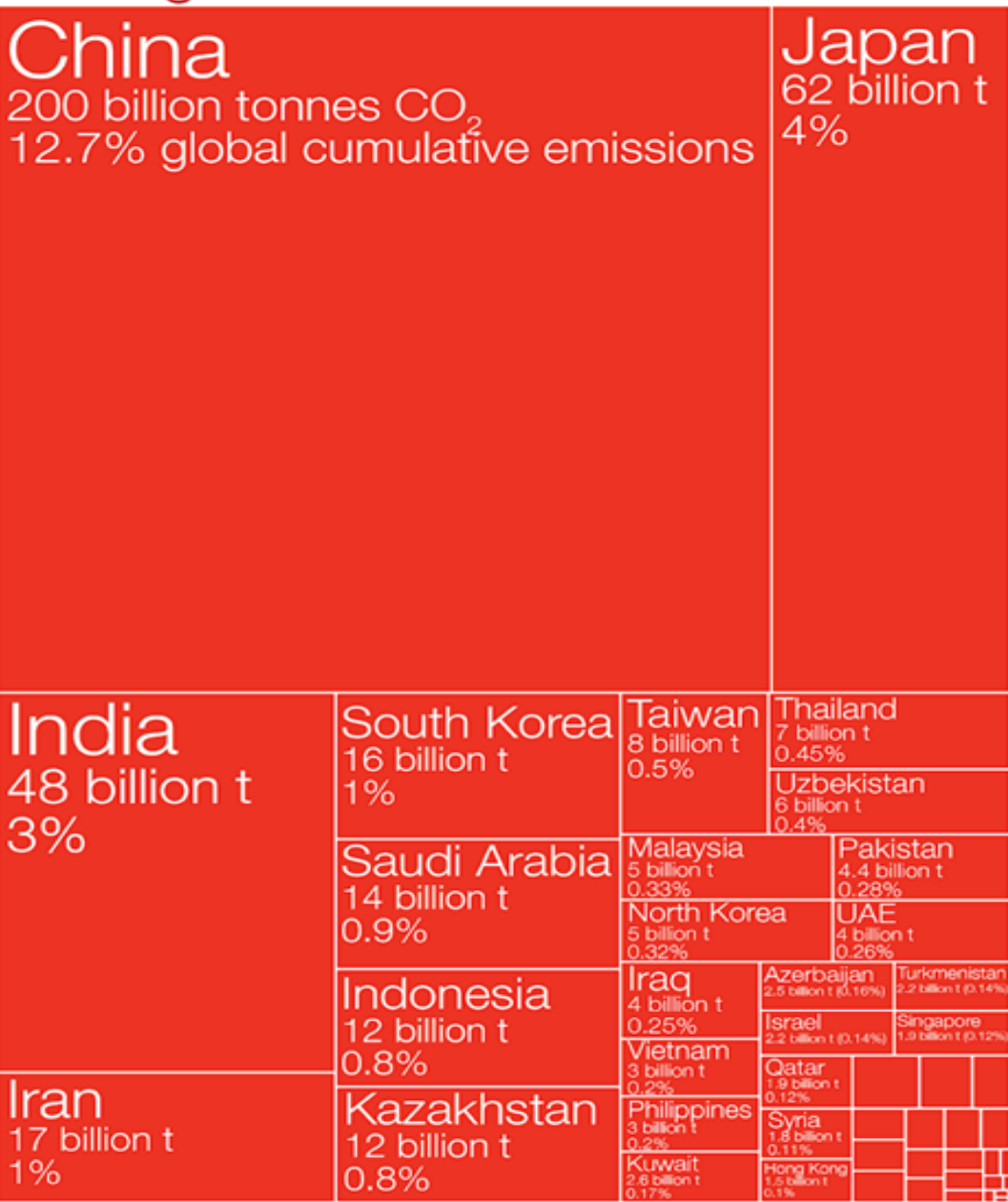


Cumulative carbon dioxide (CO₂) emissions over the period from 1751 to 2017. Figures are based on production-based emissions which measure CO₂ produced domestically from fossil fuel combustion and cement, and do not correct for emissions embedded in trade (i.e. consumption-based). Emissions from international travel are not included.

North America
457 billion tonnes CO₂
29% global cumulative emissions



Asia
457 billion tonnes CO₂
29% global cumulative emissions



EU-28
353 billion tonnes CO₂
22% global cumulative emissions



Europe
514 billion tonnes CO₂
33% global cumulative emissions



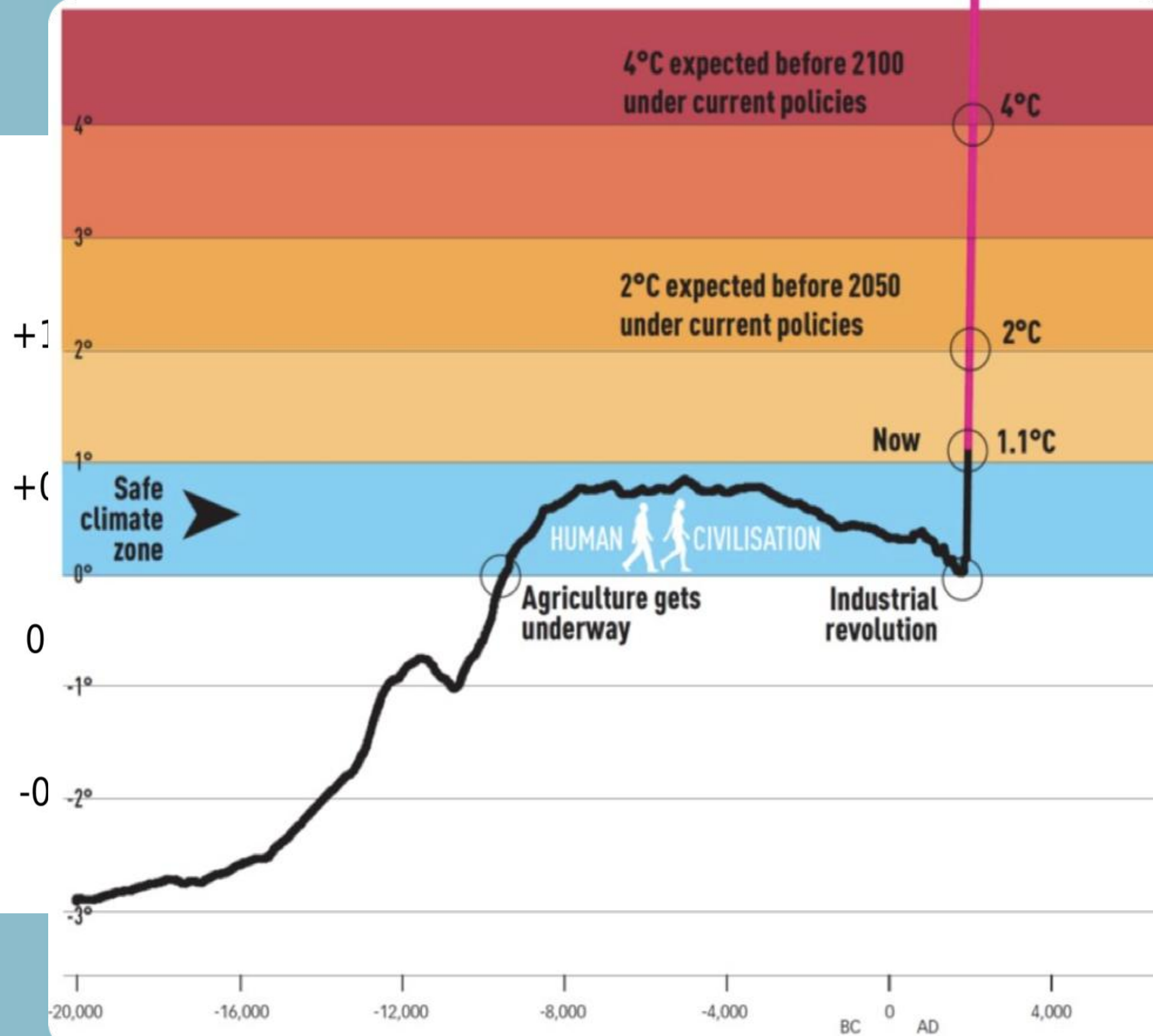
Africa
43 billion tonnes CO₂
3% global emissions

South America
40 billion tonnes CO₂
3% global emissions

Figures for the 28 countries in the European Union have been grouped as the 'EU-28' since international targets and negotiations are typically set as a collaborative target between EU countries. Values may not sum to 100% due to rounding.

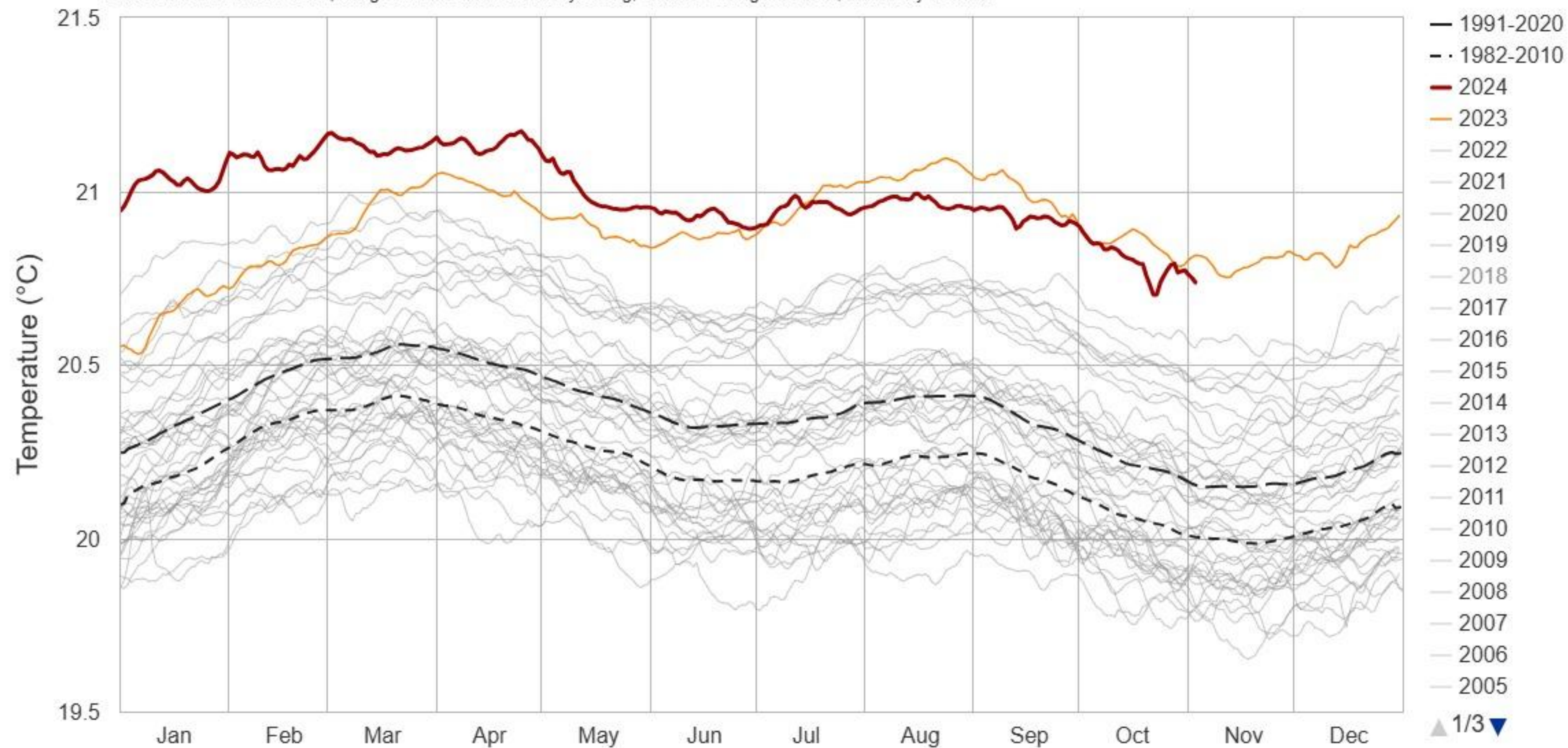
Data source: Calculated by Our World in Data based on data from the Global Carbon Project (GCP) and Carbon Dioxide Analysis Center (CDIAC). This is a visualization from [OurWorldinData.org](https://www.ourworldindata.org), where you find data and research on how the world is changing.

Licensed under CC-BY by the author Hannah Ritchie.



Daily Sea Surface Temperature, World (60°S–60°N, 0–360°E)

Dataset: NOAA OISST V2.1 | Image Credit: ClimateReanalyzer.org, Climate Change Institute, University of Maine



INTERGOVERNMENTAL PANEL ON CLIMATE CHANGE

SIXTH ASSESSMENT REPORT

Working Group II – Impacts, Adaptation and Vulnerability

ipcc

INTERGOVERNMENTAL PANEL ON climate change



Maarten van ...

Report by numbers



270 Authors



67 Countries



43 % Developing countries
57 % Developed countries



41 % Women / 59 % Men



675 Contributing authors



More than
34,000 scientific papers



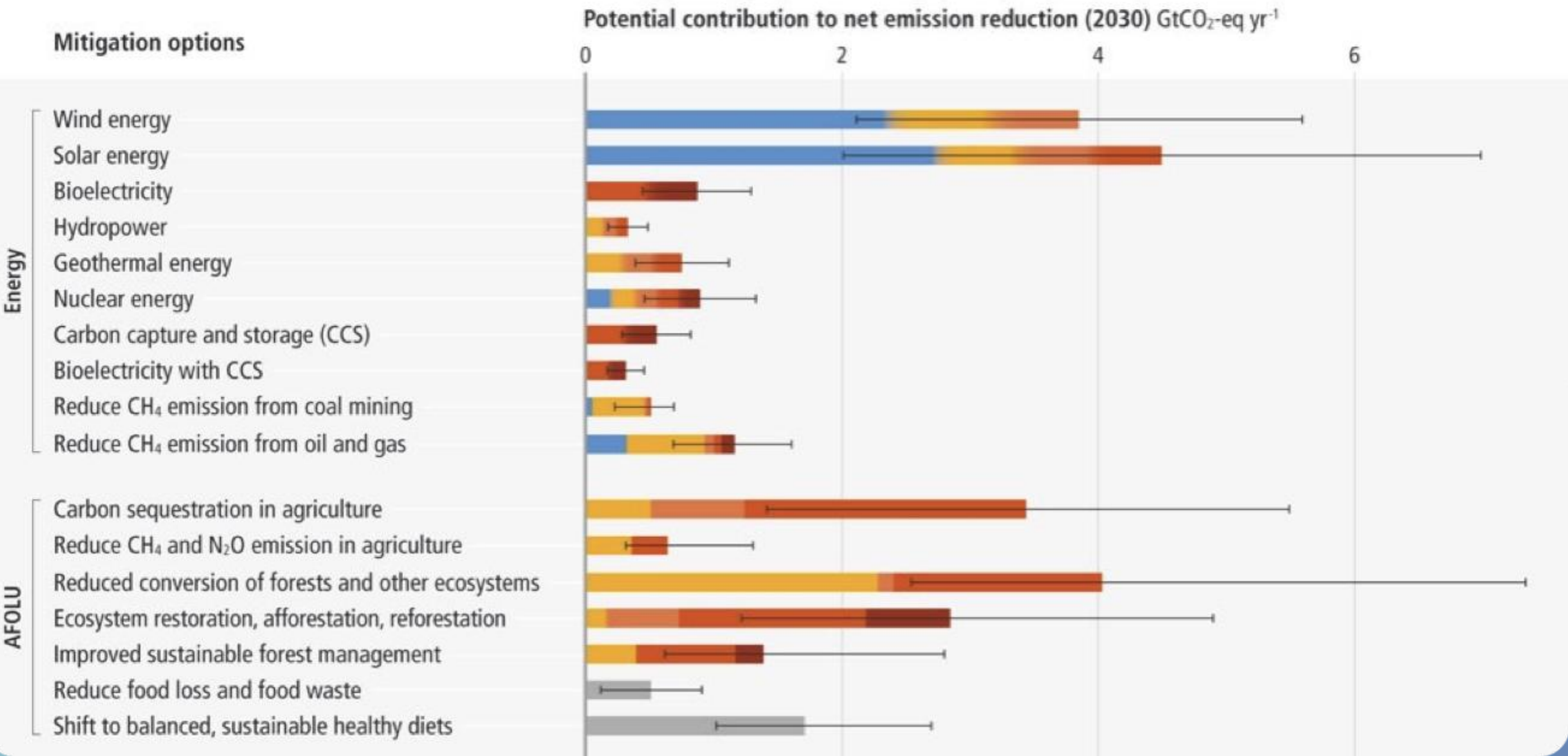
62,418
Review comments

**Growing scientific
knowledge gives us our
best understanding yet**

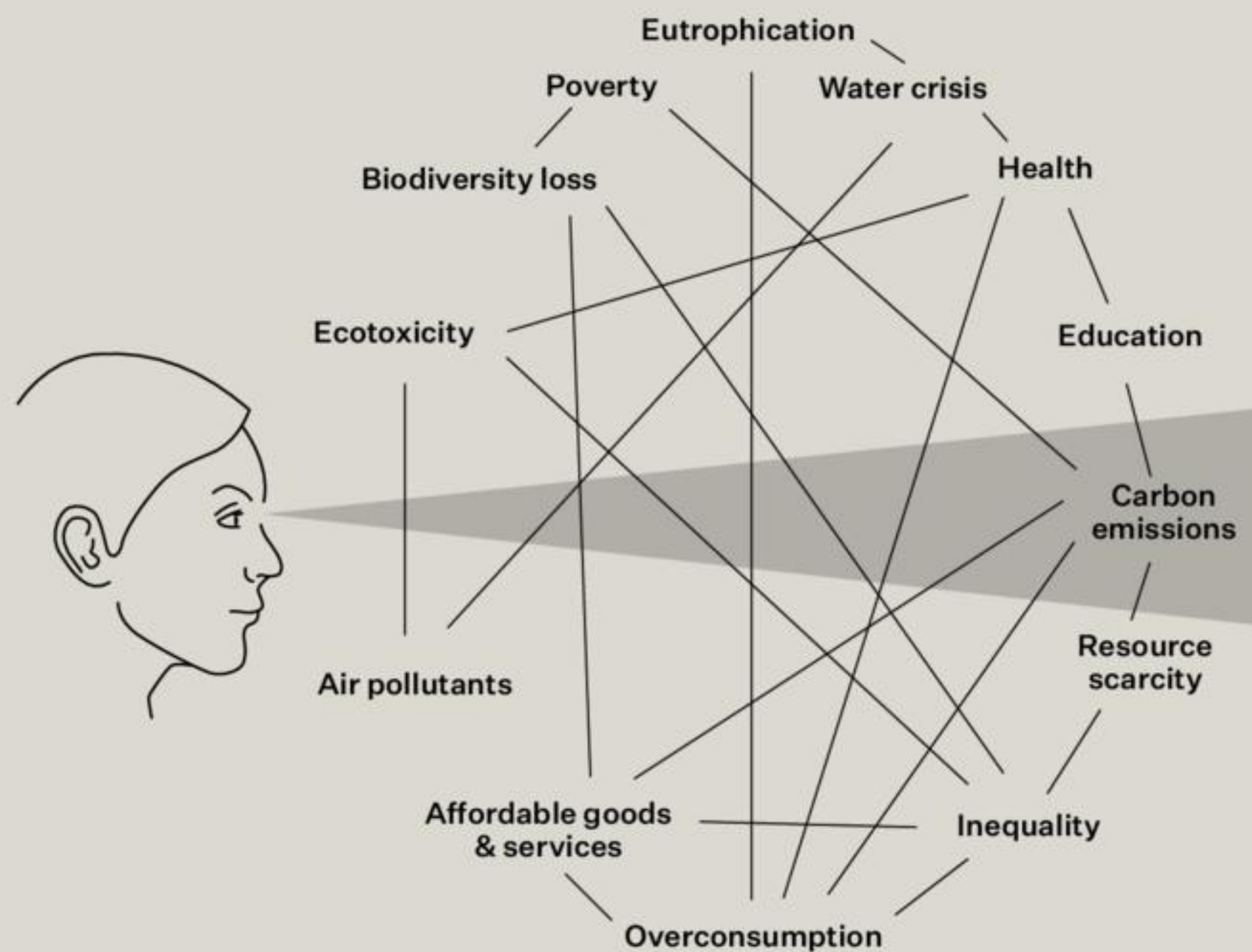
zoom

DE TRANSITIEPIJLERS VAN IPCC

Many options available now in all sectors are estimated to offer substantial potential to reduce net emissions by 2030. Relative potentials and costs will vary across countries and in the longer term compared to 2030.



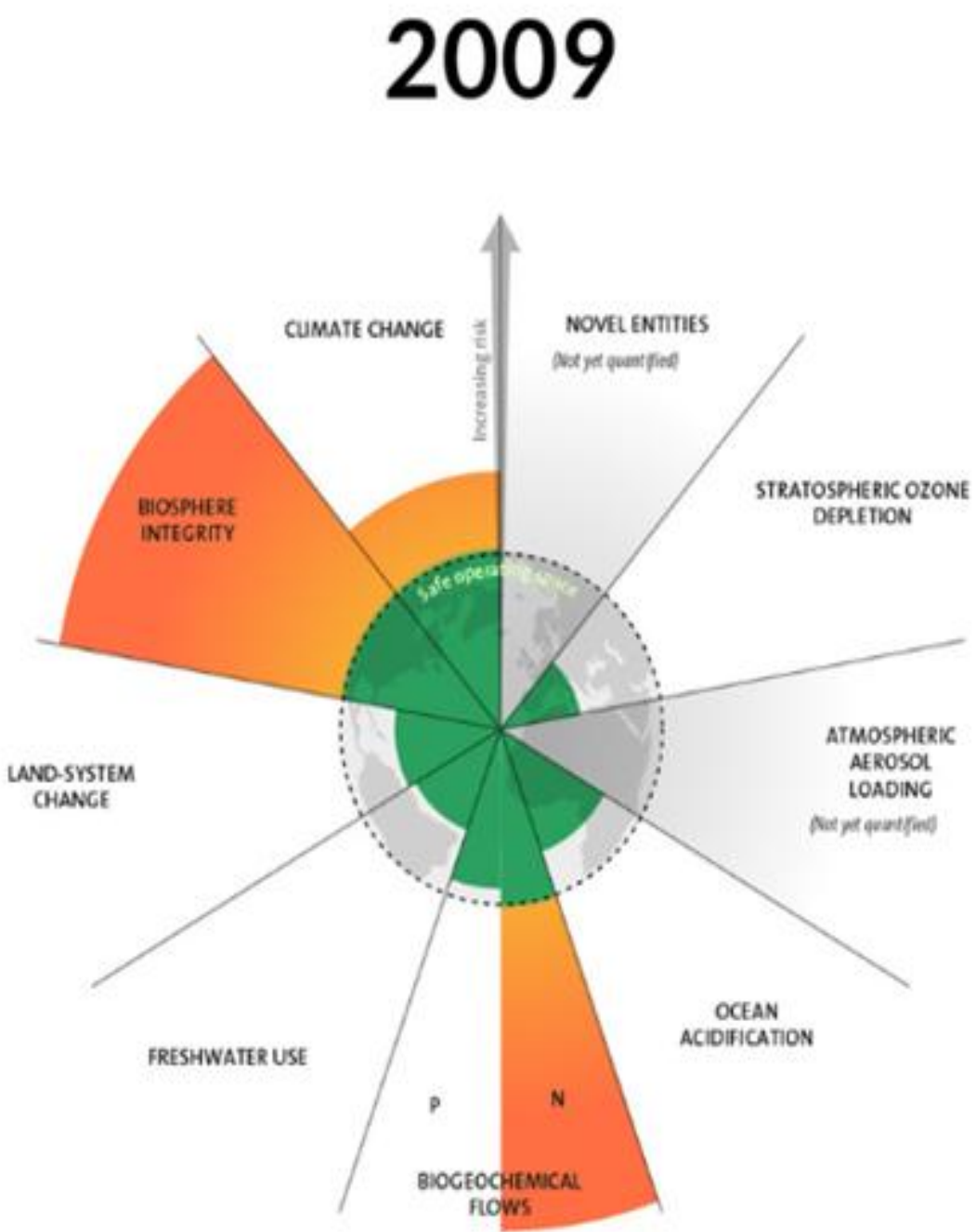
Carbon Tunnel Vision



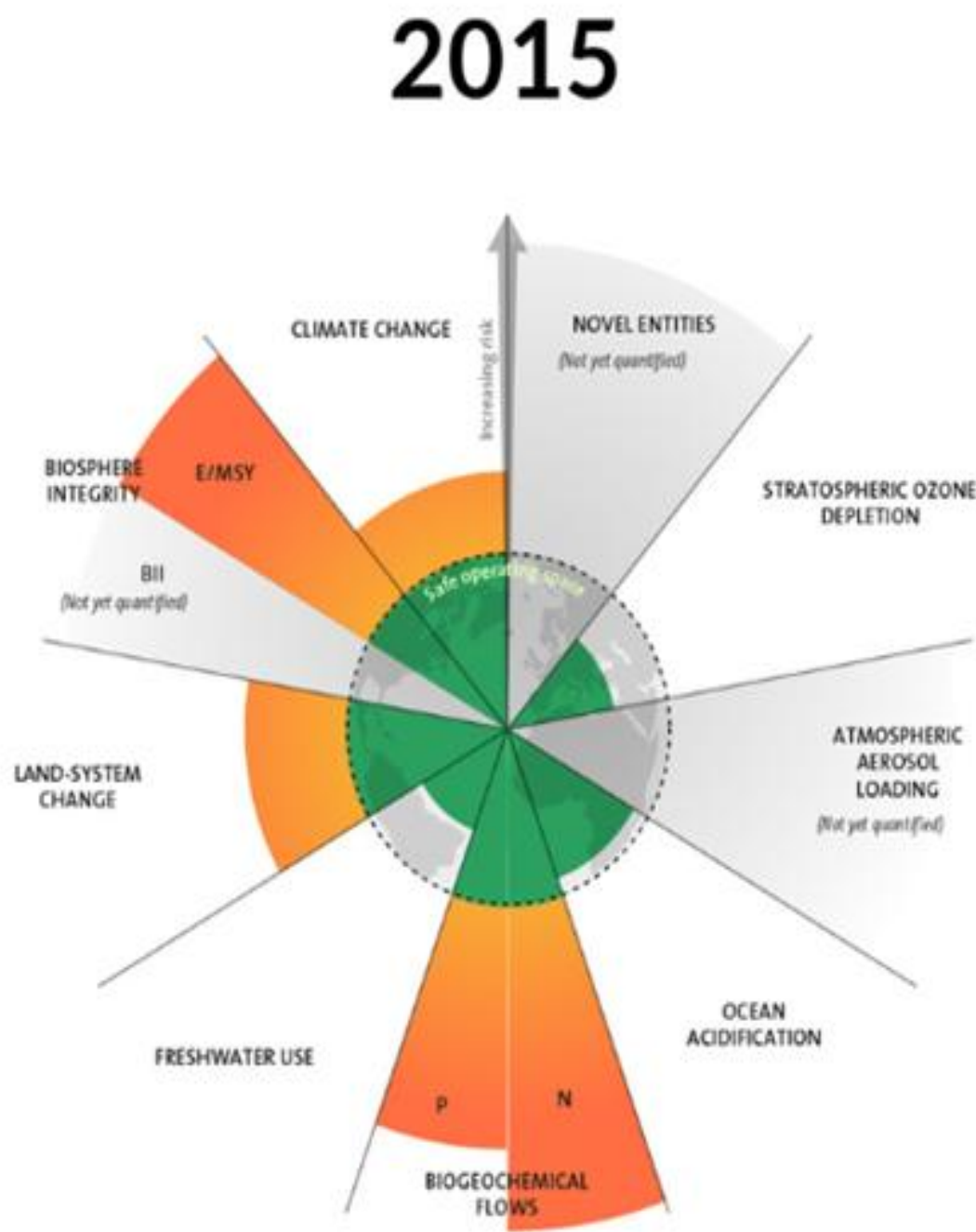
PLANETAIRE GEZONDHEID



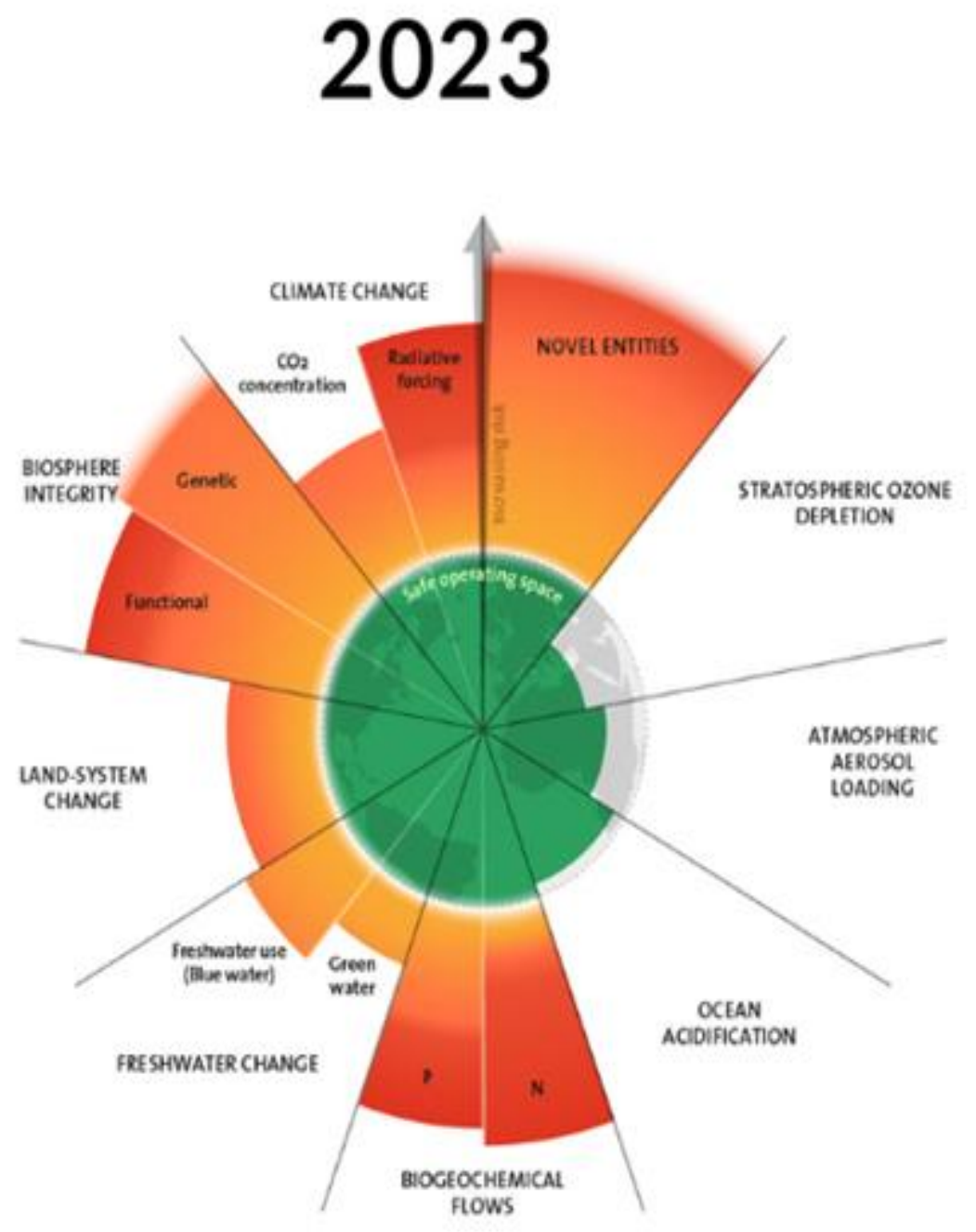
PLANETAIRE GRENZEN



7 boundaries assessed,
3 crossed



7 boundaries assessed,
4 crossed



9 boundaries assessed,
6 crossed

MILIEUSCHADE

DIERLIJK VOEDSELSTEEM



Of total agricultural land,

52%

is degraded



Agriculture accounts for

70%

of freshwater use



Agriculture is responsible for

80%

of global deforestation



Food systems release

29%

of global GHGs into the air



Drivers linked to food production cause

70%

of terrestrial biodiversity loss



Drivers linked to food production cause

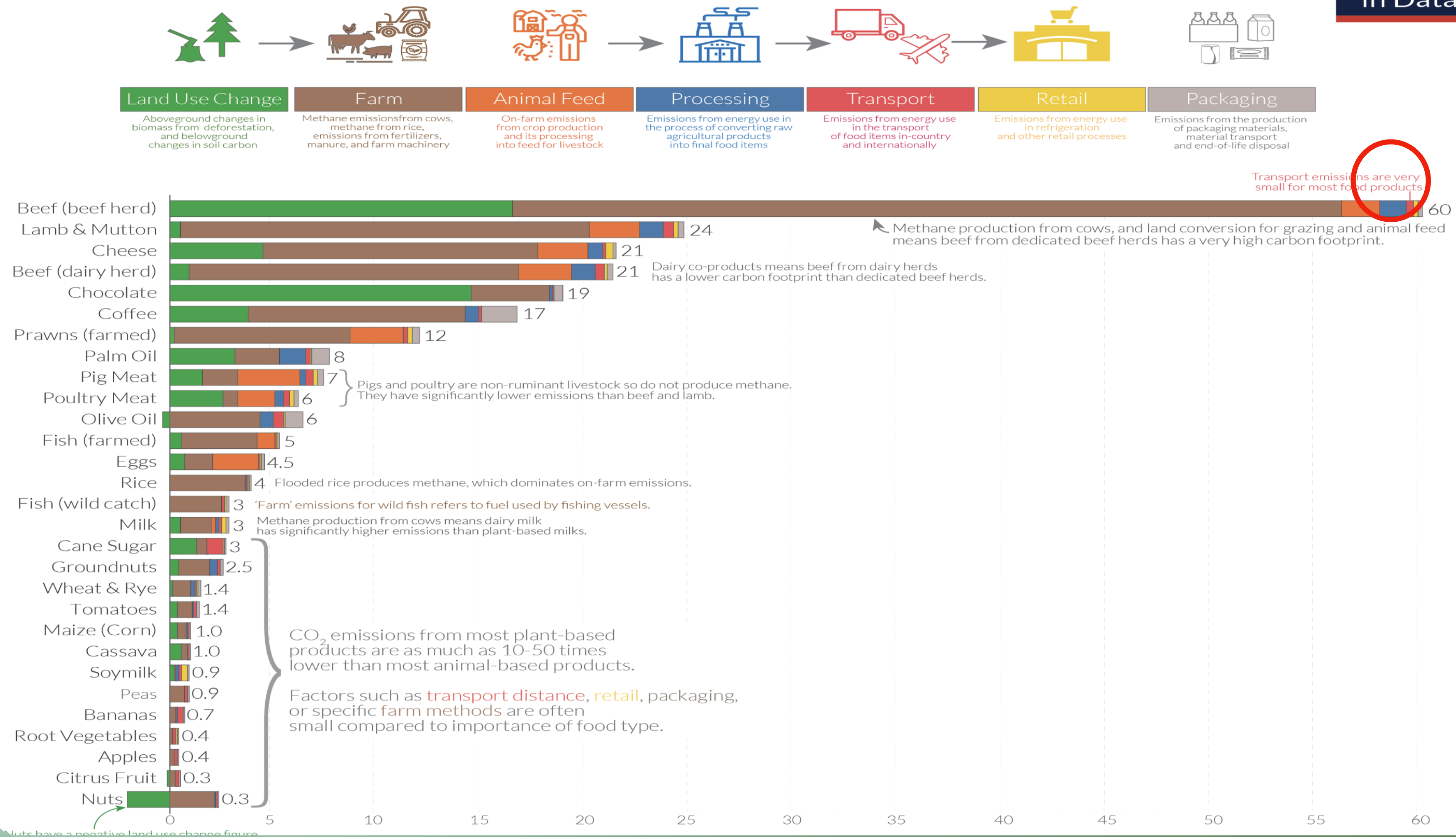
50%

of freshwater biodiversity loss

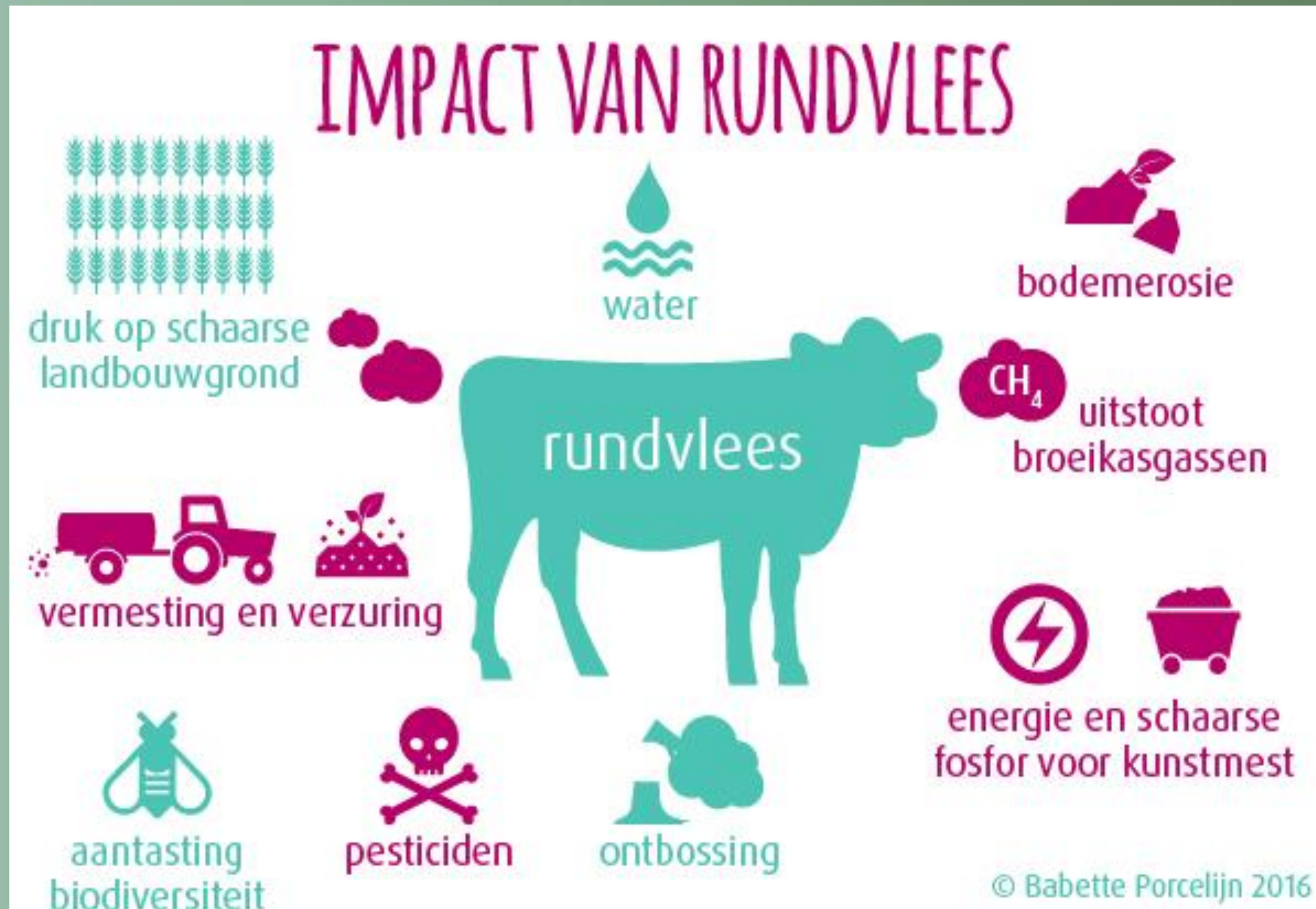
UITSTOOT VOEDING

Food: greenhouse gas emissions across the supply chain

Our World
in Data



IMPACT VLEES

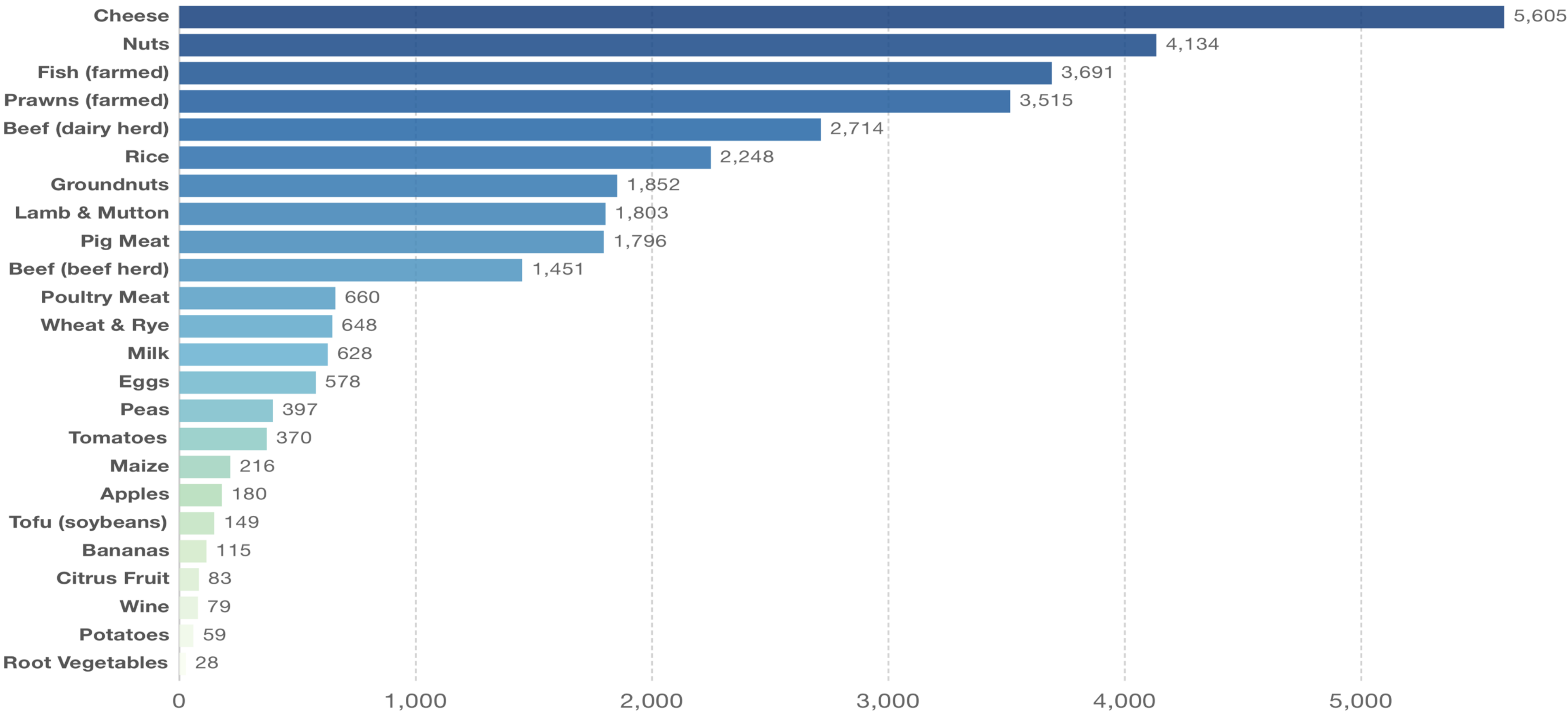


DRINKWATER GEBRUIK

Freshwater withdrawals per kilogram of food product

Freshwater withdrawals are measured in liters per kilogram of food product.

Our World
in Data

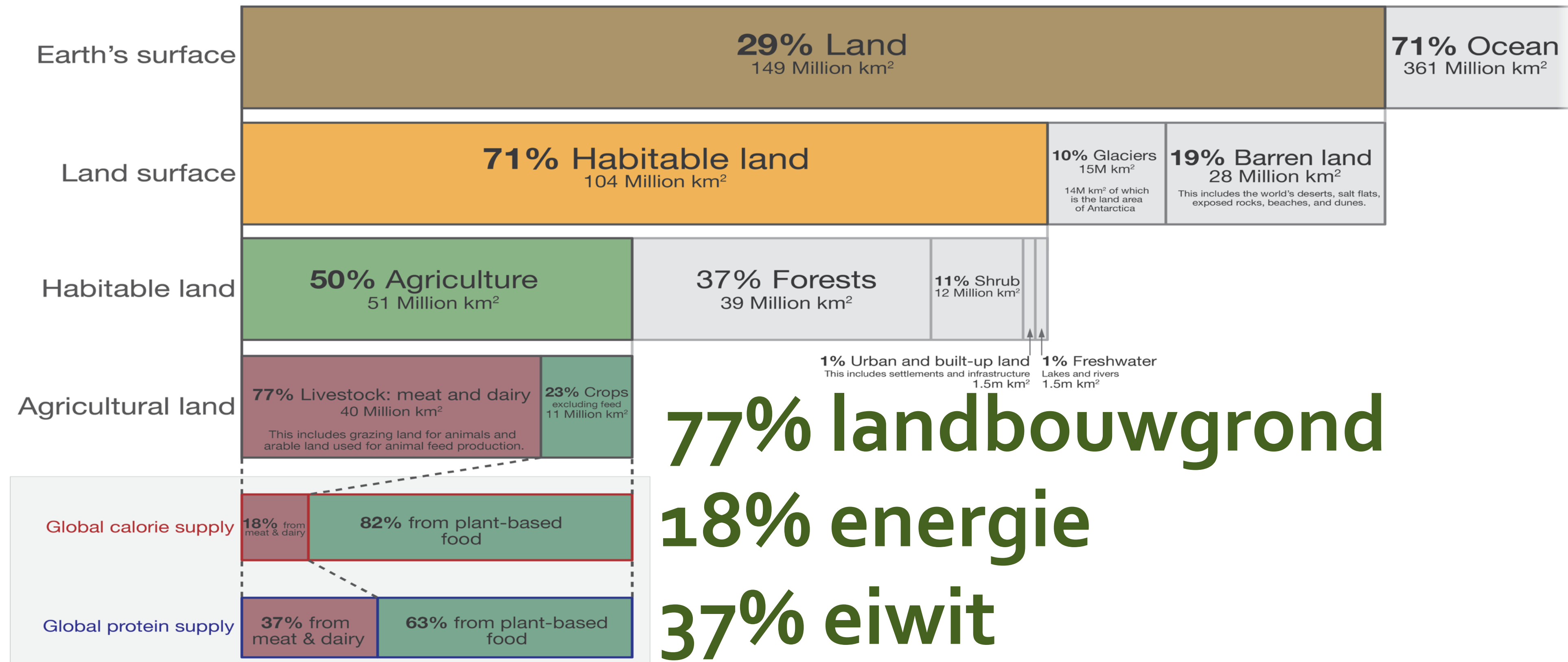


Source: Poore, J., & Nemecek, T. (2018). Reducing food's environmental impacts through producers and consumers. [OurWorldInData.org/environmental-impacts-of-food](https://www.ourworldindata.org/environmental-impacts-of-food) • CC BY
Note: Data represents the global average freshwater withdrawals from food products based on a large meta-analysis of food production covering 38,700 commercially viable farms across 113 countries.

LANDGEBRUIK

Global land use for food production

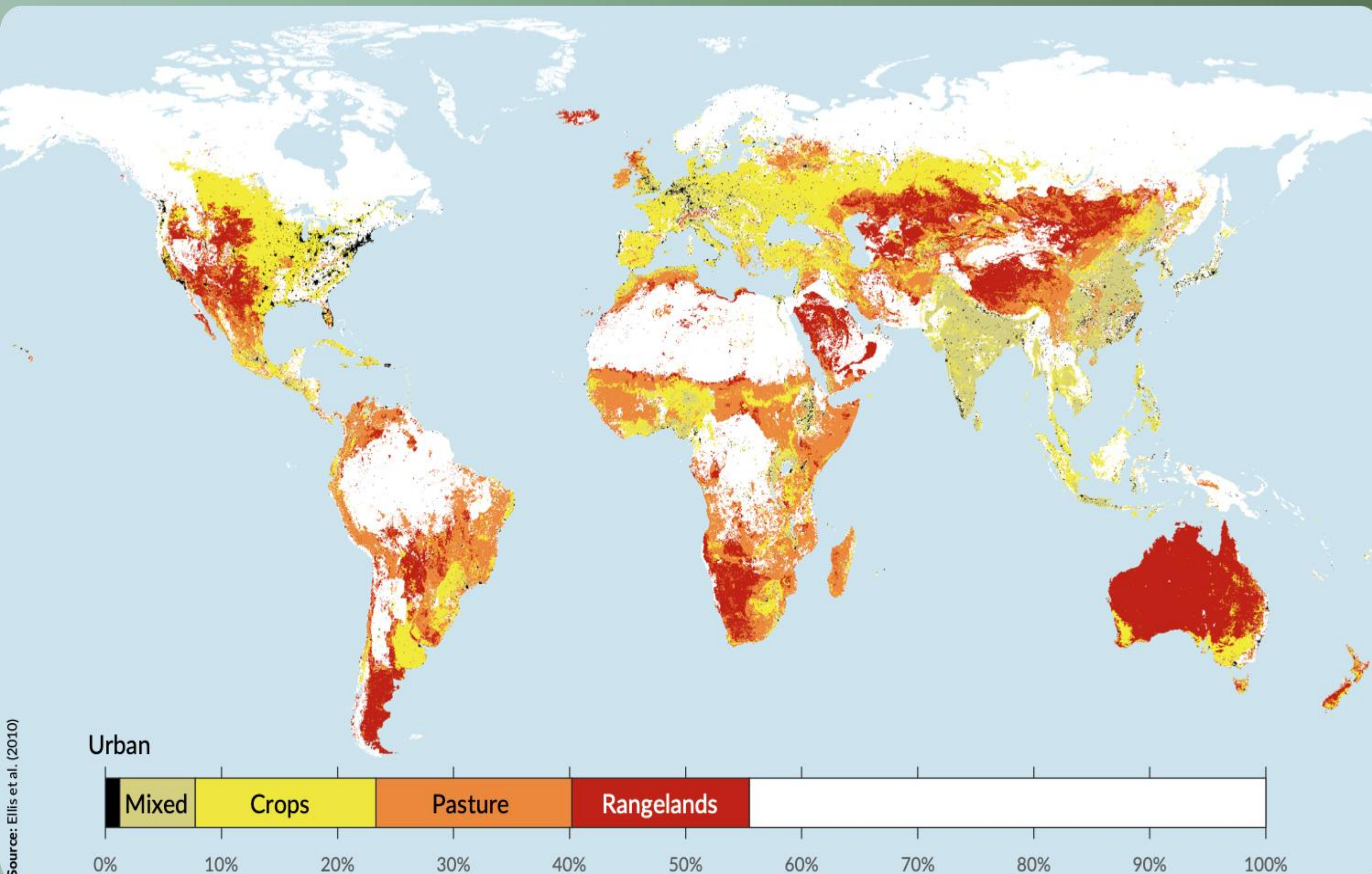
Our World
in Data

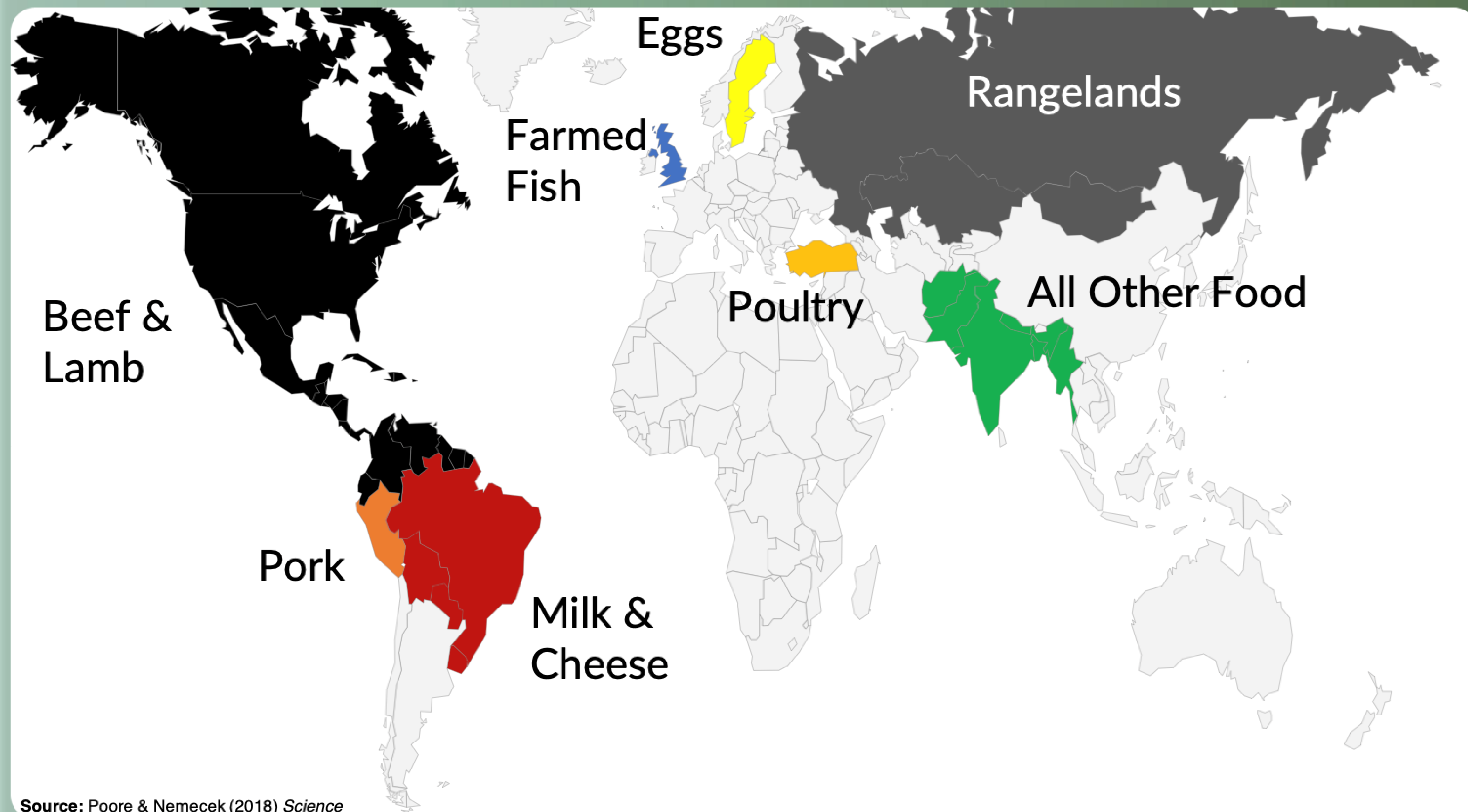


Data source: UN Food and Agriculture Organization (FAO)

OurWorldinData.org – Research and data to make progress against the world's largest problems.

Licensed under CC-BY by the authors Hannah Ritchie and Max Roser in 2019.



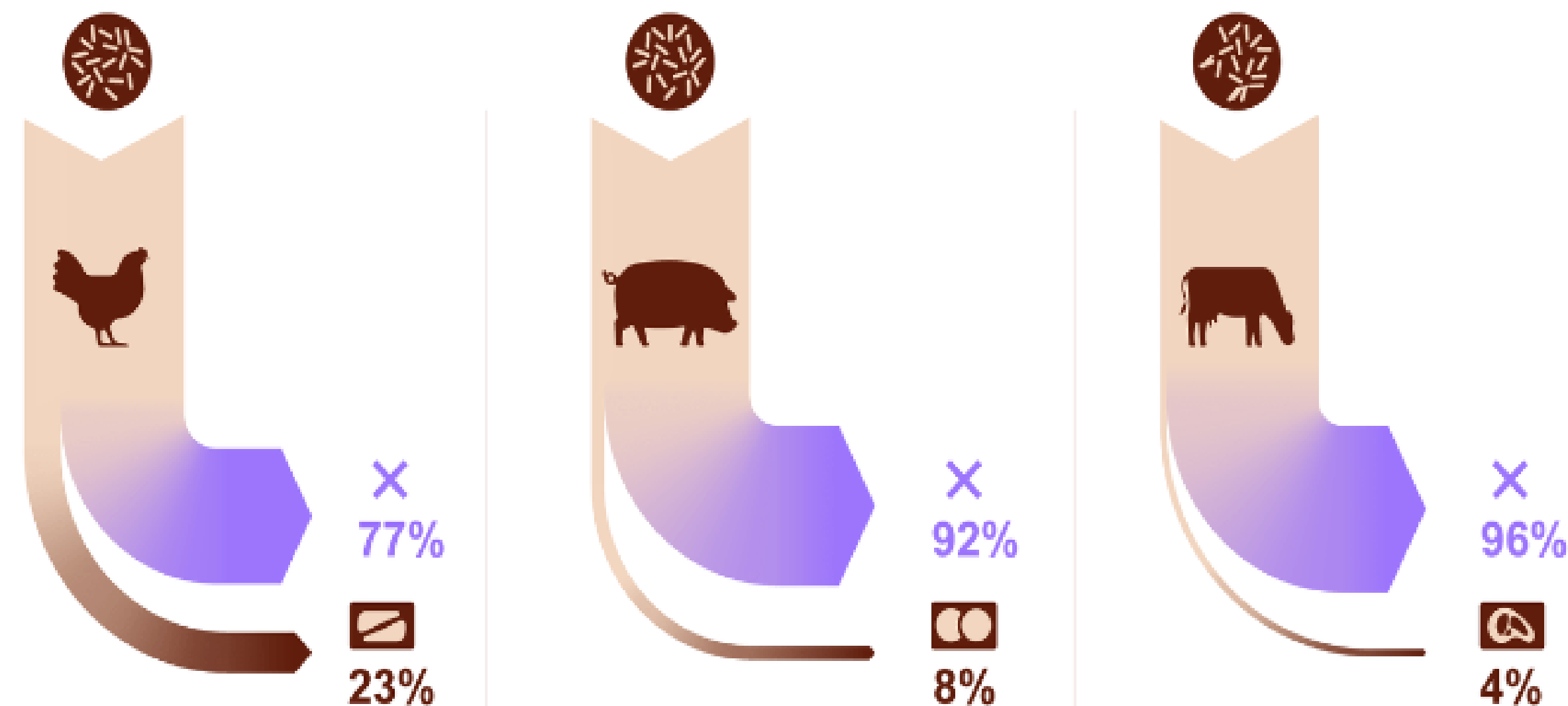


Source: Poore & Nemecek (2018) *Science*

INEFFICIËNT

Vleesproductie is niet efficiënt

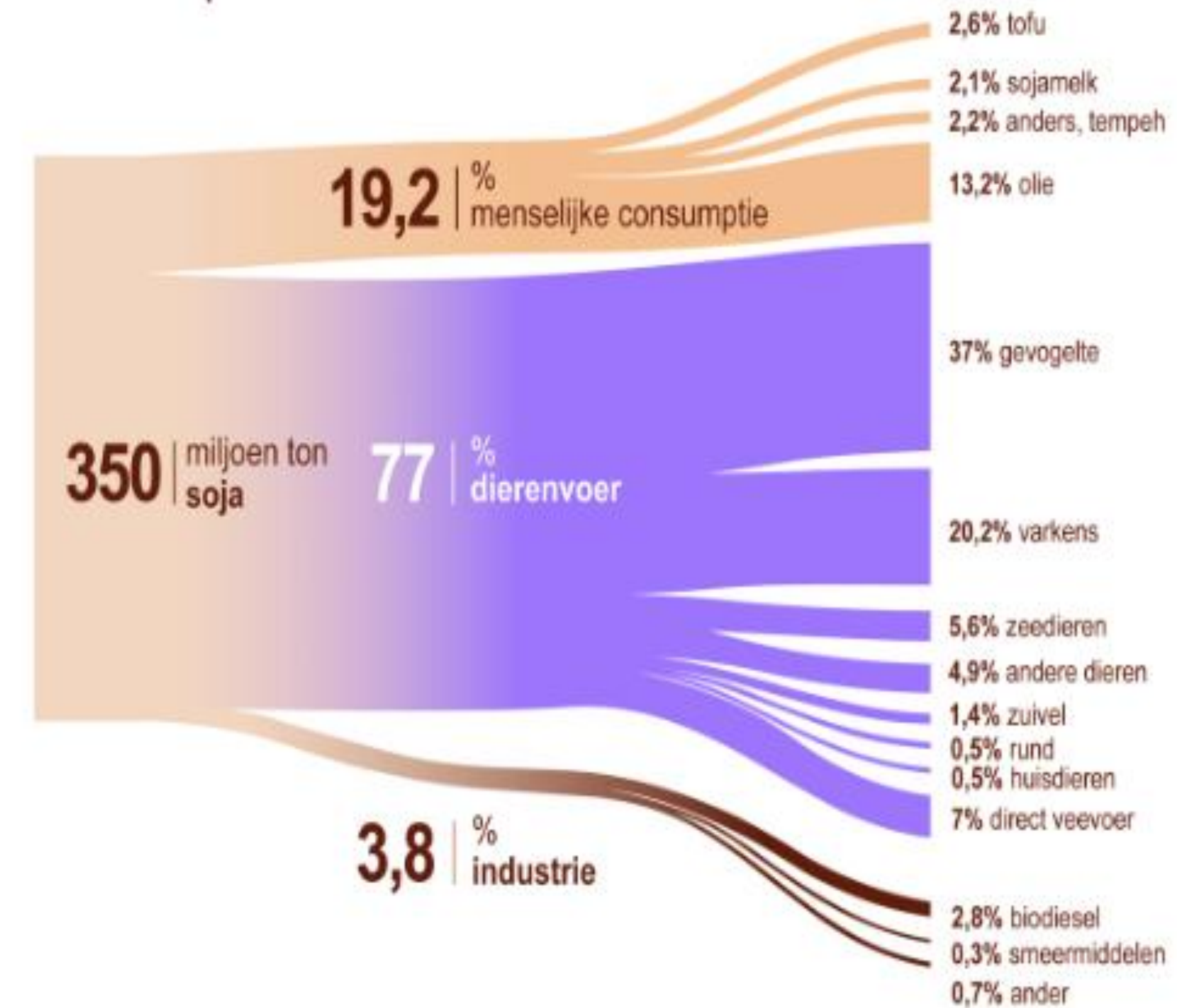
Veel plantaardige eiwitten uit voer gaan verloren in de omzetting naar vlees



Bron: Animal Sciences Group van Wageningen UR,
'De humane eiwitbehoefte en eiwitconsumptie en de omzetting
van plantaardig eiwit naar dierlijk eiwit', p. 11 en 12.

Soja komt voornamelijk terecht in dierenvoer

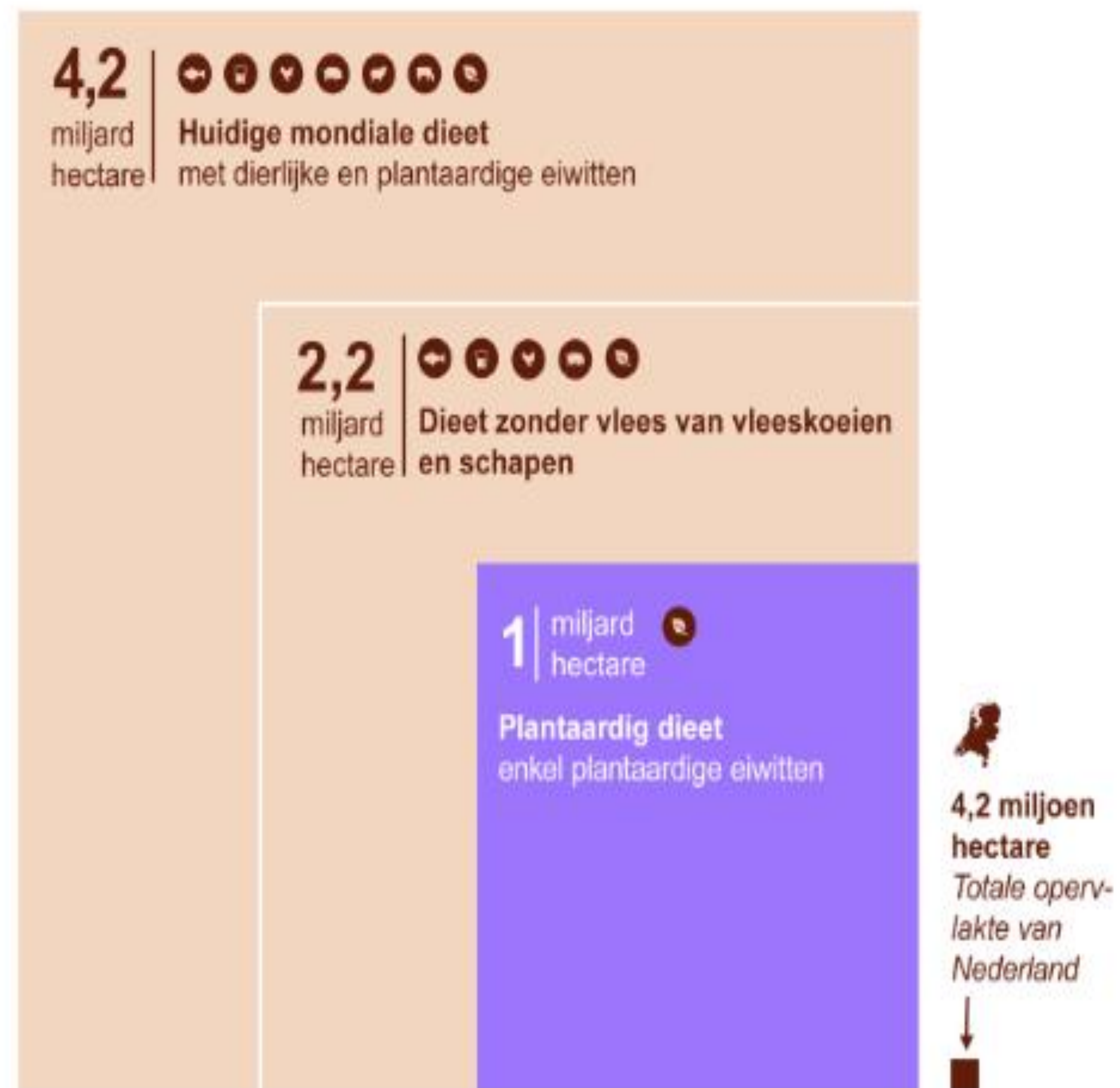
Mondiale productie en distributie in 2018



Bron: Our World in Data

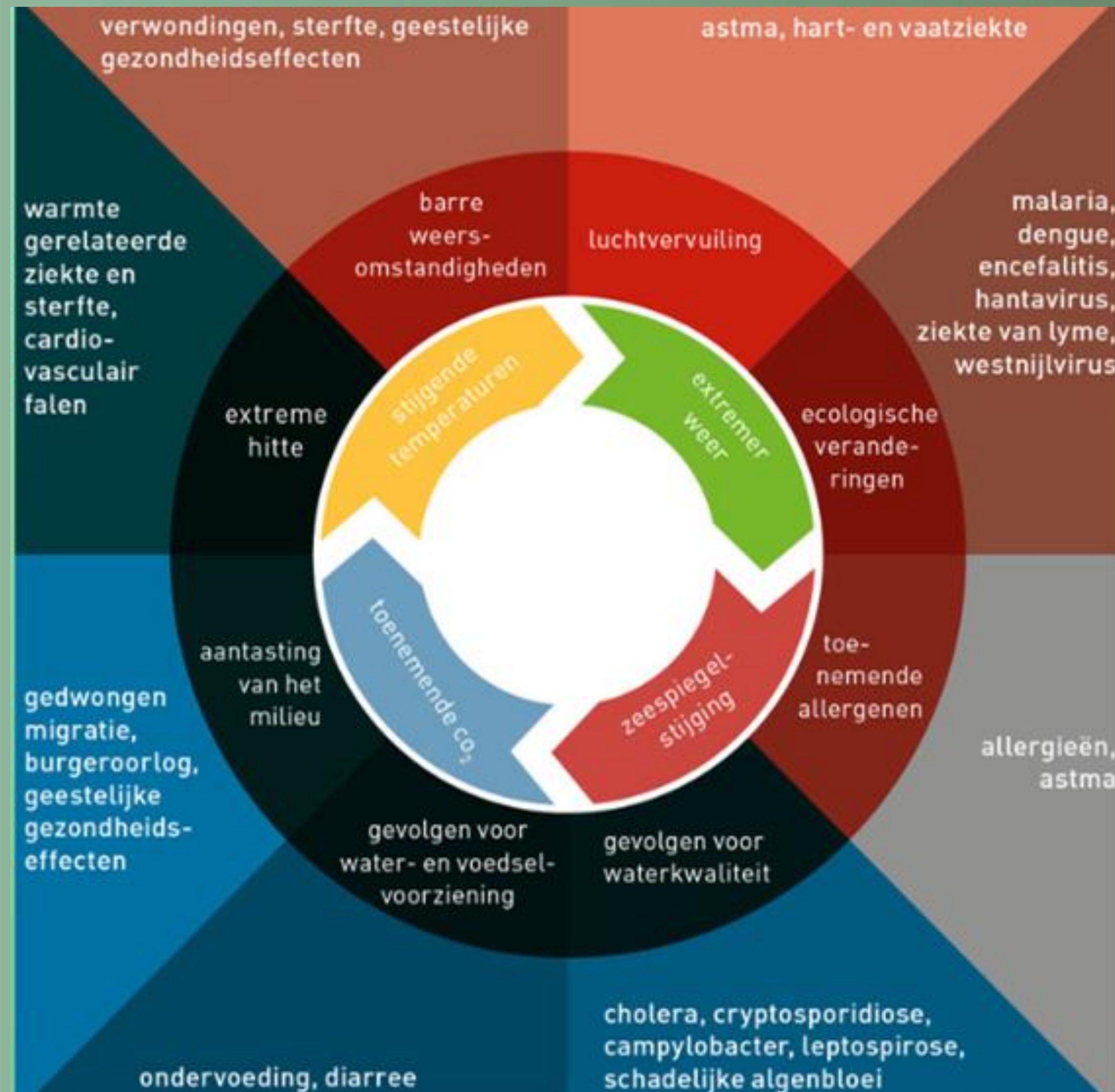
Hoeveel landbouwgrond hebben we nodig om iedereen te voeden?

Hectare landgebruik bij verschillende dieetvormen



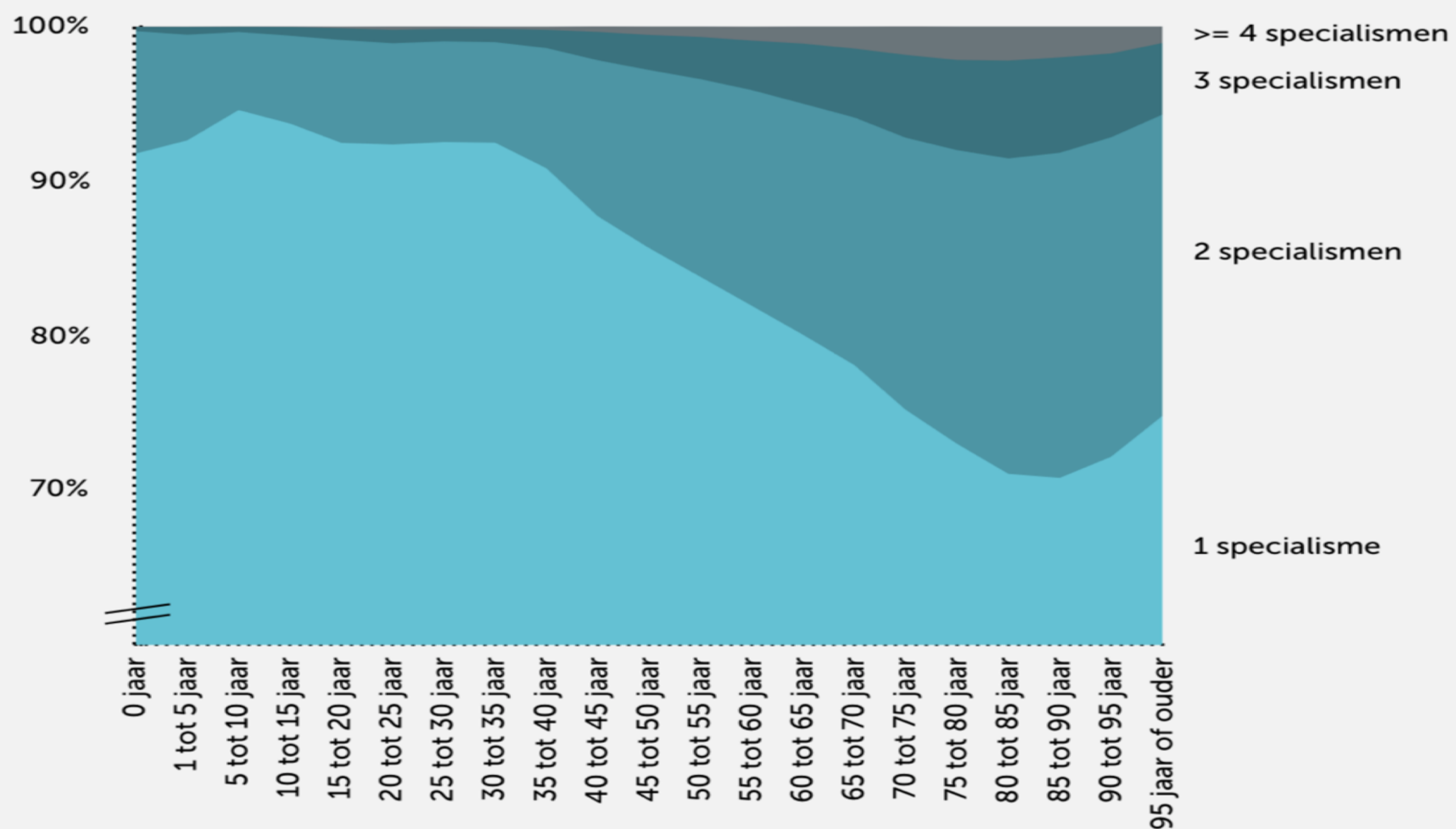


Klimaatcrisis = gezondheidscrisis



BURDEN OF DISEASE

Figuur 4.5: Aantal patiënten dat door één of meerdere specialismen werd gediagnosticeerd en/of behandeld in 2016 (%)



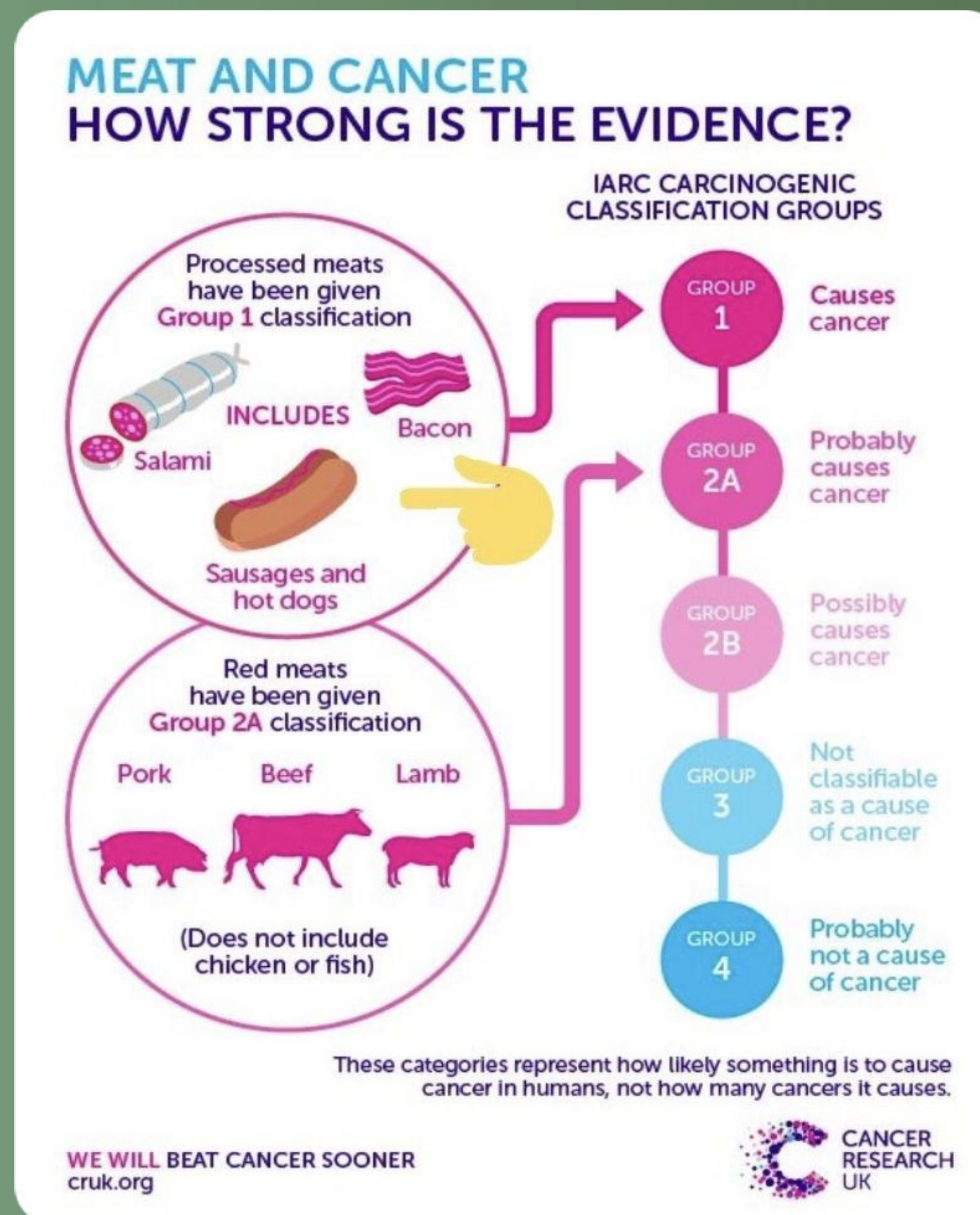
GEZONDHEIDSSCHADE DIERLIJK VOEDSELSTEL

Direct

- Diabetes type 2
- Hart- en vaatziekten
- Kanker (bv darm, prostaat en borst)
- Dementie (direct en indirect)
- Obesitas
- Gewrichtsaandoeningen

Indirect

- Antibiotica resistentie
- Huidkanker
- Astma/COPD
- Hooikoorts
- Infectieziekten
- Parkinson
- Voedselschaarste
- Waterschaarste
- Zoönose/Pandemie



De oplossing ligt op je bord!



EAT LANCET 80/20



Volkoren producten
Koolhydraatrijke groente
Zuivel
Dierlijke eiwitten
Plantaardige eiwitten
Plantaardige oliën
Suikers
Groente en fruit

EAT LANCET



PLANTAARDIG

FROM THE ACADEMY

Position Paper



Position of the Academy of Nutrition and Dietetics: Vegetarian Diets



ABSTRACT

It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage. Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity. Low intake of saturated fat and high intakes of vegetables, fruits, whole grains, legumes, soy products, nuts, and seeds (all rich in fiber and phytochemicals) are characteristics of vegetarian and vegan diets that produce lower total and low-density lipoprotein cholesterol levels and better serum glucose control. These factors contribute to reduction of chronic disease. Vegans need reliable sources of vitamin B-12, such as fortified foods or supplements.

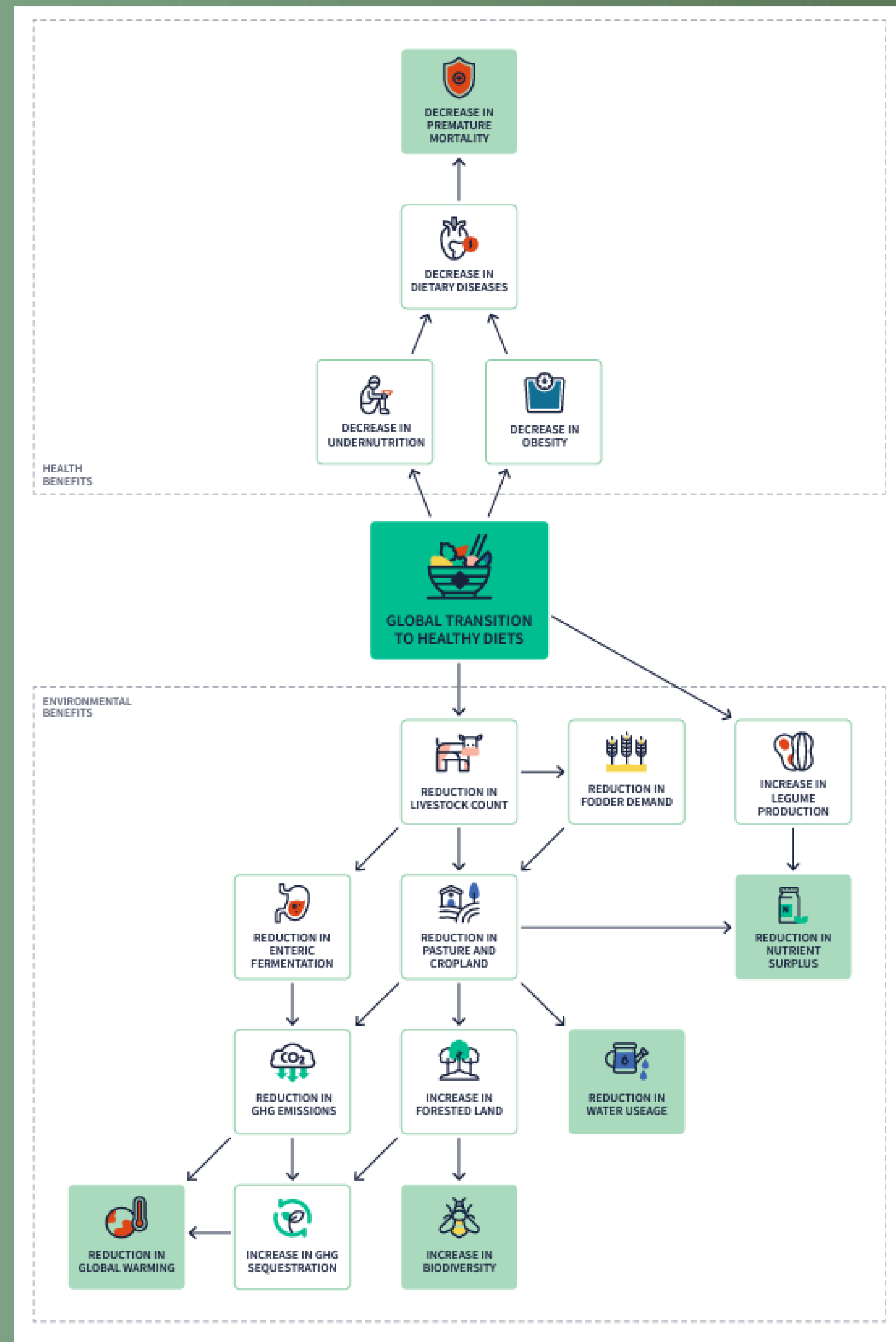
J Acad Nutr Diet. 2016;116:1970-1980.

POSITION STATEMENT

It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage.

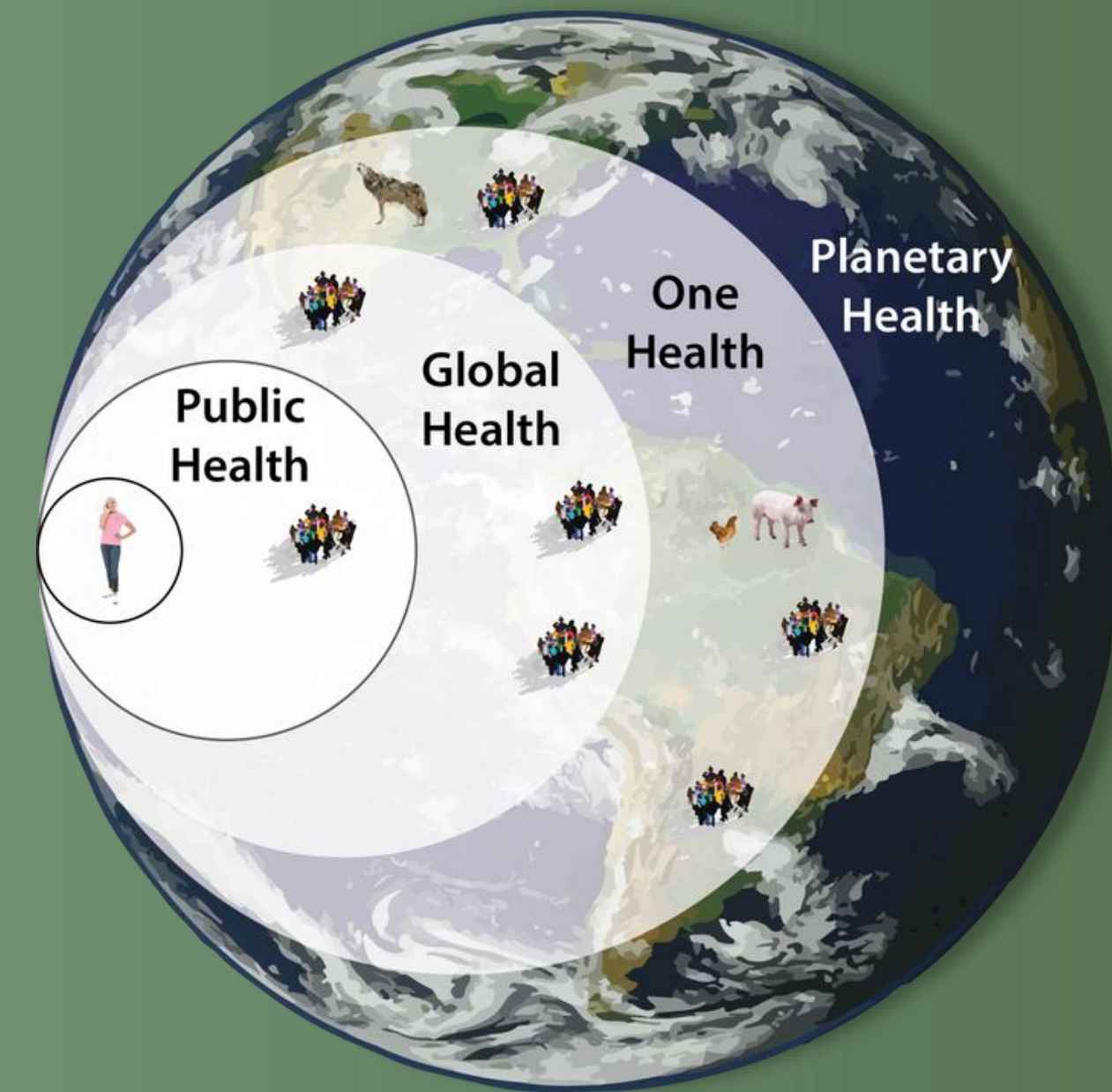
The Dietary Shift

Eat as if it will save people, societies and the planet — because it will.



Vanaf morgen

- Thuis
 - Eet meer plantaardig
 - Reduceer voedsel afval
 - Streef naar maximaal biologisch
- Sluit je aan bij Caring Doctors
 - Help ons aan tafel binnen jouw zorginstelling
- Stap in een green team (voeding)
- Maak leefstijl en voeding onderdeel van de behandeling
- Benadruk het belang van meer plantaardig eten voor welzijn van mens, dier en planeet



SLUIT JE AAN BIJ CARING DOCTORS!

Trouw

Dit is de complete Duurzame 100 van 2024

Redactie Trouw 10 oktober 2024, 21:41

Caring Doctors



Beeld Martijn Gijsbertsen

Deze groep van zorgprofessionals wil ‘mens, dier en natuur’ gezonder maken, door de bevordering van plantaardige voeding. [Tijdens diners gaan artsen, beleidsmakers en bioboeren hierover in gesprek.](#)



Verdieping

Boeken

- Natuuramnesie – Marc Argeloo
- Onbewoonbare aarde – David Wallace-Wells
- De stille aarde – Dave Goulson
- De bekentenissen van een afvallige milieuactivist – Paul Kingsnorth
- Het klimaatboek – Greta Thunberg
- Omarm de chaos – Jan Rotmans

Documentaires

- Cowspiracy
- A Plastic Ocean
- Seaspiracy
- Life on our planet
- The Game Changers
- Kiss the Ground
- Before the Flood
- Chasing Coral

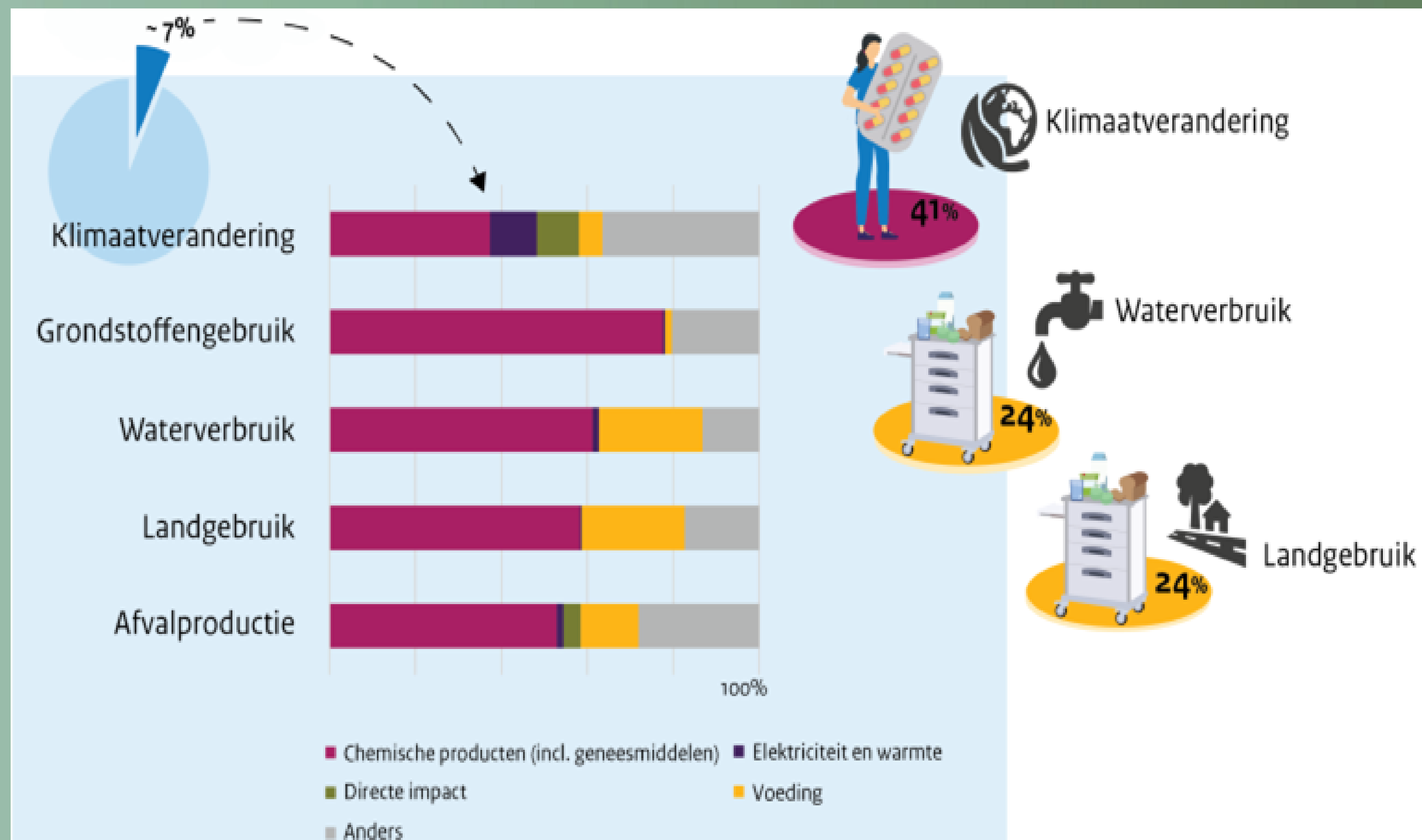


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- Prof. Dr. Hanno Pijl, diabetoloog LUMC
- Prof. Dr. Roos Vonk, sociale psychologie Radboud Universiteit
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- Prof. Dr. Petra Verdonk, ethiek en recht, A-UMC
- Prof. Dr. Pim Martens, planetary health

Klimaatverandering en de gezondheidszorg

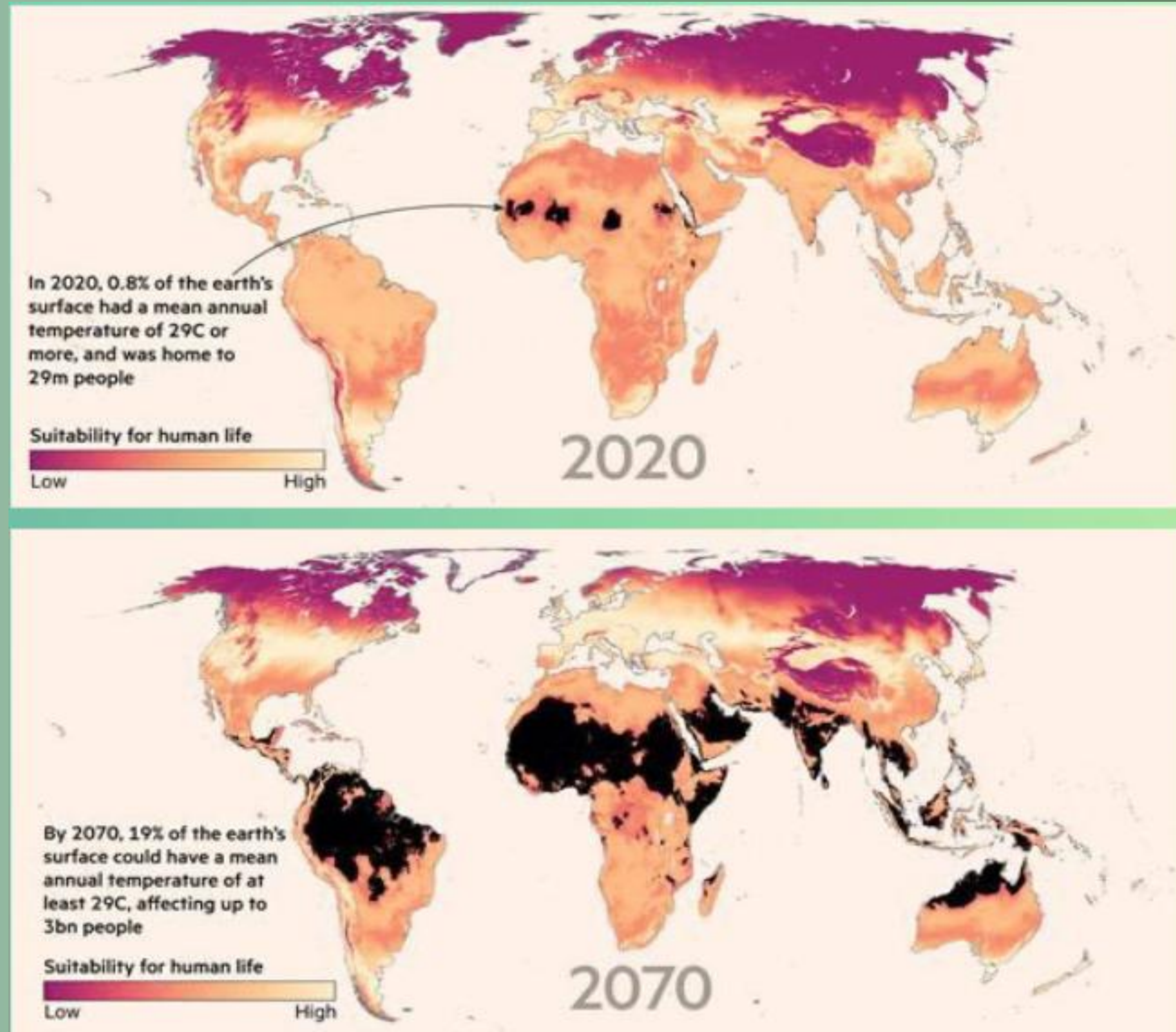


Extra

IPCC Advies Europa



Hittestress en leefbaarheid



Schijf for Life



Zet het om in actie!

TOP 20 HIGH-IMPACT CLIMATE ACTIONS FOR HOUSEHOLDS AND INDIVIDUALS

The data presented here represents cumulative Gt CO₂-eq over 30 year period



BY SECTOR

Together, the individual and household actions presented here have the potential to produce roughly **25–30 percent** of the total emissions reductions needed to avoid dangerous climate change (>1.5°C rise)



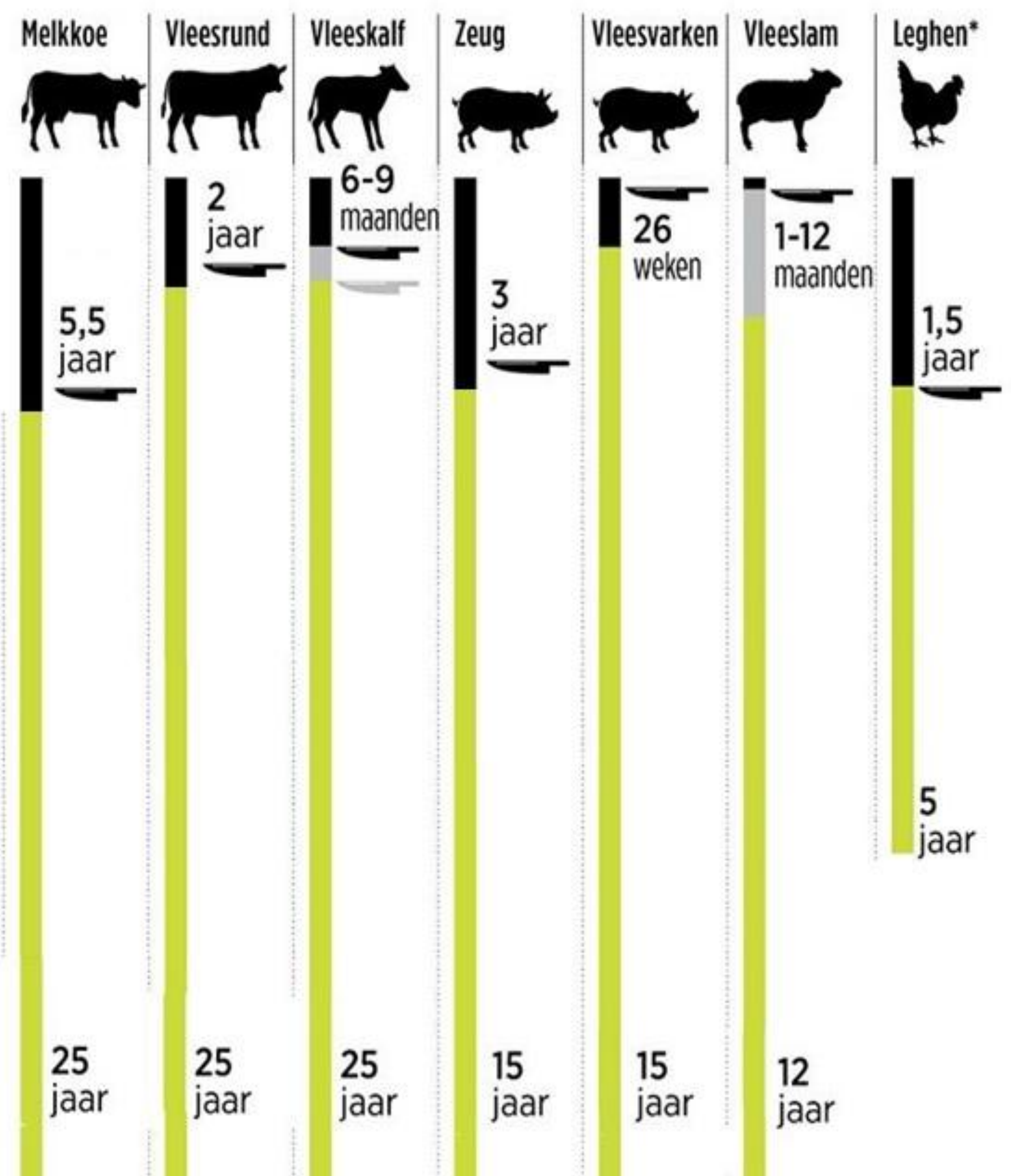
**PROJECT
DRAWDOWN.**

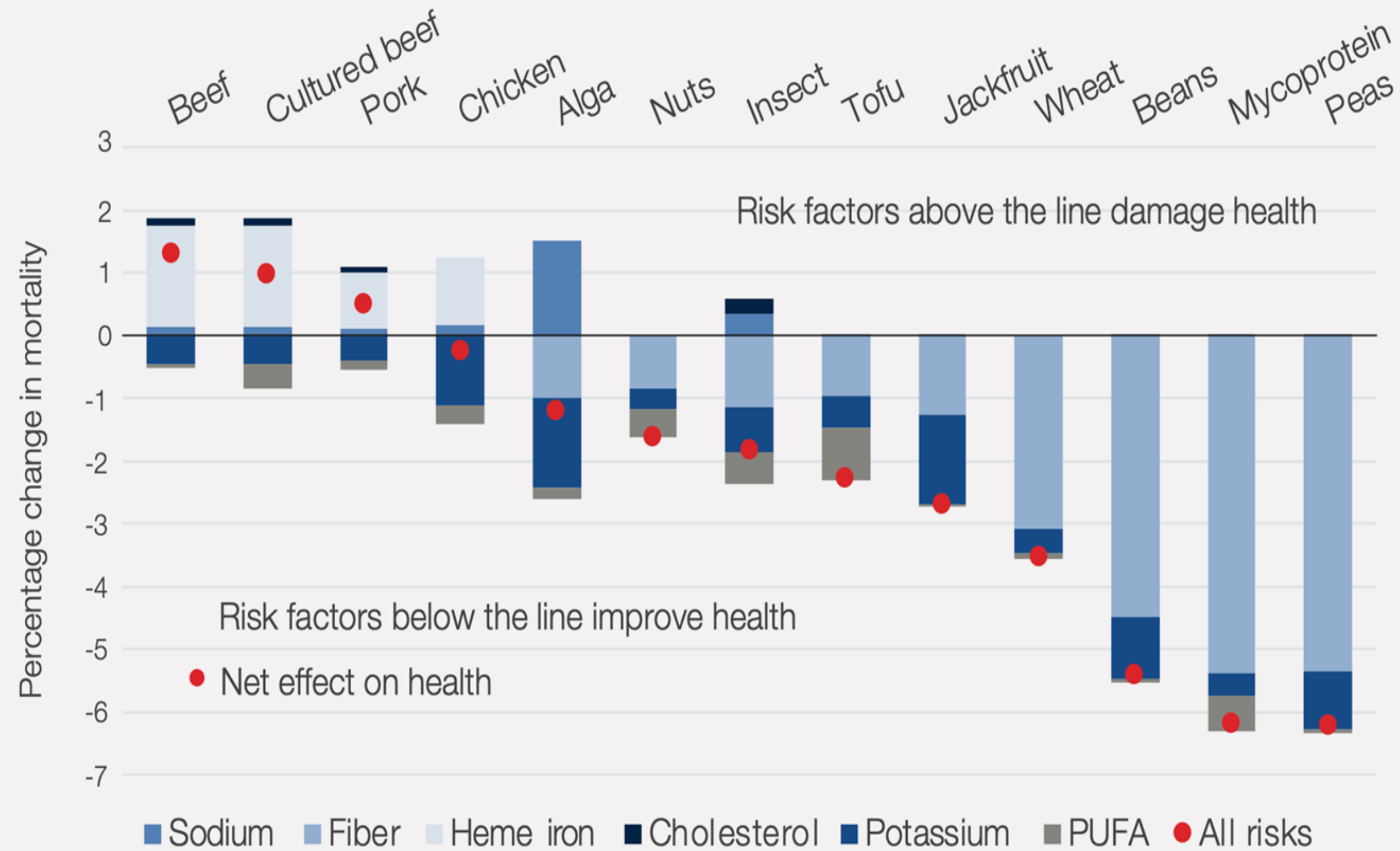
Learn more about these &
other climate solutions at:
projectdrawdown.org

ZO OUD WORDT VEE IN NEDERLAND



■ Gebruikelijke leeftijd bij slacht (van-tot) ■ Maximale natuurlijke leeftijd





NY ziekenhuizen plantaardig als standaard

New York City hospitals now serve plants by default

This simple but powerful menu flip has led to a dramatic change!

>50% Patients choosing plants

Now more than half of eligible patients are choosing plant-based meals, even when meat and dairy are available! These numbers are staggering considering that only 1 percent of patients identify as vegetarian or vegan.

Plant-based meals 150,000



In just 6 months, the hospitals have already served over 150,000 plant-based meals through their new menu! As the initiative expands to dinners, it will impact up to 800,000 meals.



If an average city follows in NYC's footsteps by serving plant-based meals by default, it can expect to cut its food-related emissions by 40 percent and water footprint by 24 percent.

A city serving 1 million meals per year could save the equivalent emissions of driving a passenger car over 1 million miles!

betterfoodfoundation.org/cities