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March 2022

This EPHA Food Feed covers a selection of **highlights on food systems and health** throughout the period between **January to February 2022**.

The **crisis in Ukraine** and its implications for food and health will be addressed in our next feature.

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Food Systems & People's Health



Ending routine farm antibiotic use in Europe through improving animal health and welfare

By Cólín Nunan (Alliance to Save our Antibiotics) for the European Public Health Alliance (EPHA)

On 28 January 2022, ambitious rules restricting the use of veterinary antimicrobials started to apply in the EU. This paper recommends 10 actions to help achieve significant cuts in farm antibiotic use while improving animal health and welfare.

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Scientific Opinion: Tolerable Upper Intake Level for dietary sugars

European Food Safety Authority (EFSA)

After an extensive scientific review, EFSA concludes that the intakes of added and free sugars should be as low as possible as part of a nutritionally adequate diet.

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Climate change: a threat to human wellbeing and health of the planet

Intergovernmental Panel on Climate Change (IPCC)

Climate change is causing dangerous disruptions across the globe. Severe impacts are expected in case of warming beyond 1.5C, including for food security.

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Sugar-sweetened beverage taxes in the WHO European Region: success through lessons learned and challenges faced (2022)

World Health Organization (WHO) Europe

This study examined sugar-sweetened beverage (SSB) taxes in the WHO European Region and aimed to better understand factors that support the uptake of SSB taxes at national level in order to extend it to other countries.

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A just transition for European agriculture in the EU agriculture and land use sector

Institute for European Environmental Policy (IEEP)

This report explores the potential of a 'just transition' model for European agriculture including the multiple issues to address such as GHG emission reductions, nature recovery, sustainable resource use, dietary health and food security

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Commercial determinants



Food marketing exposure and power and their associations with food-related attitudes, beliefs and behaviours: a narrative review

World Health Organization (WHO)

This review completes the findings of the 2009 WHO consumer research studies on the extent, nature and effects of food marketing. The first results showed that unhealthy food marketing was prevalent and mostly targeted to children using appealing strategies for this audience. Updated findings confirm the past trends and consider new types of marketing, reflecting on the growth in internet, digital and social media use.

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A rapid review of the evidence for children's TV and online advertisement restrictions to fight obesity

By Coleman et al. (2022), Preventive Medicine Report

This narrative review provides evidence on the relationship between unhealthy TV and online food advertisements, short-term food consumption and childhood obesity. The paper further identifies policy interventions to address this issue especially among vulnerable groups.

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Industry influence over global alcohol policies via the World Trade Organization: a qualitative analysis of discussions on alcohol health warning labelling, 2010–19

By Barlow et al. (2022), The Lancet Global Health

This paper studied discussions on alcohol health warning labelling policies at the WTO's Technical Barriers to Trade (TBT) Committee meetings. Out of 212 statements about 55,2% featured industry arguments. It concludes that increased transparency about vested interests might be needed to overcome industry influence.

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Manufacturing doubt: Assessing the effects of independent vs industry-sponsored messaging about the harms of fossil fuels, smoking, alcohol, and sugar sweetened beverages

By Maani et al. (2022), SSM Population Health

This study investigates the effects of the tactic "alternative causation" used by producers of harmful products on public understanding.

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EU Food & Drink Policy



Concept for a Sustainable EU Food System. Reflections from a participatory process

European Commission, Joint Research Centre, Bock et al. (2022)

The EU Farm to Fork Strategy promises the development of a legislative framework for sustainable food systems. This report summarises the results of a consultative expert process to explore building blocks for this initiative.

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Conference on the Future of Europe | European Citizens' Panel on "Climate change and the environment / Health"

By European Citizens

Recommendations adopted by the citizens' panel include calls for more investment into less intensive animal farming and tackling antibiotics use.

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MEPs call for a more effective EU strategy to beat cancer

European Parliament

MEPs voted in favor of a draft Own Initiative Report "Strengthening Europe in the fight against cancer - towards a comprehensive and coordinated strategy" calling among others for EU regulation to end unhealthy food marketing to children.

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Reducing antimicrobial resistance in food production

Health Care Without Harm

This factsheet looks at the role of healthcare professionals in preventing the misuse of antimicrobials in food production, for instance by adopting sustainable procurement practices to drive sustainability in the food supply chain.

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Research Highlights

Options for reforming agricultural subsidies from health, climate, and economic perspectives

By Springmann and Freund (2022), Nature Communications

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Barriers and Enablers for Healthy Food Systems and Environments: The Role of Local Governments

By Rose et al., (2022), Current Nutrition Reports

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Nutritionism in a food policy context: the case of 'animal protein'

By Leroy et al. (2022), Animal Production Science

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Dietary change in high-income nations alone can lead to substantial double climate dividend

By Sun et al. (2022), Nature Food

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The relationship between voluntary product (re) formulation commitments and changes in the nutritional quality of products offered by the top packaged food and beverage companies in Canada from 2013 to 2017

By Verger et al. (2022), BMC Public Health

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Industry levy versus banning promotion on soft drinks in Scotland: A distributional analysis

By Dogbe et al. (2022), Food Policy

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Impact of increasing the relative availability of meat-free options on food selection: two natural field experiments and an online randomised trial

By Pechey et al. (2022), International Journal of Behavioral Nutrition and Physical Activity

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Rapid global phaseout of animal agriculture has the potential to stabilize greenhouse gas levels for 30 years and offset 68 percent of CO2 emissions this century

By Eisen et al. (2022), PLOS Climate

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Foods and beverages provided in out of school hours care services: an observational study

By Crowe et al. (2022), BMC Public Health

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Evidence Gaps in Assessments of the Healthiness of Online Supermarkets Highlight the Need for New Monitoring Tools: a Systematic Review

By Maganja et al. (2022), Current Atherosclerosis Reports

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Our mailing address is:
European Public Health Alliance AISBL, Rue de Trèves 49-51, Brussels 1000, Belgium

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