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July 2022

The EPHA Food Feed brings selected updates relevant to the debate on **food systems and health**.

This feed focuses on key materials published between **May and June 2022**.

Do not hesitate **to share** this issue with your colleagues and friends, as well as on social media! And wishing you a restful summer.

You can **subscribe** [here](#) and **view all** previous EPHA Food Feeds [here](#).

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## Food Systems & People's Health



### Why Europe needs a health-oriented food policy

By European Public Health Alliance (EPHA)

This EPHA position paper calls for an ambitious and equitable reform of the food system. It proposes, among others, a package of policy recommendations to create food environments that make the healthy and sustainable food choice the default and most desirable choice, thereby enabling healthy eating for all and helping to achieve food security within planetary boundaries.

[READ MORE](#)



## Toolkits to guide and shape health-driven policy making

WHO and STOP

The STOP Project and the WHO have developed a set of policy briefs to guide policy design and implementation in the fields of health, attitudes to nutrition and promotion of physical exercise. Policy topics include, food marketing, reformulation, pricing and labelling.

[READ MORE](#)

## Understanding the digital media ecosystem

WHO

Digital and online ecosystems have for a long time been a playground for unregulated promotional campaigns of unhealthy products, from fast food to alcohol to tobacco. This report explores how countries can protect people's health by better controlling unethical digital advertising techniques, aimed mostly at children and adolescents.

[READ MORE](#)

## Shift Framework. Shifting to equitable health and nutrition through food environment transformations

WHO

The SHIFT Framework assists technical staff working in nutrition and health in a process of identifying and implementing equity focused interventions related to the food environment.

[READ MORE](#)



## Creating Better Health for People, Animals, and the Planet: Insights for Health Professionals

Global Alliance for the Future of Food

The report showcases 10 initiatives that took action to promote human, ecological, and animal health and well-being.

[READ MORE](#)

## High Steaks: How focusing on agriculture can ensure the EU meets its methane-reduction goals

Changing Markets Foundation

The report shows that the EU is currently off track to reduce methane emissions to required levels. However, through a combination of measures, including by a shift to sustainable diets, the EU could cut its methane emissions by up to 36%.

[READ MORE](#)

## Everyone at the Table: Transforming food systems by connecting science, policy and society

European Commission High-Level Expert Group

This report concludes that food system transformation must be better supported through more ambitious interlinked science-policy-society interfaces and recommends three pathways forward.

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## Commercial determinants



## Sandwiches Unwrapped

### Eating Better

This report looks at changes in vegetarian and plant-based sandwich ranges against meat-based ones, using the sandwich sector as a proxy to track and benchmark retailer commitment to sustainable eating. The analysis shows the sandwich aisle is still too meaty and plant-based too pricey.

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## Corporate lobbying on US positions to WHO

### Russ et al. (2022) Global Health Governance

Producers of products as commercial milk formulas, processed foods, alcoholic beverages, pharmaceuticals and electronic gaming software have been ramping up efforts to influence the US policy toward the WHO.

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## EU Food & Drink Policy



## Call to respond to the EU public consultation on a new sustainable food systems law

### EPHA

This is a call to engage in shaping a new European law on sustainable food systems. This law provides an unprecedented opportunity to overcome the deficiencies of the current food system and put it on track for a healthy future.

[READ MORE](#)



## A short video to explain the objectives of Nutri-Score and how it works

### Equipe de Recherche en Epidémiologie Nutritionnelle (EREN)

A new video explains the objectives of the Nutri-Score and provides information on how to use it as well as elements of answers to the arguments of some detractors who often do not know how it works.

[READ MORE](#)

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## Research Highlights

[A systematic review of the definitions and interpretations in scientific literature of 'less but better' meat in high-income settings](#) | By Sahlin & Trewern (2022), Nature Food

[Manufacturing ignorance: think tanks, climate change and the animal-based diet](#) | By Almiron et al. (2022) Environmental Politics

[Does the Concept of 'Ultra-Processed Foods' Help Inform Dietary Guidelines, Beyond Conventional Classification Systems?](#) | Great Debates in Nutrition (2022) The American Journal for Clinical Nutrition

[Global food-miles account for nearly 20% of total food-systems emissions](#) | By Li et al. (2022) Nature Food

[Adding salt to foods and hazard of premature mortality](#) | By Ma et al. (2022),  
European Heart Journal

[The Relationship Between Plant-Based Diet and Risk of Digestive System  
Cancers: A Meta-Analysis Based on 3,059,009 Subjects](#) | By Zhao et al. (2022),  
Frontiers in Public Health

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EPHA (AISBL) is the European Platform bringing together public health organisations representing health professionals, patients groups, health promotion and disease specific NGOs, academic groupings and other health associations. The European Public Health Alliance has received funding under an operating grant from the European Union's EU4Health Programme (2021-2027). The content of this email represents the views of the author only and is his/her sole responsibility; it cannot be considered to reflect the views of the European Commission and/or the European Health and Digital Executive Agency (HaDEA) or any other body of the European Union. The European Commission and the Agency do not accept any responsibility for use that may be made of the information it contains. Transparency Register Number: [18941013532-08](#)

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