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### The impact of sustainable diet on long term health, a review of the evidence

The concept of sustainable diets presents an opportunity to successfully advance commitments to sustainable development and the elimination of poverty, food and nutrition insecurity, and poor health outcomes. However, Keats et al (2014) assert that global dietary patterns have changed dramatically in the past 50 years, presenting both a boom and a threat to the health and well-being of populations everywhere. Moreover, for many different reasons beyond the scope of this presentation, it is suggested that today, people are consuming foods that pose the greatest negative impacts for their health and the environment. Increased incomes are accompanied by increased consumption of diets high in meat, dairy, oil, salt, and processed foods. At the same time, the globalization of the food system has contributed to environmental degradation and biodiversity loss, while lowering prices for diets high in energy but consequently low in variety and important nutrients. Coupled with urbanization and increasing sedentary lifestyles, there is an unprecedented rise in obesity and, subsequently, non-communicable diseases, such as cardiovascular disease, diabetes, and hypertension. These trends reveal an alarming increase of such health issues across low, middle, and high-income countries. Although >1 billion people world-wide are overweight and obese, 868 million people are suffering from hunger, and another 2 billion are suffering from micronutrient deficiencies. As Ballam (2011) suggests, there are many major challenges and no single solutions to assist the population in achieving a sustainable diet. This presentation will seek to address some of these challenges which may be useful in health promotion.

### Biography

Alison Burton Shepherd is a Registered Nutritionist (Scientist) and Senior Lecturer in Adult Nursing at De Montfort University Leicester UK. She is a part time Advanced Nurse Practitioner and Non Medical Prescriber. Recently, she became an Inspector for the Care Quality Commission inspecting primary medical services to ensure that high standards of clinical care are being maintained. She is proud to be a Queens Nurse a title given to nurses who have achieved and continue to strive for excellence.

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