



**Centre of Research Excellence:  
Healthy Food, Healthy Planet, Healthy People – April 2022**



**The George Institute**  
for Global Health

## **Facts:**

- Food is the single biggest issue for health on the planet and diet-related diseases are the largest contributor to the burden of disease.
- Around two-thirds of the Australian adult population is overweight or obese, which is projected to increase to around three-quarters by 2025.
- 80% of Australians believe the effects of climate change are already being felt and 75% are particularly concerned about the consequences for food production.

## **Initiative Cycle:**

2022 – 2026

## **Partners:**

*The George Institute Australia*

## **Supporters:**

*National Health and Medical Research Council (NHMRC), Australia*

## **Principal Investigators**

*Professor Simone Pettigrew*

Centre for Research Excellence



## **Background:**

- Millions of Australians and hundreds of millions of people around the world suffer from conditions caused by excessive consumption of unhealthy foods and insufficient intake of healthy foods.
- The food system is one of the largest contributors to environmental degradation through greenhouse gas emissions, water use and deforestation, and one of the sectors hardest hit by climate change.
- Access to information about the nutritional quality and environmental impacts of the food we eat is a basic consumer right, yet is lacking.

## **Aims:**

- The Healthy Food, Healthy Planet, Healthy People Centre for Research Excellence will deliver world-leading innovations in nutrient profiling algorithms and environmental indicators that estimate the human and planetary consequences of varying patterns of food and beverage consumption.

## **Approaches:**

- Identify effective means of conveying combined nutrition and sustainability information.
- Use the developed algorithms, environmental indicators and user response data to model the impact of various policy options on human and planetary health outcomes.
- Develop evidence-based recommendations for government-led and market-based strategies to improve the nutritional quality and sustainability of the food supply.
- Work with consumers, industry and government to accelerate uptake of the research findings.

## **Impact:**

- Algorithms developed will have wide ranging applications in policies to promote healthier and more sustainable diets.
- Provide unparalleled opportunities for training and development among the next cadre of food policy researchers.

## **Contact:**

To find out more about this project and its principal investigator Professor Simone Pettigrew or The George Institute please contact Tina Wall +61 410 411 983 or [twall@georgeinstitute.org.au](mailto:twall@georgeinstitute.org.au)

## **The George Institute For Global Health:**

We're improving the lives of millions of people worldwide through innovative health research. Working across a broad health landscape, the Institute conducts clinical, population and health system research aimed at changing health practice and policy worldwide.