

FOOD SYSTEMS + HEALTH

Food and health systems are intertwined.

What people eat impacts their **health** and **wellbeing** – physical and mental.



Food systems should nourish people and promote health, but current food systems contribute to many health issues.

In fact, poor diets are a factor in **one in five** deaths.



Poor diets leave people less able to fight infection and disease.



Poor nutrition can damage growth in children, leading to stunting and wasting – and can hinder child development.



It also drives overweight, obesity, and deficiencies of vitamins and minerals, such as iron deficiency (which can cause anaemia).

Some **1 in 10** people fall ill after eating unsafe food every year, with around **420,000** deaths.

Diet-related non-communicable diseases (like type 2 diabetes, heart disease, and some forms of cancer) are major challenges facing the world today.

Poor diets have also been linked to poor mental health, such as depression.



But eating well can improve mood, vitality, and ability to concentrate in school or in work.

REFERENCES

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