



**INHERIT**

## **ROUNDTABLE DEBATE**

FUTURE FOR ALL: Fostering policy interventions for healthier and more sustainable diets for all

**ISCTE**  **Escola de Ciências  
Sociais e Humanas**  
INSTITUTO UNIVERSITÁRIO DE LISBOA

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## Meeting report

**Target audience:** Scientific community, political and governmental agents, technicians and researchers in health, environment and social policies fields.

## Background

On 6 May 2019, the conference “Food for Thought: For Healthier and More Sustainable Food for all” was held at the Lisbon University Institute (ISCTE-IUL), in Lisbon, Portugal. It was organised by the INHERIT project team, the ISCTE-IUL Master’s Degree in Social Psychology in Health and the ISCTE-IUL Sustainability Group.

This initiative served as an opportunity to combine perspectives from academia, policy-making and practice (project implementation) in the identification of the main challenges and opportunities for the democratisation of a healthier and more sustainable diet. It sought to foster exchanges across the public and private sectors regarding strategies and specific measures for promoting and disseminating modes of food production and local consumption with low environmental impacts. Food production and consumption are considered key topics in public, political and academic debates across the fields of health, environment and sustainable development.

The conference was organised in four sessions. The first three sessions brought together researchers and project implementers exploring the links between food consumption and health, food and sustainability, and food, equity and governance. The final session focused on policy recommendations.

This report aims to document the key ideas shared within the scope of this final session. It provides a summary of the key points addressed by the four speakers on how to foster policy interventions for healthier and more sustainable diets for all.



## Debate summary and key points

The session aimed to encourage joint reflection on health, economic and environmental factors in the search for integrated solutions addressing specific problems in the field of food consumption and production. It brought together:

- Ingrid Stegeman, representing the [INHERIT](#) consortium, a Horizon 2020 Commission-funded project;
- Sofia Mendes de Sousa, representing the Portuguese Public Health Department, which is responsible for defining and implementing the national strategy for promoting physical activity and healthy eating;
- Cecília Delgado, representing the national platform “Alimentar Cidades Sustentáveis”, a multi-stakeholder group concerned with sustainable food in cities; and
- Marlene Marques, representing the Department of the Economy and Innovation, Loures Municipal Council, responsible for local governance and short-circuit network related issues.

### **The following topics were addressed:**

- I. The contributions made by the INHERIT consortium in identifying indicators and initiatives contributing to improved health, environment and equity across Europe;
- II. The Portuguese government’s perspective on the definition and implementation of the national strategy for promoting physical activity and healthy eating;
- III. The importance of civil society movements for disseminating best practices and engaging in multi-sector discussions;
- IV. Local experiences of integrated governance in the field of sustainability: modes of production, commercialisation and sustainable consumption.



## Detailed account of the discussion

The speakers presented initial statements based on the perspectives of their positions and affiliations, which were then discussed in plenary. Overall, the different perspectives illustrate the need to engage across different actors to foster positive changes in sustainability, equality and health policies in the field of food consumption.

A short description of the key contributions made by each participant features below.

### 1) Recommendations from the INHERIT project

Ingrid Stegeman, EuroHealthNet (Program Manager), BE

This initial presentation focused on recommendations for what is needed to ensure more environmentally sustainable, healthier and more equitable food systems for all.

#### **Ingrid shared key recommendations drawn from the INHERIT consortium's work:**

- Ensure the environmental crisis is everybody's priority so that societal challenges are addressed in integrated approaches.
- Develop and embrace collective visions of more sustainable futures.
- Work in practice to overcome silos and ensure consistent approaches.
- Invest in improved means of measuring multiple impacts.
- Invest in public/private collaborations and in developing new business models.
- Invest in and apply participatory approaches to developing solutions.
- Put equity at the heart.
- Educate for sustainability.
- Invest in creating the capabilities, opportunities and motivations to change behaviour, and apply these – as professionals, individuals, consumers and voters.
- Build collaborations and share the evidence and success stories.



## 2) Recommendations from EIPAS: Integrated Strategy for the Promotion of Healthy Eating

Sofia Mendes de Sousa, General Health Directorate (DSG), PT

The presentation focused on the EIPAS programme.

EIPAS results from a collaboration between several ministries and establishes the framework for governmental interventions promoting healthy eating (Dispatch no. 11418/2017). The mission involves encouraging appropriate food consumption and the consequent improvement of citizens' nutrition, integrating health concerns across every intervention. EIPAS encompasses four different strategic areas:

- Creation of healthier food environments;
- Improvement of the quality and accessibility of healthy food choices for consumers;
- Promotion and development of literacy in order to encourage healthy food choices;
- Promotion of innovation and entrepreneurship.

**Sofia also detailed the key steps and commitments addressed by EIPAS as well as the actions implemented:**

- Axis 1 – To improve the food supply in public institutions:
  - Guidelines for the food supply appropriate for events organized by public institutions;
  - Guidelines for the promotion of organic product consumption. This guide should bring producers and consumers closer, especially in the food services supervised by state services and organisms.
- Axis 2 – To improve the quality and consumer accessibility to healthy food choices:
  - Nutrimento Blogue - Several publications to raise awareness about food choices, the health and environmental impacts.
- Axis 3 – To promote and develop consumer literacy for healthy food choices:
  - Promoting health in education in partnership with the Ministry of Education
  - Educational videos and websites



### **3) The national platform: feeding sustainable cities; the lessons learned thus far and challenges for the future**

Cecília Delgado, Alimentar Cidades Sustentáveis (CICS.NOVA - FCSH; QUERCUS, RRN/DSTAR, CMTV, ISCTE -IUL and others), PT

The presentation focused on the Alimentar Cidades Sustentáveis platform.

The national “Alimentar Cidades Sustentáveis” platform is catalysed by a group of actors engaged in creating collective awareness on more sustainable food system through knowledge sharing. The actors believe that breaking down silos among food actors and sectors will lead to better decision making.

#### **Cecilia shared the key lessons learned by the platform:**

- External triggers facilitated and reinforced the launching of the Food Platform
- Food when taken in its broadest sense is a strong driver for connecting people, notably in Portugal
- Leadership and group commitment are crucial to ensuring continuous group activation.

### **4) Local governance on sustainable agricultural practices and short circuit networks**

Marlene Marques, Department of the Economy and Innovation – Loures Municipal Council, PT

Loures Municipal Council has established the mission to promote, coherently and sustainably, activities in the primary sector, contributing to socio-economic development and building a more sustainable territory across the municipality of Loures.

Marlene presented different projects such as: PROVE, Mercado Agrobio de Loures (Local Organic Market) and Organic Food in Schools (Nacional Pilot Project). Examples of sustainable development, subsidiarity, innovation, partnerships and multidisciplinary approaches applying short circuit networks, local economies, local heritage and inclusiveness.

#### **The importance of establishing cooperation protocols was emphasised:**

1997 – Portuguese Healthy Municipalities Network (Rede Portuguesa dos Municípios Saudáveis); 2010 – Protocol with AGROBIO; 2012 – Partnership with ADREPS; 2015 – A2S | Association for Sustainable Development (Associação para o Desenvolvimento Sustentável da Região Saloia); 2016 – National Rural Network (Rede Rural Nacional); 2017 – Loures Inova



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