

The background image shows a top-down view of a fondue pot on a wooden table. The pot is filled with melted cheese and contains several small, round potatoes. A hand is visible holding a fork, dipping a potato into the cheese. In the background, there are other items on the table, including a glass and a white cloth with some text.

# Quantis

## Healthy and sustainable diets – PNR 69

Alexi Ernstoff

Expert in food systems sustainability – Quantis

Marlyne Sahakian

Assistant Professor, Department of Sociology  
University of Geneva

Olivier Jolliet

Professor of Environmental Health Sciences,  
University of Michigan

**12 January 2021**

# What do these things have in common?



# Priority areas for win-win policies

Swiss men, especially of high education levels



Refined grains



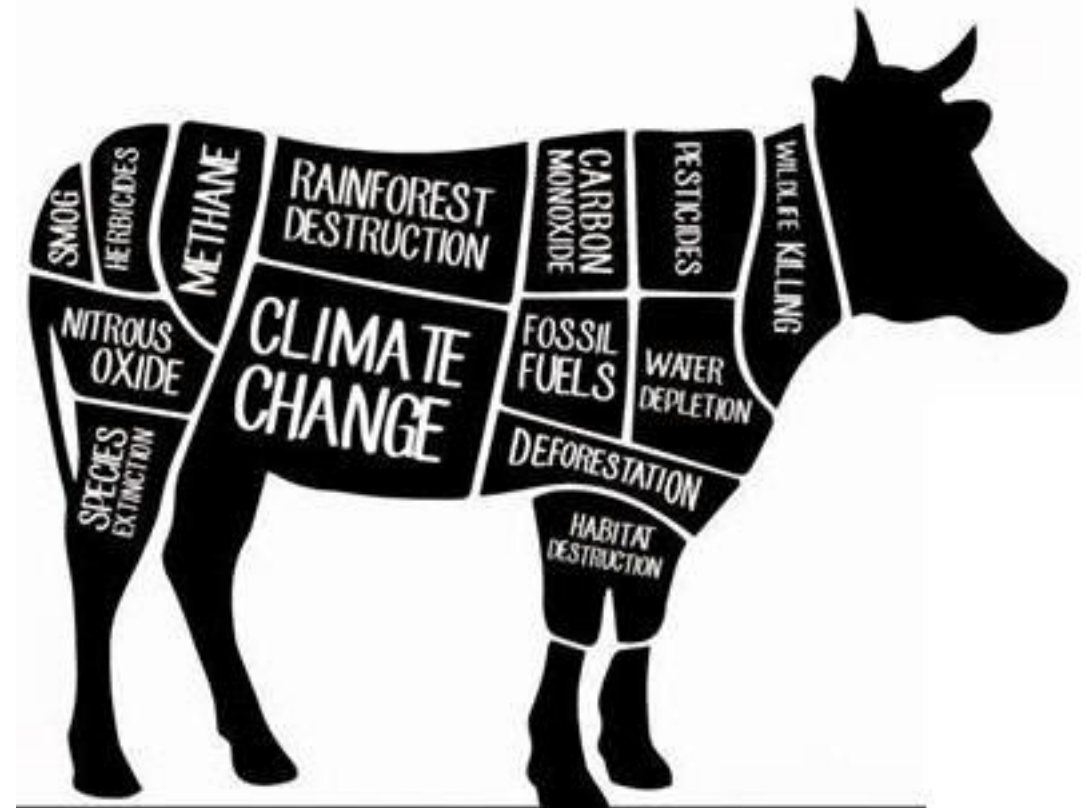
Processed meat (especially imported)



Alcohol



# How to determine where to prioritize?



# Aim to prioritize

## Towards Win–Win Policies for Healthy and Sustainable Diets in Switzerland

by  Alexi Ernstoff <sup>1,\*</sup>  ,  Katerina S. Stylianou <sup>2</sup>  ,  Marlyne Sahakian <sup>3</sup> ,  Laurence Godin <sup>3</sup> ,  
 Arnaud Dauriat <sup>1</sup> ,  Sebastien Humbert <sup>1</sup> ,  Suren Erkman <sup>4</sup>  and  Olivier Jolliet <sup>1,2</sup>  



an Open Access Journal by MDPI



**Food Policies and Diet**

Guest Editor:

**Dr. Sara E. Benjamin-Neelon**  
Department of Health, Behavior and Society, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD, USA  
sara.neelon@jhup.edu

**Message from the Guest Editor**

Policy-based approaches to promote healthy eating and improve dietary intake are becoming more common in a number of countries, populations, and settings. For this Special Issue, we seek papers examining food policies and dietary behaviors from the perspective of preventing chronic diseases across the lifespan.

We will interpret food policies and dietary behaviors broadly. These may include foods and beverages (including alcohol), specific aspects or areas of diet, nutrients, packaging and labels, food systems, food equity, food environments, supplemental foods, emergency foods, feeding programs, and food fortification, among others. Policies may include laws, regulations, statutes, rules, and even formally adopted guidelines.

We welcome original research that fits broadly into the food policy and dietary behavior area. We will give preference to papers that describe prospective evaluations of new policies. However, we welcome papers presenting data from all study designs, including post-policy-only evaluations, cross-sectional studies, modeling studies, or descriptive studies. We also welcome review articles and letters to the editor.



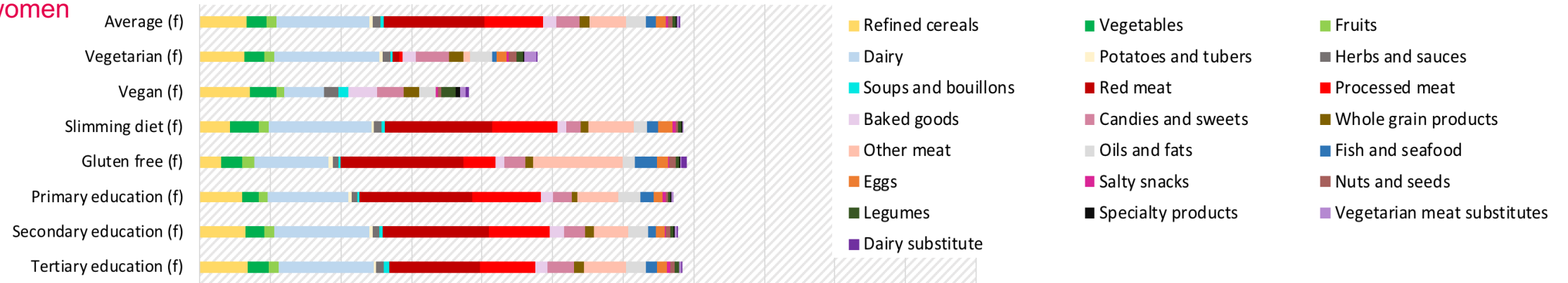
mdpi.com/journal/foods

**Special Issue**

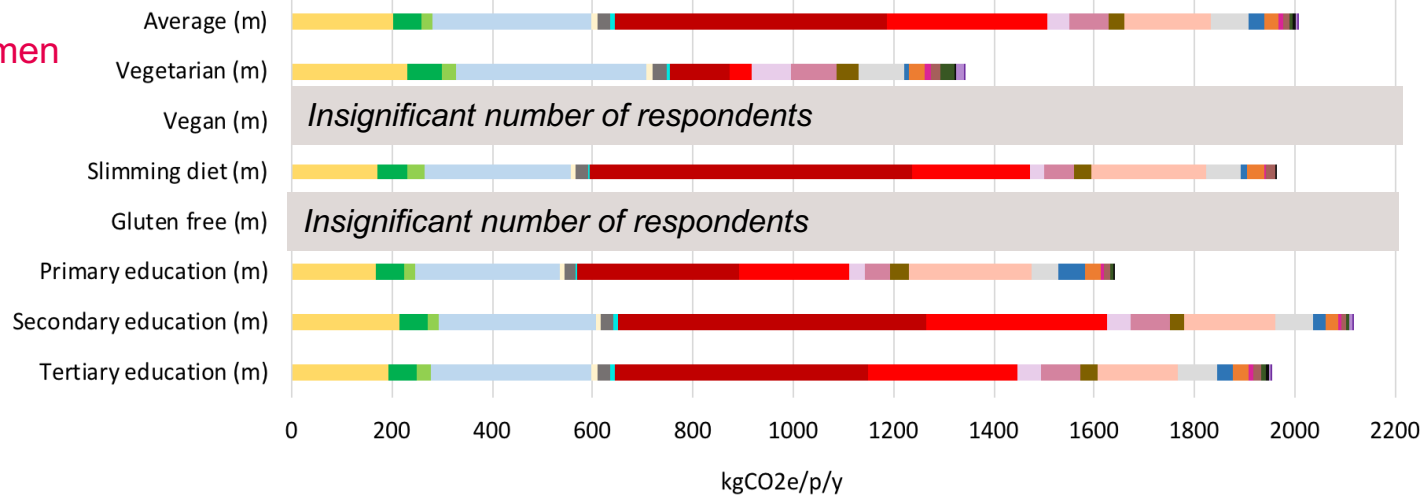
<https://www.mdpi.com/2072-6643/12/9/2745>

# Overview of results for climate change (Food)

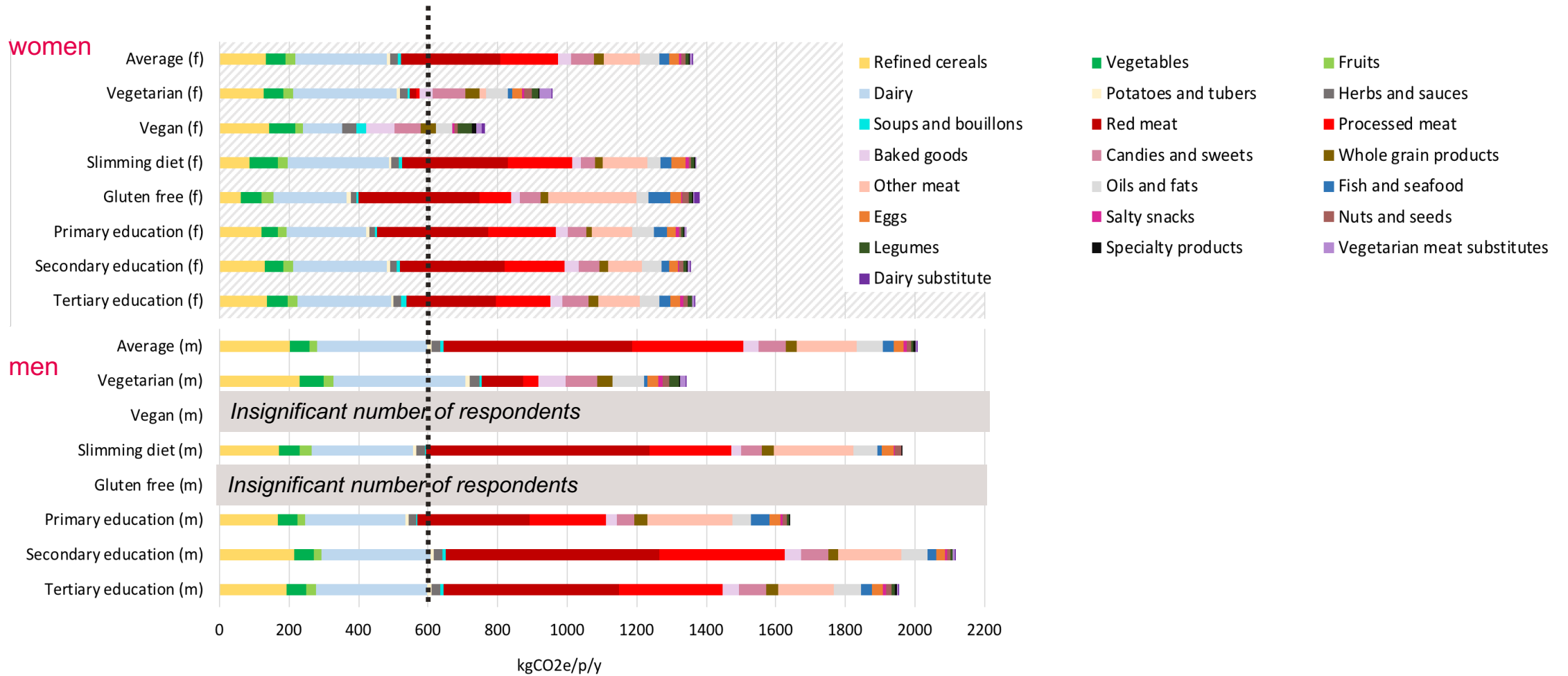
women



men



# Overview of results for climate change (Food)

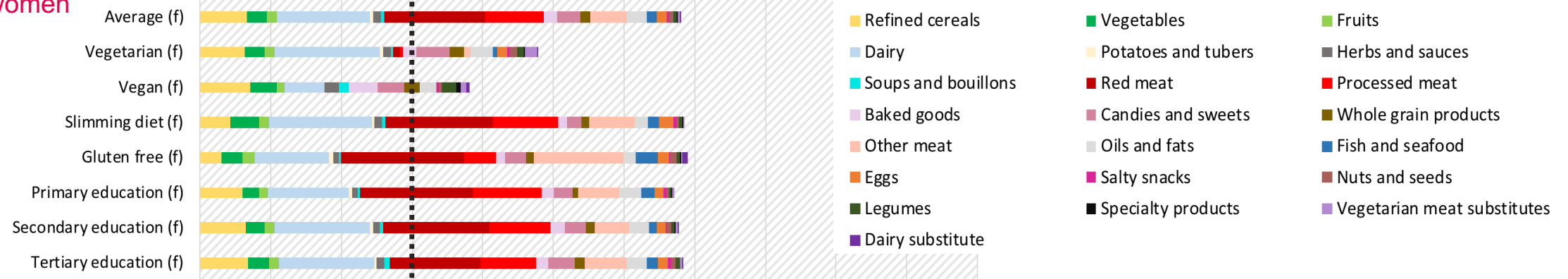


# Overview of results for climate change (Food)

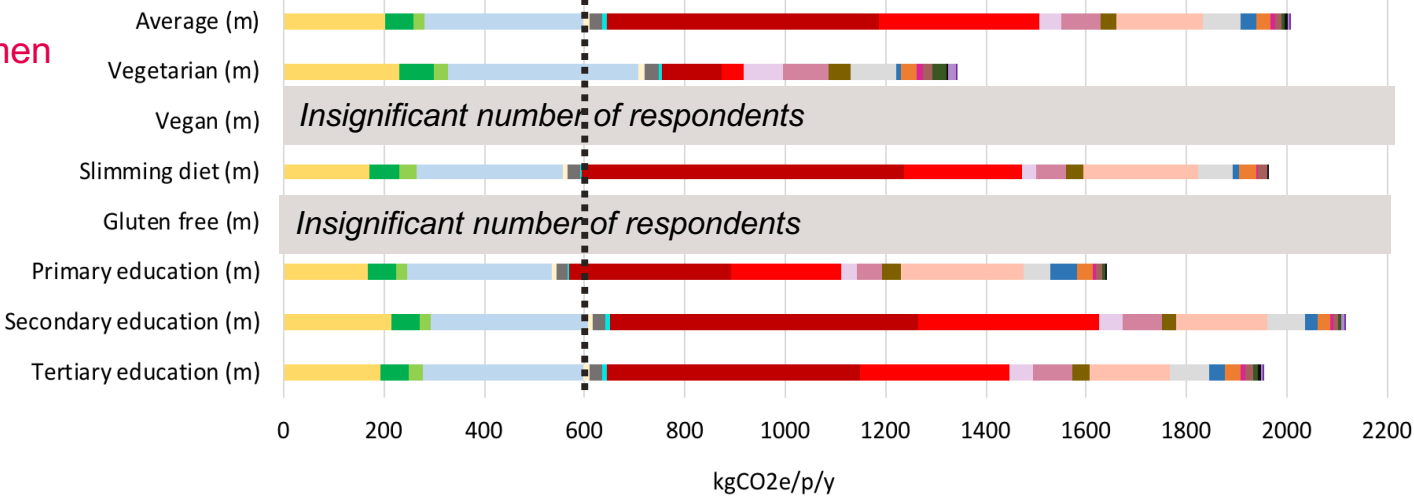
Total per person carbon budget

<https://www.bafu.admin.ch/bafu/en/home/topics/climate/in-brief.html>

women

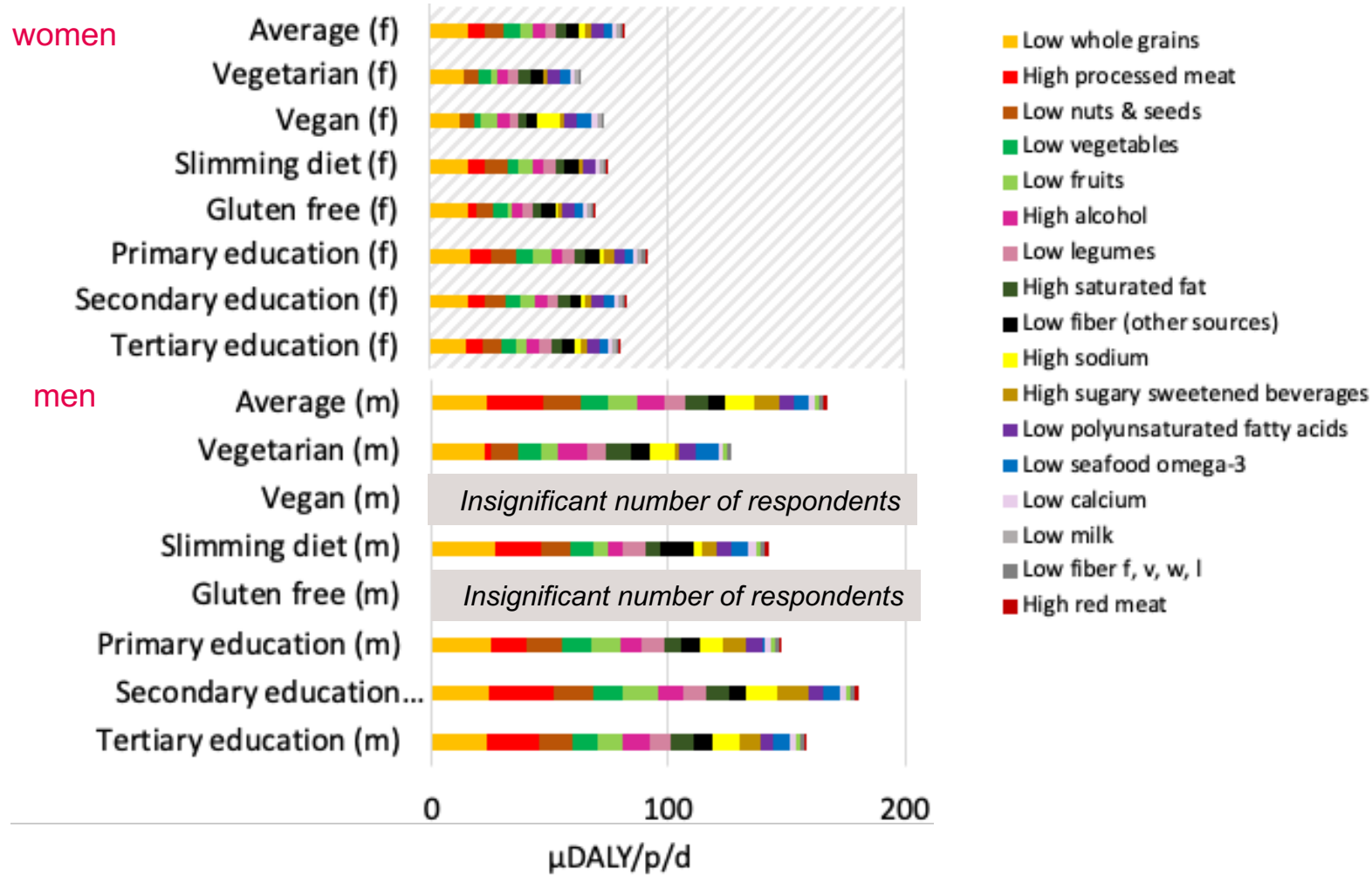


men





# Overview of results for health impacts



# Main findings & policy advice

- Swiss men have high **animal product** consumption and **alcohol** consumption.
- **Whole grain consumption** is too low for the entire population.
- **All diets** have too high of greenhouse gas emission to be sustainable.



## How to change this?

- Policies that decrease **agricultural production impacts**.
- The work by the sociologists show: **policies should take advantage of addressing social context of food choice** with respect to desire to eat local, differences between men and women, changes in life (ex: university, pregnancy, moving, marriage), and convenience (ex: healthy and sustainable food at the train station).



# Quantis

Thank you

Alexi Ernstoff

[Alexi.Ernstoff@Quantis-intl.com](mailto:Alexi.Ernstoff@Quantis-intl.com)

<https://www.linkedin.com/in/alexi-ernstoff-0b81bb28/>