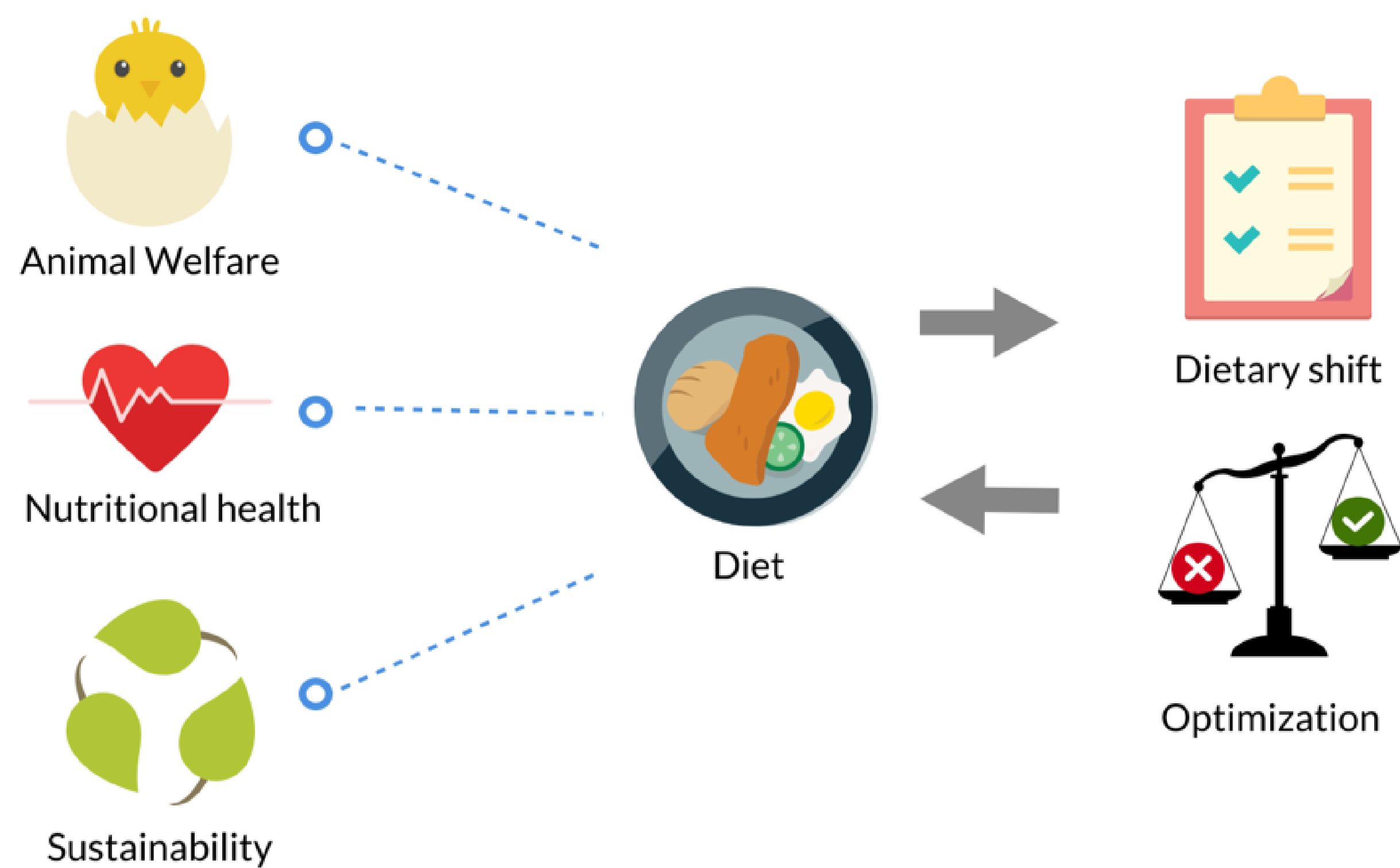


Improving Human, Animal and Environmental Health through Optimized Diets in the Rhine-Ruhr Metropolis, Germany

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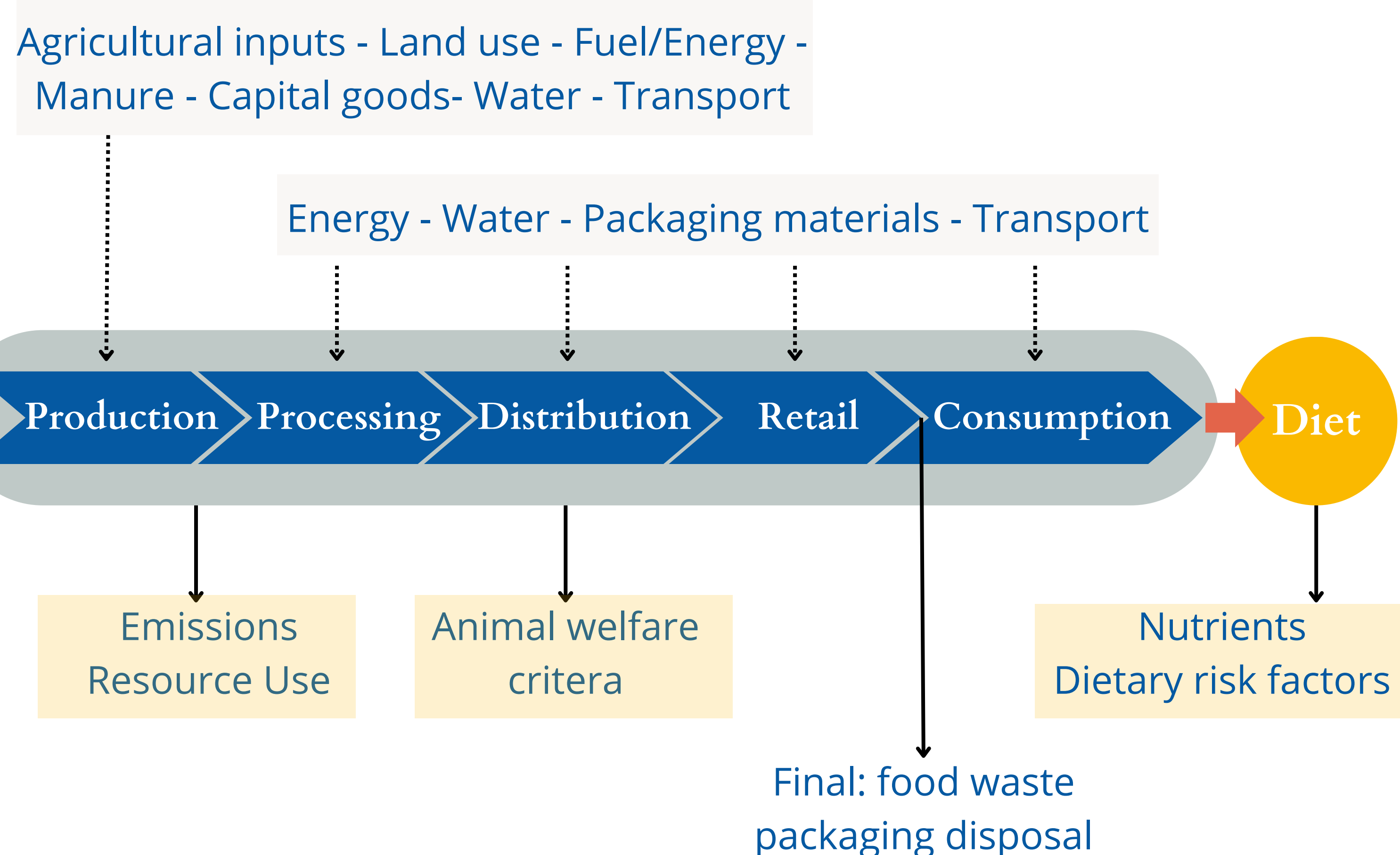
Introduction

- Dietary shifts are necessary for human and planetary health
- Current Western diets are associated with environmental degradation and increased health burden
- Animal Welfare has become relevant for public opinion and policy

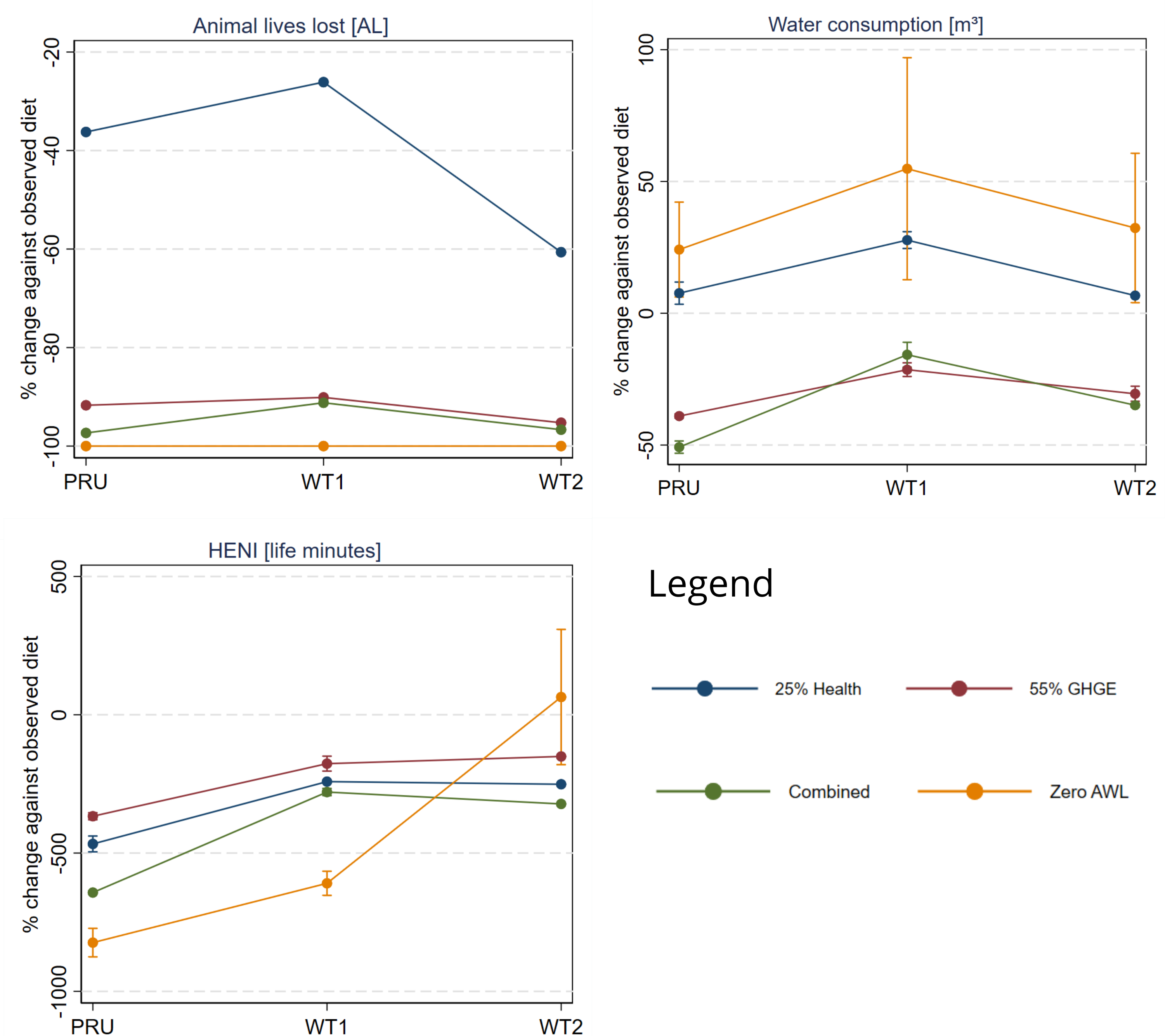


Methods

- Food Frequency Questionnaire in Rhine-Ruhr Metropolis in 2020, N=189, ≥ 18 years old
- Observed diets: Prudent (PRU), Western type1 (WT1), Western type 2 (WT2)
- Life Cycle Assessment Integrating the One Health Approach
- Optimization scenarios: sustainable choices



Results



Optimization scenario change against the observed diets

Conclusion

- Reducing 55% of greenhouse gas emissions and improving human health indicators by 25% (Combined) is possible
- Shift towards flexitarian and vegetarian
- Reduce meat consumption by 41% (on average)
- Compensating with other protein sources, eggs, dairy and plant-based sources

Acknowledgments

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