

PANEL DISCUSSION You Are What You Eat... But Also What You Do

Moderated by Mary Tabacchi, PhD, RD, professor emerita, Cornell University, US Panelists:

Gary Foster, PhD, chief science officer, Weight Watchers International, Inc., US Neil Grimmer, founder & CEO, Habit, US

Dr. Brunilda Nazario, lead medical director, WebMD, US

Giovanni Mario Pes, PhD, MD, senior researcher, University of Sassari, Italy

The Issues



There are three huge nutrition/food issues in this world

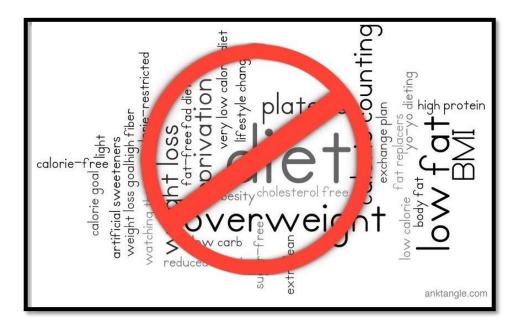
- > Obesity in wealthier countries
- > Starvation in war torn and extremely poor countries
- Cultures in huge drought

There are 78 million obese adults in US, China follows at a distant second with 46 million obese and India with 30 million - countries which together represent 15% of the world's obese population.

Please see -

http://www.healthdata.org/newsrelease/vast-majority-americanadults-are-overweight-or-obese-andweight-growing-problem-among major countries.





How do nutrition and clinical scientists counteract scientifically unproven nutrition fads?

>Monies spent on the diet industry in the US alone is staggering (\$66 billion)

- > Yet over 2/3 of our population are overweight or obese
- >Good percentage of morbid obesity (BMI over 50)
- > This has increased more than 120% since 2000

Not just a US problem - please see the World Health Organization section on Obesity and overweight <u>http://www.who.int/news-room/fact-</u> sheets/detail/obesity-and-overweight Healthiest diets US News and World Report nutrition scientists rated best over-all diets as:

>#1- Mediterranean Diet tied with the DASH diet.

- >#2- Flexitarian Diet
- >#3 Weight Watchers Diets

>Ketogenic diet rated last at number 39



- How do we convince our population that good sustainable weight cannot be a "quick Fix"?
- How do we bring up our children so that they like fruits and vegetables?
- How do we convert the meat and potatoes population to EXPERIENCE more adventurous food habits?

How important is Organic?

- American spent more than \$44 billion on organic food recently.
- How do we balance our need to have organic food with the argument that GMOs increase crop yield significantly?
- Please see <u>www.reuters/com/article/us-global-un-hunger/world-hunger</u>
- In Africa and South America, 821 million people one in nine -went hungry in 2017, according to the State of Food Security and Nutrition in the World 2018 report.

Thank you!