

Master Class

Healthy and sustainable diets: synergies and trade-offs

Wageningen, The Netherlands, 8-10 July 2019



AIM OF THE COURSE

The course uses a food systems approach to sustainably address societal challenges re food and nutrition security, under- and over-nutrition, global health and environmental protection. It aims to broaden disciplinary thinking in agriculture, food sciences, nutrition and health to arrive at an interdisciplinary research perspective. Moreover, to arrive at a viable food system, it aims to contribute to synergy between scientific disciplines, applied research and stakeholders along the food supply chain.

COURSE DESIGN

The course consists of lectures, data practicals, discussion with stakeholders and faculty.

PARTICIPANTS

The course welcomes PhD students and postdocs as well as professionals from industry and research centers. It will build on insights from environmental, biomedical and social sciences.

PROGRAMME TOPICS

- Overview of food systems and population health; assessment and evaluation of environmental sustainability and health impact of current dietary patterns and dietary changes
- Principles and indicators and of healthy diets, global health and environmental sustainability; basic and advanced optimization methods. Policy alternatives, spatial heterogeneity, foresight and scenarios
- Performing basic calculations of the impact of dietary changes on nutritional health and sustainability
- Societal debate with public and private stakeholders in the food system: Balancing health with social, ecologic, and economic sustainability
- Filling research gaps, advancing methodology, enabling research infrastructures, data stewardship

COURSE LECTURERS & ORGANIZERS

- **Prof Tim Lang**, Food Policy, City University London
- Researchers from European and global projects, e.g. Sustainable Food and Nutrition Security (SUSFANS), Agriculture for Nutrition and Health (A4NH), etc.
- Research and teaching staff from Wageningen University and Research (Global One Health research team)

Prof P. van 't Veer (Course director), chair Nutrition, Public Health and Sustainability; Wageningen University & Research
Dr Kasper Hettinga, Food Quality and Design Group, Wageningen University & Research
Yvonne Smolders, The Graduate School VLAG

COURSE FEE ¹

VLAG / WU PhD candidates	€ 175
All other PhD candidates	€ 400
Postdocs, and other academic staff	€ 525
Participants from the private sector	€ 800

¹ includes downloadable materials, lunches/tea/coffee and one dinner.

REGISTRATION AND INFORMATION

www.vlaggraduateschool.nl/en/courses/course/HSD19.htm

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