



NUTRITION *studies*

The most widespread and daunting public health issue and concern in the U.S. of this decade, and likely many to follow, is obesity, particularly childhood obesity.

On the food supply side of the obesity equation exists a long list of inextricably connected, multidimensional problems that includes social injustices, corporate irresponsibility, animal rights and welfare abuses, and environmental sustainability – problems so complex, interconnected, and daunting as to make someone bury their head in the sand (or perhaps a vat of sugar, fat and salt). The Nutrition Studies group, led by Christopher Gardner, is attacking diet-related health problems and the underlying failed food systems that have led to these problems on two fronts.

Strong Foundation of Federally Funded Human Nutrition Studies

The first of these approaches is built on a strong foundation of 15 years of federally funded, randomized, controlled, human nutrition studies involving more than 1,700 study participants that have tested the potential health benefits of garlic, soy, omega-3 fats, antioxidants, ginkgo biloba, vegetarian diets, and low-carb vs. low-fat weight loss diets. Dr. Gardner and his colleagues and staff have built a strong national reputation for rigorously designed nutrition studies. He recently served on the American Heart Association's Nutrition Committee, and now serves on the Scientific Advisory Board of the Culinary Institute of America.

NEW INITIATIVE: Interdisciplinary Food Systems Research and Education Center

A second and more recent initiative led by Dr. Gardner and colleagues has been to begin to develop a campus-wide interdisciplinary Stanford Food Systems Initiative. This initiative began in 2010 with the first Stanford Food Summit, and has continued with annual Food Summits since then (see <http://foodsummit.stanford.edu>). These five summits have connected faculty and students from all seven of Stanford's schools (Medicine, Business, Law, Earth Sciences, Humanities and Sciences, Education and Engineering). The long-term objective is to build a world-class multidisciplinary research and teaching program at Stanford focused on developing and implementing solutions that address our nation's failing food systems, including food production, distribution, and consumption, with an emphasis on Community-Based Participatory Research.

2/3

OF AMERICANS ARE
OVERWEIGHT OR OBESE

THE AVERAGE
AMERICAN CONSUMES

>80 lbs

OF SUGAR PER YEAR:
-1/4 LB PER DAY!

<25%

OF AMERICANS EAT
THE RECOMMENDED
5 OR MORE SERVINGS OF
VEGETABLES AND FRUITS/DAY

70%

OF THE WORLD'S FISHERIES
ARE NOW EXPLOITED
OR HAVE COLLAPSED

11M

POUNDS OF ANTIBIOTICS ARE FED
TO OTHERWISE HEALTHY CHICKENS
EVERY YEAR VERSUS
3 MILLION POUNDS
PRESCRIBED TO HUMANS

FACTORY FARMED ANIMALS
IN THE UNITED STATES PRODUCE

130×

MORE WASTE THAN HUMANS:
APPROXIMATELY 87,000 POUNDS OF
POOP PER SECOND