

## Advies Caring Doctors referenties en factsheet

(Van vrijwel alle referenties hebben we de volledige PDF)

### • Referenties

- IPCC AR6 <https://www.ipcc.ch/assessment-report/ar6/>
- **EAT Lancet** <https://eatforum.org/eat-lancet-commission/>
- EAT Lancet incubator [https://www.thelancet.com/action/showPdf?pii=S0140-6736\(18\)31788-4](https://www.thelancet.com/action/showPdf?pii=S0140-6736(18)31788-4)
- WHO <https://www.who.int/news-room/fact-sheets/detail/climate-change-and-health>
- RIVM Wat ligt er op ons bord? <https://www.rivm.nl/bibliotheek/rapporten/2017-0064.pdf>
- WUR Monitoring van de mate van gezondheid van het aanbod en de promoties van supermarkten <https://edepot.wur.nl/555613>
- NVWA <https://www.nvwa.nl/onderwerpen/residuen-van-bestrijdingsmiddelen-in-levensmiddelen/inspectieresultaten-bestrijdingsmiddelen-in-levensmiddelen>
- CBS Voeding is van invloed, aan de ziektelast in Nederland. <https://www.cbs.nl/nl-nl/longread/rapportages/2023/on--gezonde-leefstijl-2022-opvattingen-motieven-en-gedragingen/2--on--gezond-eten#:~:text=Ongezonde>
- Stockholm Resilience Centre -Planetary Boundaries <https://www.stockholmresilience.org/research/research-news/2023-09-13-all-planetary-boundaries-mapped-out-for-the-first-time-six-of-nine-crossed.html>
- Stockholm Resilience Centre - SDG wedding cake <https://www.stockholmresilience.org/research/research-news/2016-06-14-the-sdgs-wedding-cake.html>
- UN SDG <https://sdgs.un.org/goals>
- WWF-NL Gezond eten binnen de grenzen van de aarde. <https://www.wwf.nl/globalassets/pdf/rapporten/wwf-nl-2023-gezond-eten-binnen-de-grenzen-van-een-aarde-samenvatting.pdf>

### Algemene factsheet

#### Voedselveiligheid

- SOFI Bijna 1 miljard mensen hebben geen dagelijkse voedselveiligheid. [https://knowledge4policy.ec.europa.eu/global-food-nutrition-security/state-food-security-nutrition-world-sofi\\_en#:~:text=](https://knowledge4policy.ec.europa.eu/global-food-nutrition-security/state-food-security-nutrition-world-sofi_en#:~:text=).
- SOFI 3 miljard mensen hebben geen of beperkte toegang tot gezond voedsel [https://knowledge4policy.ec.europa.eu/global-food-nutrition-security/state-food-security-nutrition-world-sofi\\_en#:~:text=](https://knowledge4policy.ec.europa.eu/global-food-nutrition-security/state-food-security-nutrition-world-sofi_en#:~:text=)
- FAO Food security <https://www.fao.org/3/I9553EN/i9553en.pdf>
- Global Nutrition Report 2022 <https://globalnutritionreport.org/reports/2022-global-nutrition-report/>
- **Hunger Map Live** [https://hungermap.wfp.org/?\\_ga=2.131736655.1121866671.1671685345-813128140.1671685345](https://hungermap.wfp.org/?_ga=2.131736655.1121866671.1671685345-813128140.1671685345)

- Burden of disease
  - Cardiovasculaire risico en voeding. Cardiovascular disease burden attributable to dietary risk factors from 1990 to 2019 [https://www.nmcd-journal.com/article/S0939-4753\(21\)00552-4/fulltext](https://www.nmcd-journal.com/article/S0939-4753(21)00552-4/fulltext)
  - Toenemende antibiotica resistentie door overmatige inzet in de gezondheidszorg en de bio-industrie. Global mortality associated with 33 bacterial pathogens in 2019 [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(22\)02185-7/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(22)02185-7/fulltext)
  - Nu zijn er wereldwijd ruim 500 miljoen met name type 2 diabeten. In 2050 door toenemende obesitas meer dan 1,3 miljard mensen. [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(23\)01301-6/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(23)01301-6/fulltext)
  - **Toenemende burden of disease door ongezonde voeding, overgewicht, slechte lucht- en waterkwaliteit.** [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(16\)31679-8/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(16)31679-8/fulltext)
  - **Burden of disease door ongezonde voeding.** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6899507/>
  - Negatieve relatie overconsumptie vlees en zuivel en positieve relatie groente en fruit. The Burden of Proof studies: assessing the evidence of risk. <https://www.nature.com/articles/s41591-022-01973-2>
  
- Overgewicht en obesitas.
  - Ongeveer 2 miljard mensen wereldwijd heeft overgewicht of obesitas. In 2020 had 50% van de Nederlandse volwassenen overgewicht, van wie 13,9% obesitas. Naast schade aan levenskwaliteit ook toenemende gezondheidskosten en sociaal-maatschappelijke kosten.
    - Burden of disease study of overweight and obesity. <https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-021-12449-2>
  - Toenemende obesitas en diabetes type 2 bij (jong) adolescenten.
    - Age of obesity onset, cumulative obesity exposure over early adulthood and risk of type 2 diabetes. <https://link.springer.com/article/10.1007/s00125-019-05058-7>
    - Toenemende kansen ongelijkheid en welvaartsziekten. <https://www.cambridge.org/core/journals/public-health-nutrition/article/healthy-nutrition-in-germany-a-survey-analysis-of-social-causes-obesity-and-socioeconomic-status/5F0B7E210C6D70464769B7B99C942099>
  - De huidige jaarlijkse zorglast wereldwijd van overgewicht wordt wereldwijd geschat op 2000 miljard euro. De kosten van arbeidsverzuim niet meegerekend. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5409636/>
  - In Nederland draagt ongezonde voeding naar schatting met 8,1% bij aan de ziektelast. Het leidt tot 12.900 doden per jaar en 6 miljard euro aan zorguitgaven. Met steeds meer chronisch zieken en vergrijzing zal dit toenemen.
    - RIVM, CBS <https://www.rivm.nl/bibliotheek/rapporten/2018-0030.pdf>
  - Ongezonder eten en overconsumptie van dierlijke producten, levert behalve duurdere zorg, ook meer klimaatverandering en de daarmee gepaard gaande kosten.
    - **Lancet Countdown on Health and Climate Change, 2023** [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(23\)01859-7/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(23)01859-7/fulltext)

- Van de producten die wel in de Schijf van Vijf staan, bevat 70% van de groenten en 85% van het fruit (meerdere) gifresten.
  - Foodwatch <https://www.foodwatch.org/nl/onze-campagne-themas/onze-campagnes/schadelijke-stoffen/gifresten-nee-bedankt>
- Nederland consumeert de minste groente en fruit van Europa. Maar ook eten ze 48% (38 kg) meer dierlijke eiwitten dan het Voedingscentrum (26 kg) aanraadt. Wij adviseren EAT Lancet 16 kg.
- Vooral kinderen eten te weinig groente en fruit
  - EUFIC <https://www.eufic.org/en/healthy-living/article/fruit-and-vegetable-consumption-in-europe-do-europeans-get-enough>
  - <https://landgeist.com/2021/10/15/vegetable-consumption-in-europe/> [www.nieuweoogst.nl/nieuws/2022/04/21/nederlanders-eten-minste-groente-van-europa](http://www.nieuweoogst.nl/nieuws/2022/04/21/nederlanders-eten-minste-groente-van-europa)
- Kanker en relatie vlees en zuivel consumptie (we hebben een uitgebreide database)
  - Colonkanker [https://journals.lww.com/eurjcancerprev/abstract/2012/01000/dietary\\_patterns\\_and\\_colorectal\\_cancer\\_systematic.3.aspx](https://journals.lww.com/eurjcancerprev/abstract/2012/01000/dietary_patterns_and_colorectal_cancer_systematic.3.aspx)
  - Prostaatcancer <https://aacrjournals.org/cebpa/article/17/4/930/260106/Dairy-Product-Saturated-Fatty-Acid-and-Calcium>
  - Maag/slokdarmkanker [https://journals.lww.com/ajg/abstract/2011/03000/meat\\_consumption\\_and\\_risk\\_of\\_esophageal\\_and.9.aspx](https://journals.lww.com/ajg/abstract/2011/03000/meat_consumption_and_risk_of_esophageal_and.9.aspx)
  - Plantaardig eten beschermend <https://www.thepermanentjournal.org/doi/10.7812/TPP/12-085>
  - **Blue Zones leefstijl beschermend** <https://journals.sagepub.com/doi/10.1177/1559827616637066>
  - **Milk and Health** <https://www.nejm.org/doi/10.1056/NEJMra1903547>
- Antibiotica resistentie
  - Steeds meer antibiotica resistentie vooral door inzet in de bio-industrie.
    - MRSA: Farming up trouble, Nature (2013) <https://rdcu.be/dsiTg>
- Luchtkwaliteit
  - De kosten van luchtvervuiling zijn groter dan de opbrengst uit de bio-industrie. <https://www.science.org/doi/10.1126/science.343.6168.238>
- Over half of known human pathogenic diseases can be aggravated by climate change <https://www.nature.com/articles/s41558-022-01426-1>

- Waterkwaliteit
  - Association of Lifetime Exposure to Glyphosate <https://pubmed.ncbi.nlm.nih.gov/36856429/#:~:text=Discussion: Childhood exposure to glyphosate,serious diseases later in life.>
  - **The Water Footprint: The Relation Between Human Consumption and Water Use - The Water we eat** [https://link.springer.com/chapter/10.1007/978-3-319-16393-2\\_3](https://link.springer.com/chapter/10.1007/978-3-319-16393-2_3)
- Bodemkwaliteit
  - Essential Factors for a Healthy Microbiome: A Scoping Review <https://pubmed.ncbi.nlm.nih.gov/35886216/>
  - Food quality assessment in organic vs. conventional agricultural produce <https://www.sciencedirect.com/science/article/abs/pii/S0929139317302573>
- Pesticiden
  - Association of Lifetime Exposure to Glyphosate <https://pubmed.ncbi.nlm.nih.gov/36856429/#:~:text=>
  - Glyphosate Excretion is Associated With Steatohepatitis and advanced Liver Fibrosis <https://pubmed.ncbi.nlm.nih.gov/30954713/>
  - Glyphosate infiltrates the brain and increases pro-inflammatory cytokine TNF $\alpha$  <https://pubmed.ncbi.nlm.nih.gov/35897073/#:~:text=>
  - Neurodegeneration in a regulatory context: The need for speed <https://www.sciencedirect.com/science/article/pii/S2468202022000663>
  - Proximity to residential and workplace pesticides application and the risk of progression of Parkinson's diseases <https://www.sciencedirect.com/science/article/pii/S0048969722079542#:~:text=>
  - Reducing food's environmental impacts through producers and consumers <https://www.science.org/doi/10.1126/science.aag0216>
- Planetaire gezondheid en voeding
  - Roadmap for achieving net-zero emissions in global food systems by 2050 <https://www.nature.com/articles/s41598-022-18601-1#Fig4>
  - Outside the Safe Operating Space of the Planetary Boundary for Novel Entities <https://pubs.acs.org/doi/10.1021/acs.est.1c04158>
  - Multiple health and environmental impacts of foods <https://www.pnas.org/doi/10.1073/pnas.1906908116>

- Growing health: global linkages between patterns of food supply, sustainability, and vulnerability to climate change [https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196\(22\)00223-6/fulltext](https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(22)00223-6/fulltext)
- Health and environmental impacts of plant-rich dietary patterns: a US prospective cohort study [https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196\(22\)00243-1/fulltext](https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(22)00243-1/fulltext)
- Plastic and toxic chemical-induced ocean acidification will cause a plankton crisis that will devastate humanity over the next 25 years, unless we stop the pollution. <https://news-oceanacidification-icc.org/2021/06/22/plastic-and-toxic-chemical-induced-ocean-acidification-will-cause-a-plankton-crisis-that-will-devastate-humanity-over-the-next-25-years-unless-we-act-now-to-stop-the-pollution/>
- **The 2023 state of the climate report: Entering uncharted territory** <https://academic.oup.com/bioscience/advance-article/doi/10.1093/biosci/biad080/7319571>
- Options for keeping the food system within environmental limits <https://www.nature.com/articles/s41586-018-0594-0>
- IPCC en 100+ referenties (op aanvraag beschikbaar)