RESEARCH PROGRAM ON Water, Land and Ecosystems

CGIAR

Evidences

Study #3339

Contributing Projects: <Not Defined>

Part I: Public communications

Type: OICR: Outcome Impact Case Report

Status: Completed

Year: 2019

Title: With strong WLE/Bioversity support, the EAT Lancet Commission study is transforming international food system and dietary guidelines for health and sustainability

Short outcome/impact statement:
With four senior scientist co-authors, the CGIAR was a major contributor to the EAT-Lancet Commission's ground-breaking comprehensive review defining a universal healthy diet. It also show how agriculture, currently the primary cause and victim of environmental degradation, is also our best bet for solving hunger, health and sustainability. The report is having a profound influence on the international development discourse and has set the stage for the work of the WLE Commission on the Sustainable Intensification of Agriculture.

Outcome story for communications use:
EAT-Lancet report shifts global dialog and charts out course for how to feed 10 billion healthy diets while staying within planetary boundaries

The EAT-Lancet Commission's groundbreaking 2019 report has been profoundly influencing international development efforts and national dietary guidelines. With significant contributions from CGIAR scientists, the report shifted the global dialog and has led to the launch of other solution finding initiatives.

Agriculture is both the primary cause and victim of environmental degradation, but also essential to eliminate global hunger and nutrition insecurity. Is it possible to define a universal diet that solves this conundrum, providing healthy food for the world's population, while respecting the planet's natural boundaries? That's what 36 leading scientists came together to find out under the EAT-Lancet Commission.

They defined a universally healthy and sustainable diet, notably recommending significantly decreasing our consumption of meat and dairy, and instead shifting toward a plant-based diet dominated by grains, fruits, vegetables, nuts and legumes. With four CGIAR senior scientists co-authoring this framework paper, CGIAR led the way with the most contributors. Its research significantly shaped the final messages.

The EAT-Lancet recommendations are having far-reaching influence and are being used as a foundation by numerous municipal, national and international bodies. They have served as a reference point for the IPBES Nexus Assessment and set the stage for upcoming work, such as the CGIAR Research Program on Water, Land and Ecosystems (WLE)'s Commission on the Sustainable Intensification of Agriculture, the Food Economics Commission, which will include two CGIAR scientists, and the Blue Food Assessment, a scientific partner of WorldFish.

The EAT-Lancet advice is increasingly being adopted in national dietary guideline processes, including in Brazil, Indonesia, Canada, Sweden and several European Union countries.

Finding it possible to feed everyone a healthy diet by 2050, while staying within planetary boundaries, the EAT-Lancet authors highlighted five major levers of change, including sustainably intensifying food production, achievable, the authors argue, by transitioning agriculture to zero emission, stopping land expansion, restricting nitrogen and phosphorus pollution, and more.

However, these global targets should be spatially differentiated, which requires national and subnational planning processes and research investments. As an initial step, the Food and Land Use Coalition, which includes WLE and the Alliance of Bioversity and CIAT, is working with a global team of 20 countries plus the European Union to develop globally aligned national-scale roadmaps that help countries apply the EAT-Lancet recommendations for agriculture.

Links to any communications materials relating to this outcome:

- https://www.bioversityinternational.org/alliance/
- https://www.flickr.com/photos/142457372@N03/40511813123/
- https://eatforum.org/eat-lancet-commission/
- https://tinyurl.com/y9uzhlo9
- https://tinyurl.com/y7xhk2sm
- https://tinyurl.com/y8yrc4tf
- https://tinyurl.com/y73vptfz
- https://www.foodandlandusecoalition.org/
- https://ipbes.net/nexus

Part II: CGIAR system level reporting

Link to Common Results Reporting Indicator of Policies : No

Stage of maturity of change reported: Stage 1

Links to the Strategic Results Framework:

Sub-IDOs:

- Increased capacity for innovation in partner development organizations and in poor and vulnerable communities

Is this OICR linked to some SRF 2022/2030 target?: Too early to say

Description of activity / study: <Not Defined>

Geographic scope:

- Global

Comments: <Not Defined>

Key Contributors:

Contributing CRPs/Platforms:

- WLE - Water, Land and Ecosystems
- CCAFS - Climate Change, Agriculture and Food Security
- PIM - Policies, Institutions, and Markets
- A4NH - Agriculture for Nutrition and Health

Contributing Flagships:

- F5: Enhancing Sustainability Across Agricultural Systems (ESA)

Contributing Regional programs: <Not Defined>

Contributing external partners:

- EAT - EAT Foundation
- FOLU - The Food and Land Use Coalition

CGIAR innovation(s) or findings that have resulted in this outcome or impact:

NA

Innovations: <Not Defined>

Elaboration of Outcome/Impact Statement:
Agriculture is the primary cause and victim of environmental degradation, but is also our best bet for solving hunger, health and sustainability. Therefore, the EAT-Lancet Commission brought together 36 scientists to conduct a comprehensive review to define what is a universal healthy diet, what are the environmental limits for food production (planetary boundaries), how can transitions to healthy food consumption support sustainability, and where are there incompatibilities (2, 5). With four senior scientists, the CGIAR had the greatest density of representatives on the EAT Lancet Commission of any global institution and together had a very strong influence on this work.

The Commission found that healthy food consumption for all within environmental limits by 2050 is biophysically possible. It outlined five major levers of change including sustainable intensification of food production and a shift to producing more fruits, nuts, vegetables, beans and pulses. The Commission guidelines allow for significant national, cultural, or individual autonomy, while providing clear demarcations of health and environmental risk.

The Commission argues that agriculture must transition to a zero emission, zero land expansion model; maintain at least 10% natural or semi-natural land within agriculture and at least 30% environmental flows in major river basins; and keep nitrogen and phosphorus pollution below permissible limits. The global targets can be spatially differentiated, needing national and subnational planning processes and research investments. The Food and Land Use Coalition, of which includes WLE/Alliance of Bioversity and CIAT, is working with a global team of 20 countries plus the European Union to translate these targets into globally coherent national scale roadmaps (8, 9).

Since its publication in January 2019 the EAT-Lancet Commission paper has been cited over 800 times and is in the top 20 papers of 2019 by Altmetric. It is having a profound influence on the international development discourse. For example, it has been used as a foundation document by numerous municipal, national, and international bodies and has served as a reference point for the IPBES Nexus Assessment (7). The results are increasingly being adopted in national dietary guideline processes including Brazil, Indonesia, Canada, Sweden and several European Union countries. The Commission has set the stage for the critical work of the WLE Commission on the Sustainable Intensification of Agriculture led by WLE, as well as the Food Economics Commission which will include two CGIAR Scientists, and the Blue Food Assessment to which World Fish is a scientific partner.

References cited:

Evidence: journal articles, reports, emails, media coverage etc.
1. DeClerck FA, Jones S, Attwood S, et al. 2016. Agricultural ecosystems and their services: the vanguard of sustainability? Current opinion in environmental sustainability 23: 92-9. https://doi.org/10.1016/j.cosust.2016.11.016
2. EAT Lancet Commission. 2019. Food, Planet, Health: Healthy Diets from Sustainable Food Systems. Executive Summary of the EAT Lancet Commission. https://eatforum.org/content/uploads/2019/07/EAT-Lancet_Commission_Summary_Report.pdf.
3. Rockström J, Williams J, Daily G, et al. 2017. Sustainable intensification of agriculture for human prosperity and global sustainability. Ambio 46(1): 4-17. DOI 10.1007/s13280-016-0793-6.
4. Springmann, M., Clark, M., Mason-D'Croz, D., Wiebe, K., Bodirsky, B.L., Lassaletta, L., De Vries, W., Vermeulen, S.J., Herrero, M., Carlson, K.M. and Jonell, M., 2018. Options for keeping the food system within environmental limits. Nature, 562 (7728), pp.519-525. https://www.nature.com/articles/s41586-018-0594-0%C2%A0.
5. Willett, W., Rockström, J., Loken, B., Springmann, M., Lang, T., Vermeulen, S., Garnett, T., Tilman, D., DeClerck, F., Wood, A. and Jonell, M., 2019. Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems. The Lancet, 393(10170), pp.447-492. https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)31788-4/fulltext
6. Rockström, J., Edenhofer, O., Gaertner, J. and DeClerck, F., 2020. Planet-proofing the global food system. Nature Food, 1(1), pp.3-5. https://cgspace.cgiar.org/bitstream/handle/10568/106652/Planet_Rockstrom_2020.pdf?sequence=1&isAllowed=y
7. CGIAR Program on Water Land and Ecosystems. 2020. WLE influences Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services nexus assessment to offer science/policy guide on food as nature's core contribution to people. WLE OICR Report. https://marlo.cgiar.org/projects/WLE/studySummary.do?studyID=3338&cycle=Reporting&year=2019
8. FABLE (Food, Agriculture, Biodiversity, Land-Use, and Energy) Consortium. 2019. Pathways to Sustainable Land-Use and Food Systems. 2019 Report of the FABLE Consortium. Laxenburg and Paris: International Institute for Applied Systems Analysis (IIASA) and Sustainable Development Solutions Network (SDSN) https://www.foodandlandusecoalition.org/wp-content/uploads/2019/09/Fable-interim-report_complete-low.pdf
9. Schmidt-Traub, Guido, Michael Obersteiner, and Aline Mosnier. 2019. Fix the broken food system in three steps. Nature 569: 181-183. http://pure.iiasa.ac.at/id/eprint/15900/1/d41586-019-01420-2.pdf
Promotional products: blogs, outreach materials (cannot be used as evidence but useful for promotion). Links/titles:
EAT has a fully functional website for the Commission which includes:
10. Guidelines for sectors:
https://eatforum.org/eat-lancet-commission/the-planetary-health-diet-and-you/
11. Executive Summary in seven languages:
https://eatforum.org/eat-lancet-commission/eat-lancet-commission-summary-report/
12. Video brief: https://eatforum.org/eat-lancet-commission/
Sample new pieces available if helpful (there were thousands of hits during the launch period):
13. Un steak par semaine, des fruits et des protéines végétales : la recette du « régime de santé planétaire » Le Monde, January 17, 2019.
https://www.lemonde.fr/planete/article/2019/01/17/un-steak-par-semaine-des-fruits-et-des-proteines

-vegetales-la-recette-du-regime-de-sante-planetaire_5410177_3244.html
14. Alec Baldwin: The Path to a better planet goes across your plate CNN, January 24, 2019. Co-Ghost written by DeClerck.
https://www.lemonde.fr/planete/article/2019/01/17/un-steak-par-semaine-des-fruits-et-des-proteines-vegetales-la-recette-du-regime-de-sante-planetaire_5410177_3244.html
15. New Diet Guidelines to benefit people and planet: More greens for all, less meat for some. New York Times. January 16, 2019.
https://www.nytimes.com/2019/01/16/climate/meat-environment-climate-change.html
16. Time to push for sustainable food systems, say scientists. The Hindu. April 4, 2019.
https://www.thehindu.com/news/national/time-to-push-for-a-sustainable-food-system-say-scientists/article26737598.ece
17. Nigeria: 'Why more Nigerians may die of diet-related diseases' All Africa, The Guardian April 5, 2019. https://allafrica.com/stories/201904050040.html

Quantification: <Not Defined>

Gender, Youth, Capacity Development and Climate Change:
Gender relevance: 0 - Not Targeted
Youth relevance: N/A - Not applicable
CapDev relevance: N/A - Not applicable
Climate Change relevance: 0 - Not Targeted

Other cross-cutting dimensions: NA

Other cross-cutting dimensions description: <Not Defined>

Outcome Impact Case Report link: Study #3339

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