

THE PLANETARY HEALTH PLATE

....HOW TO REWILD OUR BODIES WITH COMMUNITY GROWN FOOD

HEALTH, FOOD AND GROWING IT IN COMMUNITIES - THE LINKS

What is the Planetary Health Plate?

How it impacts our health

The evidence for how growing food in the community improves health

**YOU HATE
GARDENING?**

DO YOU HATE EATING?

HIGH SCHOOL MEMES



The benefits of gardening and food growing for health and wellbeing

By Garden Organic and Sustain
Ulrich Schmutz, Margi Lennartsson, Sarah Williams, Maria Devereaux and Gareth Davies
April 2014

..to improve physical health, regular involvement in gardening or community food growing projects, or formal horticultural therapy, can:

Increase overall levels of physical activity and fitness, burn more calories and hence contribute to healthy weight management and reducing the risk of obesity.

Increase healthy fruit and vegetable consumption, for adults that grow food, and among schoolchildren participating in food-growing activities at school – as well as improving young people’s attitudes to healthy eating.

Reduce physical pain, and help with rehabilitation or recovery from surgery or other medical interventions.

Help people cope with physically challenging circumstances, such as intensive cancer treatment or learning how to live with chronic conditions such as asthma or severe allergies.

Mental health benefits - multiple for mood, memory and behaviour. Prevention and Treatment. Effects have been described as ‘transformative’

Planetary Health

Safeguarding both human health
and the natural systems that
underpin it



The Planetary Health Plate

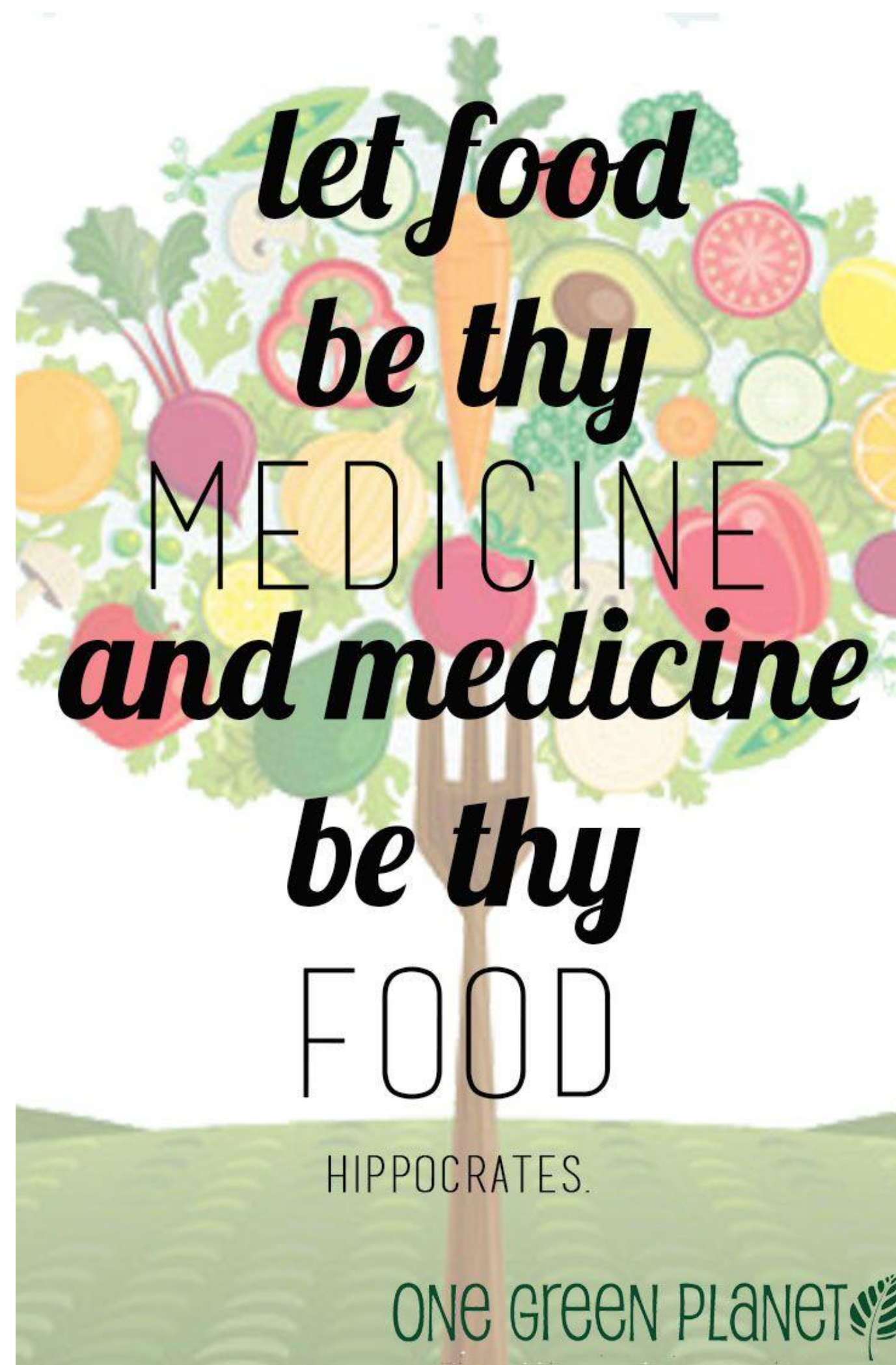


The Lancet/ EAT coalition

Food is the single strongest lever
to optimize human health and environmental sustainability on
Earth.

**The planetary health diet: This is a flexitarian diet, which is
largely plant-based**

**but can optionally include modest amounts of fish, meat and
dairy foods.**



But the original Greek oath, literally translated, says: "I will apply dietetic and lifestyle measures to help the sick to my best ability and judgment; I will protect them from harm and injustice."

ARE YOU 100% HUMAN?

Most of the genes in the human body **do not come from human cells**, but are found within the trillions of microbes that live on the body.

NOSE

MOUTH

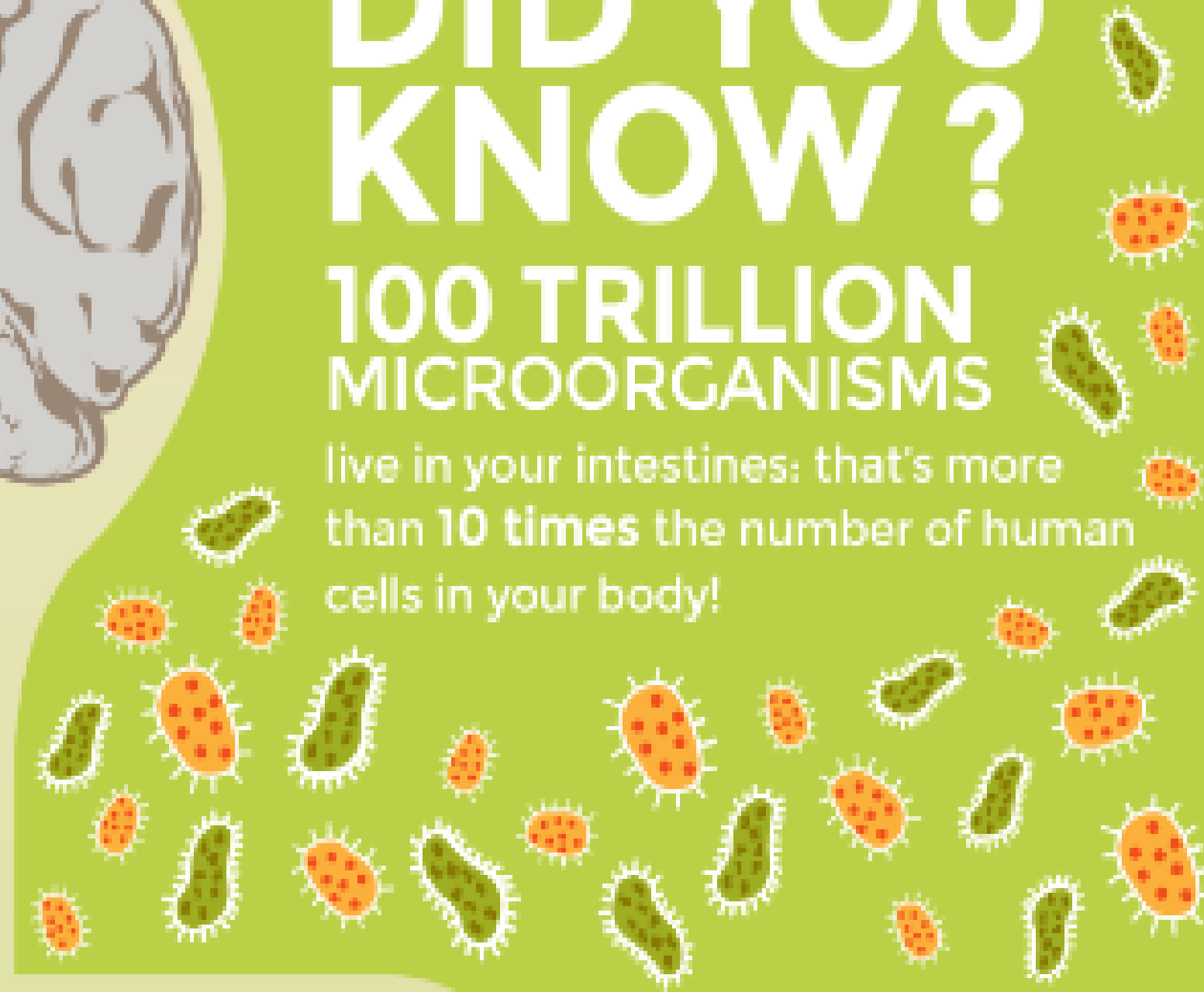
SURFACE OF THE SKIN



DID YOU KNOW?

100 TRILLION MICROORGANISMS

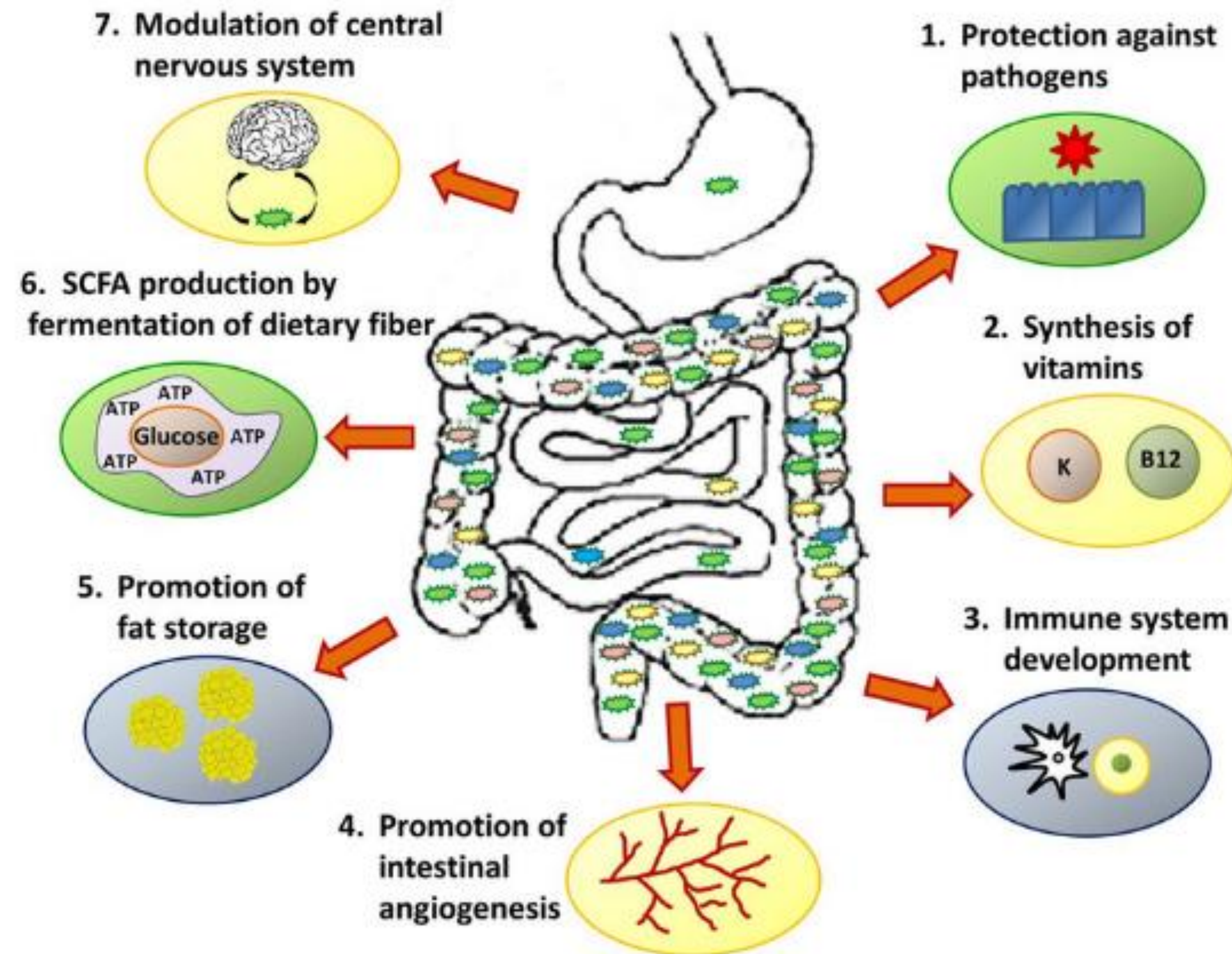
live in your intestines: that's more than 10 times the number of human cells in your body!



Just like weeds compete with flowers for space and nutrients in a garden, 'bad' bacteria compete with 'good' bacteria inside the gut.

If the gut environment is healthy, 'bad' bacteria struggle to flourish.

What is the microbiome?



The human microbiome plays an important role in control of vital homeostatic mechanisms in the body. These include enhanced metabolism, resistance to infection and inflammation, prevention against autoimmunity as well as an effect on the gut-brain axis. SCFA, short-chain fatty acid. (Amon & Sanderson, 2016)



The Influence of Microbes on Agriculture Productivity



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BENEFICIAL MICROBES

PROTECT THE HOST

FROM ENVIRONMENTAL STRESSES
LIKE DROUGHT, HEAT AND INSECTS

PREVENT DISEASES

BY OUTCOMPETING
HARMFUL MICROBES

PROVIDE NUTRIENTS

LIKE NITROGEN AND PHOSPHORUS
FOR GROWTH AND DEVELOPMENT

DISEASE CAUSING MICROBES



CAN LEAD TO
100%
CROP LOSSES

&



RESULT IN
10-15%
REDUCTION OF CROP
PRODUCTIVITY ANNUALLY



5 MILLION

TONS OF POTATOES WERE LOST
TO MICROBIAL DISEASE CAUSING
THE IRISH POTATO FAMINE IN 1845



**MICROBIAL
CELLS**

OFTEN OUT NUMBER HOST CELLS

AN
ESTIMATED
99%

OF THE BACTERIAL SPECIES ON EARTH HAVE YET
TO BE IDENTIFIED

THERE CAN
BE BILLIONS
OF BACTERIAL

CELLS PER GRAM OF SOIL IN AND
AROUND PLANT ROOTS

MICROBES FIRST APPEARED ABOUT
3.5 BILLION
YEARS AGO



**Kids
who are
fed
healthy
foods
grow up
loving
healthy
foods**

