PANEL DISCUSSION

You Are What You Eat... But Also What You Do

Moderated by Mary Tabacchi, PhD, RD, professor emerita, Cornell University, US

Panelists:
Gary Foster, PhD, chief science officer, Weight Watchers International, Inc., US
Neil Grimmer, founder & CEO, Habit, US
Dr. Brunilda Nazario, lead medical director, WebMD, US
Giovanni Mario Pes, PhD, MD, senior researcher, University of Sassari, Italy
The Issues
There are three huge nutrition/food issues in this world

- Obesity in wealthier countries
- Starvation in war torn and extremely poor countries
- Cultures in huge drought
There are 78 million obese adults in US, China follows at a distant second with 46 million obese and India with 30 million - countries which together represent 15% of the world’s obese population.

Please see -
How do nutrition and clinical scientists counteract scientifically unproven nutrition fads?

- Monies spent on the diet industry in the US alone is staggering ($66 billion)
- Yet over 2/3 of our population are overweight or obese
- Good percentage of morbid obesity (BMI over 50)
- This has increased more than 120% since 2000
- Not just a US problem - please see the World Health Organization section on Obesity and overweight [http://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight](http://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight)
Healthiest diets
US News and World Report
nutrition scientists rated best over-all diets as:

➢ #1 - Mediterranean Diet tied with the DASH diet.
➢ #2 - Flexitarian Diet
➢ #3 - Weight Watchers Diets
➢ Ketogenic diet rated last at number 39
How do we convince our population that good sustainable weight cannot be a "quick Fix"?

How do we bring up our children so that they like fruits and vegetables?

How do we convert the meat and potatoes population to EXPERIENCE more adventurous food habits?
How important is Organic?

- American spent more than $44 billion on organic food recently.
- How do we balance our need to have organic food with the argument that GMOs increase crop yield significantly?
- In Africa and South America, 821 million people - one in nine - went hungry in 2017, according to the State of Food Security and Nutrition in the World 2018 report.
Thank you!