



**GLOBAL WELLNESS
SUMMIT 2018**
OCTOBER 6-8 | TECHNOGYM | CESENA, ITALY

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 -

<http://www.healthdata.org/news-release/vast-majority-american-adults-are-overweight-or-obese-and-weight-growing-problem-among-major-countries>



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?
- ▶ Please see www.reuters.com/article/us-global-un-hunger/world-hunger
- ▶ 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!