



# **PLANETARY HEALTH WEEKLY**

*A SPECIAL ISSUE ON  
GLOBAL NUTRITION*

*VOLUME 2, ISSUE 39  
SEPTEMBER 29, 2016*





# PLANETARY HEALTH WEEKLY

BRINGING YOU CURRENT NEWS ON GLOBAL HEALTH & ECOLOGICAL WELLNESS

September 29, 2016

SPECIAL ISSUE ON GLOBAL NUTRITION

Volume 2, Issue 39

## How The Sugar Industry Shifted Blame to Fat

In the 1960s the sugar industry paid scientists to cover up the correlation between sugar and heart disease. Newly released historical documents show scientists were promoting saturated fats as the culprit. In addition, an article by New York Times disclosed that Coca-Cola paid millions of dollars in funding to researchers who played down the link between sugary drinks and obesity.

[Read More on NY Times](#)



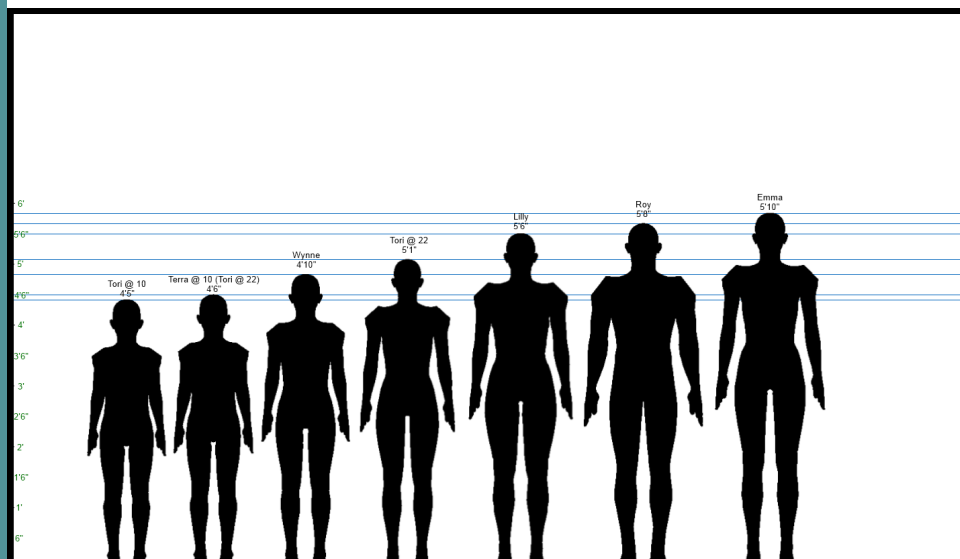
## ALSO IN THIS ISSUE:

What India Needs To Do To End Malnutrition	2
Malnutrition Costs Ghana \$2bn Annually	
USAID Looking to Silicon Valley for Partners	
Fish Bio-waste Converted to Energy	3
Unused Potential of Photosynthesis	
Diarrhea: What to Eat and What to Avoid	
Global Nutrition Report	4
World Bank Agenda To End Hunger	
Mercury Poisoning at Grassy Narrows	
Weekly Bulletin: QOTW & Events	5
FYI#1: GAIN & Global Nutrition Cluster	6
FYI#2: Malnutrition and Liver Function	7
FYI#3: Breastfeeding:: Best Start To Life	8
FYI#4: Ryerson's Food Security Certificate	9
FYI#5: Major in Global Nutrition	10
FYI#6: Finding a Job in Global Health	11

## A Century of Trends in Adult Human Height

Research has shown being taller is related with increasing longevity, higher education and earnings. 1472 population-based studies were analyzed which showed height measurements of more than 18.6 million people to estimate mean height for people born between 1896 and 1996 in 200 countries. South Korean women and Iranian men had the largest high gain over the past century. On the other hand, there was little change in adult height in sub-Saharan African countries and South Asia.

[Read More on ResearchGate](#)







## How India Can End Malnutrition By 2030

The 2016 Global Nutrition Report outlines key data that can help scientists learn more about malnutrition. One type of data that is important is the extent of malnutrition. This answers questions like in which regions of India is malnutrition being reduced. Also data on high-impact interventions can help researchers know how intervention should take place and what works best for different communities. In addition, data on how certain sectors are helping in nutrition improvement is crucial. These different information's can all help end malnutrition in India by 2030.

[Read More on Every Life Counts](#)

## Child Malnutrition Costs Ghana \$2bn Annually

Ghana's economy loses billions of dollars annually because of the effects of child malnutrition. This costs different institutions like the health and education system and affects the productivity of the workforce. According to a study led by AU, \$2.6 billion is lost in malnutrition among children in a year which is 6.4% of Ghana's GDP. A study called, The Cost of Hunger in Africa (COHA) said stunted growth which occurs when children miss out essential nutrients in the womb and first two years of life is the biggest concern. However, Ghana is making progress in improving child nutrition.

[Read More on ENCA](#)



## Why USAID Is Looking To Silicon Valley For Food Security Partners

Feed The Future, a U.S. government global food security initiative, is preparing their vision for next five years by partnering up with Silicon Valley's technology entrepreneurs. They are looking to see how Silicon Valley investors and entrepreneurs can adapt and create agricultural technology in developing countries. Silicon Valley investors focus mostly on rapidly scalable technological solutions. And this can be difficult to bring into developing countries, due to a range of problems from regulation to infrastructure. To help with this, USAID is meeting one-one one with Silicon Valley to introduce them to the unique challenges and opportunities in these markets.

[Read More on Devex](#)





## Fish Biowaste Converted To Piezoelectric Energy Harvesters

In India large amounts of fish are being consumed. This generates a vast quantity of fish biowaste materials. However, researchers at Jadavpur University in Kolkata are trying to change that. They are attempting to recycle fish by-products into an energy harvester for self-powered electronics. The collagen fibers in fish scales contain a piezoelectric property. This means that an electric charge is created in response to applying a mechanical stress.

[Read More on Biofuel Daily](#)

## Tapping The Unused Potential of Photosynthesis

Scientists from the University of Southampton have reengineered the fundamental process of photosynthesis to power useful chemical reactions that could be used to produce biofuels, pharmaceuticals and fine chemicals. Photosynthesis is the pivotal biological reaction on the planet, providing the food we eat, the oxygen we breathe and removing CO<sub>2</sub> from the atmosphere. In the study, synthetic biology methods were used to engineer an additional enzyme in-between the light-reactions and before the dark-reactions.

[Read More on Biofuel](#)



## Food For Diarrhea: What To Eat And What To Avoid

Diarrhea is defined as "loose, watery stools that occur more frequently than usual. Diarrhea can be caused by bacteria from contaminated water or food, viruses, food intolerances or medicines, says Andrea Holwegner, a registered dietitian and director of Calgary's Health Stand Nutrition. Diarrhea can be a serious problem for infants and older adults who are much more sensitive to diarrhea since they can become dehydrated very quickly. However, diarrhea can clear up by itself with proper care.

[Read More on Huffington Post](#)







## GLOBAL NUTRITION REPORT

Bangkok, Thailand  
January 22, 2016

### 2016 Global Nutrition Report

Malnutrition is a condition faced by one in three people. Malnutrition is a result of different things such as poor child growth and development, individuals whose skin are prone to infection, those carrying too much weight or whose blood contains too much sugar, salt, fat or cholesterol, or those deficient in vitamins and minerals. 11% of economic gross domestic product is lost every year in Africa and Asia due to it. However, if malnutrition is prevented there will be a \$16 return in investment for every \$1 spent. The Global Nutrition Report is a multipartner initiative that looks at successes and failures of intergovernmental nutrition targets.

[Read More on Global Nutrition Report](#)

### Future of Food: World Bank Outlines Action Agenda For Food System To Help End Poverty and Hunger

Over 800 million people go to bed hungry everyday. A World Bank Group report says, "countries combatting hunger must build better food systems that raise agricultural productivity in rural areas, invest in improving nutritional outcomes for young children and pregnant women, and boost climate-smart agriculture that can withstand a warmer planet."

[Read More on World Bank Organization](#)



### SPOTLIGHT ON INDIGENOUS HEALTH: New Generation Suffering Mercury Poisoning At Grassy Narrows, Ontario

According to new research by Japanese experts, more than 90% of Grassy narrows and Wabassemoong First Nations are showing signs of mercury poisoning. In the 1960s, mercury was dumped into the river which flowed into the two NorthWestern Communities. People in these communities are still dealing with health effects said Dr. Masanori Hanada.

[Read More on CBC News](#)





## the **NEW** NORMAL

57 out of 129 surveyed countries currently experience serious levels of both undernutrition and adult overweight & obesity.

[Read More on Global Nutrition Report](#)

## EVENTS **TABLE**

DATE	CONFERENCE	LOCATION	REGISTER
Oct. 15-16	Climate Change Adaptation 2016 Fifth International Conference	Toronto, Canada	<a href="http://www.planetfriendly.net/calendar/">http://www.planetfriendly.net/calendar/</a>
Oct. 16-17	6th Global Forum on Health Promotion	Charlottetown Canada	<a href="http://parc.ophea.net/event/">http://parc.ophea.net/event/</a>
Oct. 17-20	Habitat III: The United Nations Conference on Housing and Sustainable Urban Development	Quito, Ecuador	<a href="https://www.habitat3.org">https://www.habitat3.org</a>
Oct. 18-19	Health Promotion Ontario Annual Conference	Ottawa Canada	<a href="http://www.phac-aspc.gc.ca/ph-sp/docs/charter-chartre/pdf/charter.pdf">http://www.phac-aspc.gc.ca/ph-sp/docs/charter-chartre/pdf/charter.pdf</a>
Nov, 4-5	SPARK 2016 Gala and Conference	Boston USA	<a href="https://schweitzerfellowship.givezooks.com/events/spark-2016-gala-conference">https://schweitzerfellowship.givezooks.com/events/spark-2016-gala-conference</a>
Nov. 9-11	The Thirteenth AMNET International Conference on Chronic Diseases	New Mexico, USA	<a href="http://www.amnetbcom.org/">http://www.amnetbcom.org/</a>
Nov. 14-18	4th Global Symposium on Health Systems Research	Vancouver Canada	<a href="http://www.csih.org/en/events/">http://www.csih.org/en/events/</a>
Nov. 21-24	9th Global Conference on Health Promotion	Shanghai China	<a href="http://www.who.int/healthpromotion">http://www.who.int/healthpromotion</a>



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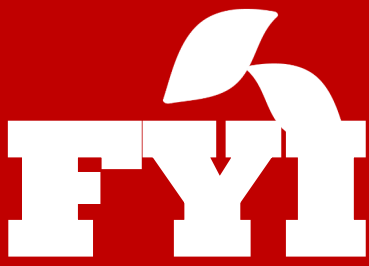
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# THE GLOBAL ALLIANCE FOR IMPROVED NUTRITION & GLOBAL NUTRITION CLUSTER



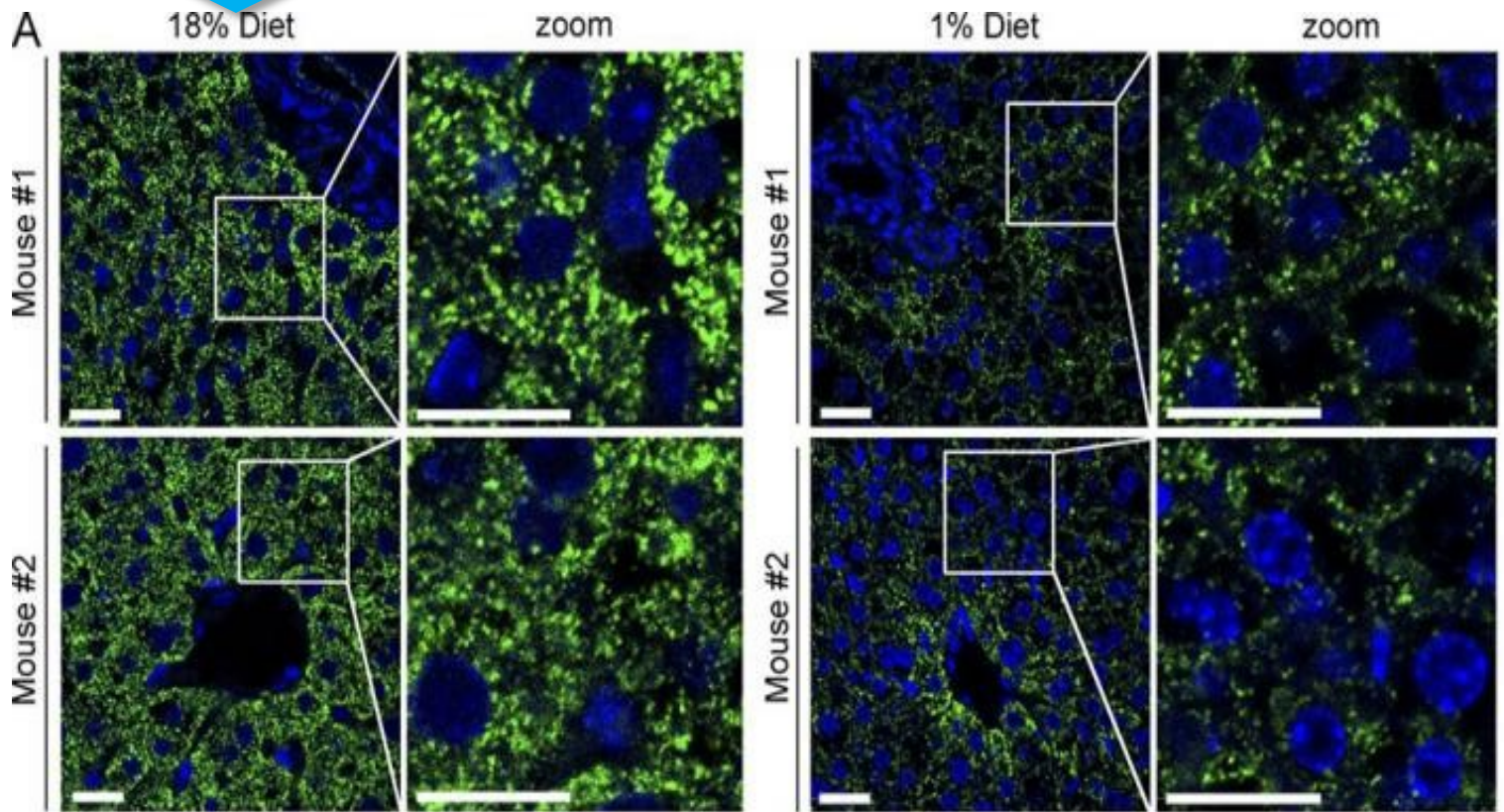
The Global Alliance for Improved Nutrition (GAIN) is an international organization launched in 2002 to tackle the human suffering caused by malnutrition. GAIN is driven by the vision of a world without malnutrition. GAIN acts as a catalyst by building alliances between governments, business and civil society which help deliver solutions to complex problems of malnutrition. There is a special focus on children, girls and women because by helping them we can have sustainable, nutritious diets.

Similarly, the Global Nutrition Cluster (GNC) was established in 2006 as part of the Humanitarian Reform process, which aimed to improve the effectiveness of humanitarian response programmes by ensuring greater predictability, accountability and partnership. The vision of the GNC is to safeguard and improve the nutritional status of emergency affected populations by ensuring an appropriate response that is predictable, timely, effective and at scale.

[Read More on Global Alliance For Improved Nutrition](#) and [Global Nutrition Cluster](#)



# SICKKIDS-LED STUDY INDICATES MALNUTRITION IN CHILDREN MAY LEAD TO SEVERE LIVER IMPAIRMENT



Leading researchers are attempting to understand why some severely malnourished children face death while others do not. Researchers are now understanding that giving food to severely malnourished children does not result in recovery. Dr. Robert Bandsma, Principal Investigator with the Centre for Global Child Health at The Hospital For Sick Children, In Toronto and Dr. Peter Kim, Senior Scientist in the Cell Biology program at SickKids and his international team are studying the reasons behind this using animal models.

Together with Dr. Barbara Bakker, a basic scientist from the University of Groningen in the Netherlands, the research team has found that severe malnutrition can result in dysfunctional liver mitochondria. Mitochondria are essential for energy production. Additionally, a loss of peroxisomes can result in failure of the liver's metabolic system. When an individual experiences malnutrition, a gene is turned on that results in the loss of peroxisomes. The results from this study can lead to treatment strategies for severely malnourished children.

[Read More on SickKids](#)



# BREASTFEEDING, THE BEST START TO LIFE



Breastfeeding is essential for immunity, nutrition and increasing longevity in both mother and child. Breastfeeding is important to reduce children and newborn mortality rates, which can help achieve the Global Sustainable Development Goal by 2030. More importantly, breastfeeding is the best source of nutrients for infants. Breastmilk contains many nutrients, vitamins and minerals that cannot be found in formula milk. In addition, breast milk contains fats that can help a child's brain, retina and nervous system development. In addition, it can prevent child obesity, diabetes and leukemia, and produce stronger bones for the child and the feeding mother. It can also help children with their cognitive and emotional development as they grow older.

Mothers from disadvantaged communities are less likely to breastfeed because of education or cultural beliefs. UNICEF has stated low income women who leave school early are less likely to breastfeed and that increases the effects of poverty and inequality. The PROBIT study looks at the correlation between cognitive development and breastfeeding in which children who were breastfed had better reading, writing and mathematical skills than those who did not. Therefore, it is essential for women to practice exclusive breastfeeding for at least the first six months of an infant's life.

[Read More on News Trust Organization](#)



# RYERSON'S CENTRE FOR STUDIES IN FOOD SECURITY



Ryerson University's G. Raymond Chang School of Continuing Education is offering a program that meets the needs of food security professionals. A certificate in Food Security will provide information in the field of food security that will help students excel in this growing field. Courses include Gender and Food Security, Indigenous Food Systems in Canada, Urban Food Security and more.

This certificate program focuses on creating sustainable food systems based on social justice and democratic decision-making. The program is great for individuals passionate in food issues, human rights, and alleviation of food insecurity.

[Read More on Ryerson](#)





# MAJOR IN GLOBAL NUTRITION AT MCGILL UNIVERSITY

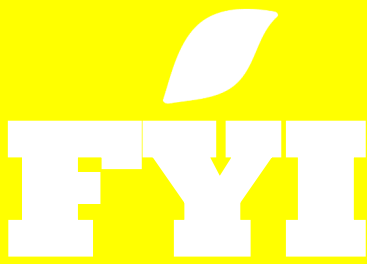


McGill University is offering a major in global nutrition which focuses on human nutrition and its impact on health and society at a community and international level. The specialization in global nutrition has a heavy focus on the importance of nutrition, diet, water and environment. Graduates from this degree find careers in national and international governmental and non-governmental food and health agencies, world development programs, health science communication fields and more.

Graduates can continue onto graduate studies that help prepare for careers in public health, research, medicine, dentistry and more. Sample courses include of clinical nutrition, nutrition in developing countries and water, health and sanitation.

[Read More on McGill](#)





# FINDING A JOB IN GLOBAL HEALTH: ADVICE FROM FIVE EXPERTS



Current and former Partners in Health Staffers were asked for advice about finding a career in global health.

Askar Yedilbayev, a medical officer from Russia had said global health is great because of two words: impact and change. He says individuals working in global health may not see immediate results but their work will make a change for the better. In addition, one must be very passionate because hardly anyone would become very rich working in this field, and one would not be staying in a fancy hotel. Instead, individuals must be strongly fixed on the idea of being apart of the change.

Similarly, Emmanuel Kamanzi, Rwanda Program Officer said global health is all about understanding health of populations in a global context. Kamanzi has worked with Partners In Health in rural Rwanda for five years. He believes in order to create important policies, one must work closely with the communities and local governments. In addition, he believes building health care platforms which deliver high quality care to poor communities requires a collaborative workforce that can build partnership.

[Read More on PIH Organization](#)





There is plenty of food in this world, yet so many are hungry.  
Maputo, Mozambique (September 8, 2016)

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