

Partij voor de Dieren

Partij voor de Dieren Eindhoven organiseert

Is de toekomst plantaardig?



Bob ter Haak & Patrick Deckers
VeganFun & Caring Doctors

DISCLOSURE

GEEN BELANGENVERSTRENGELING

DE OPLOSSING LIGT OP ONS BORD



Patrick Deckers,
voorzitter



CARING DOCTORS

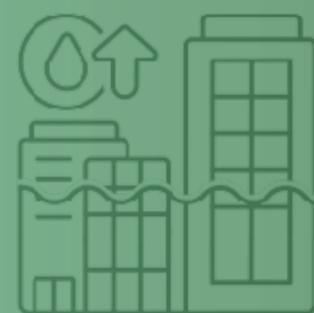
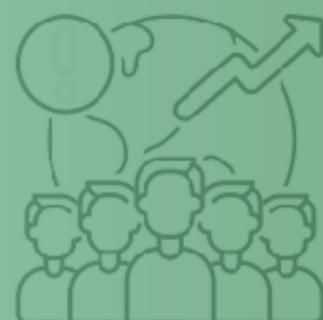


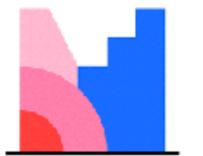
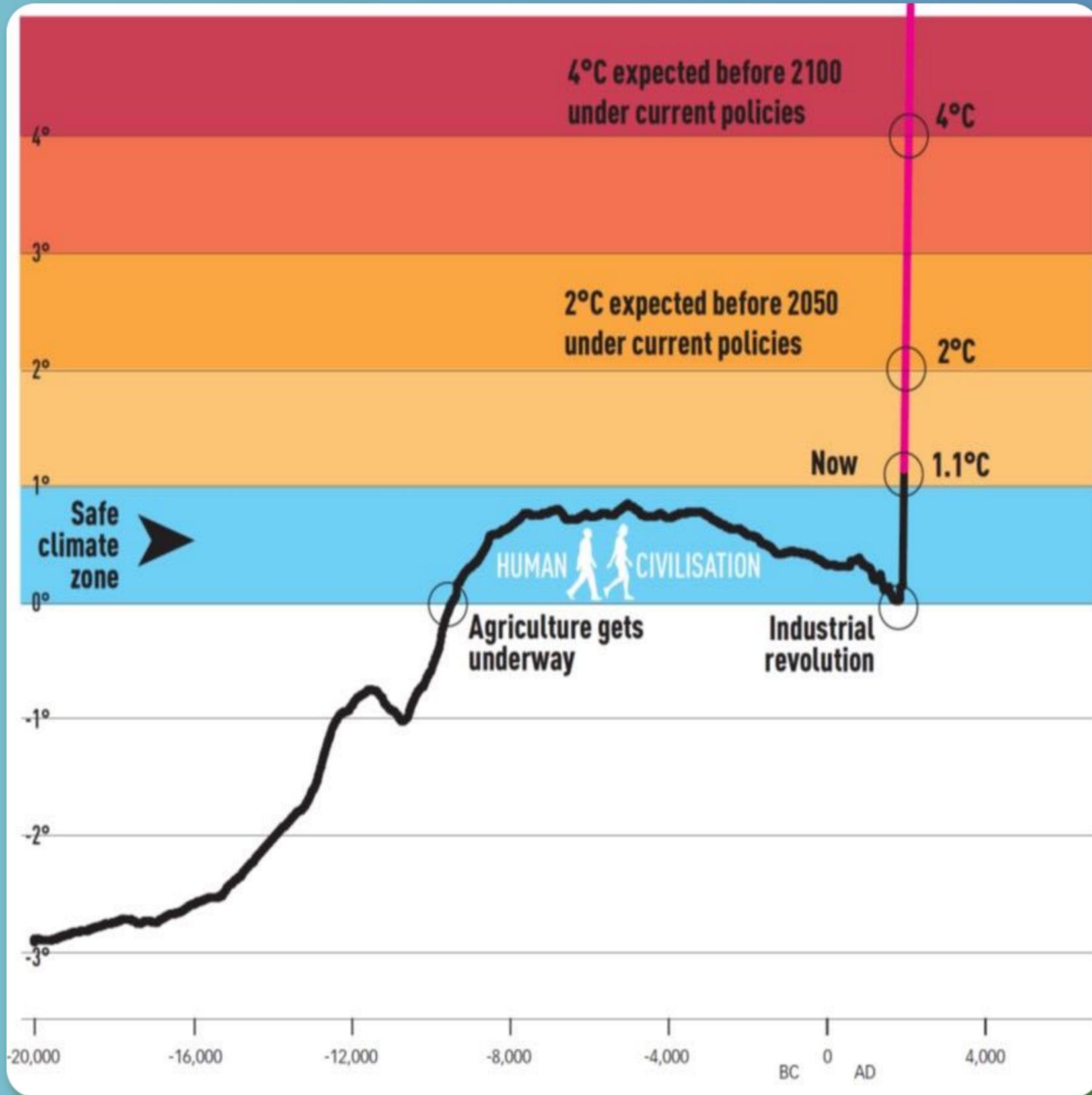
We can make a difference

DE PLANTAARDIGE VOEDSELTRANSITIE

In een hoofdzakelijk plantaardige voedsel systeem is er:

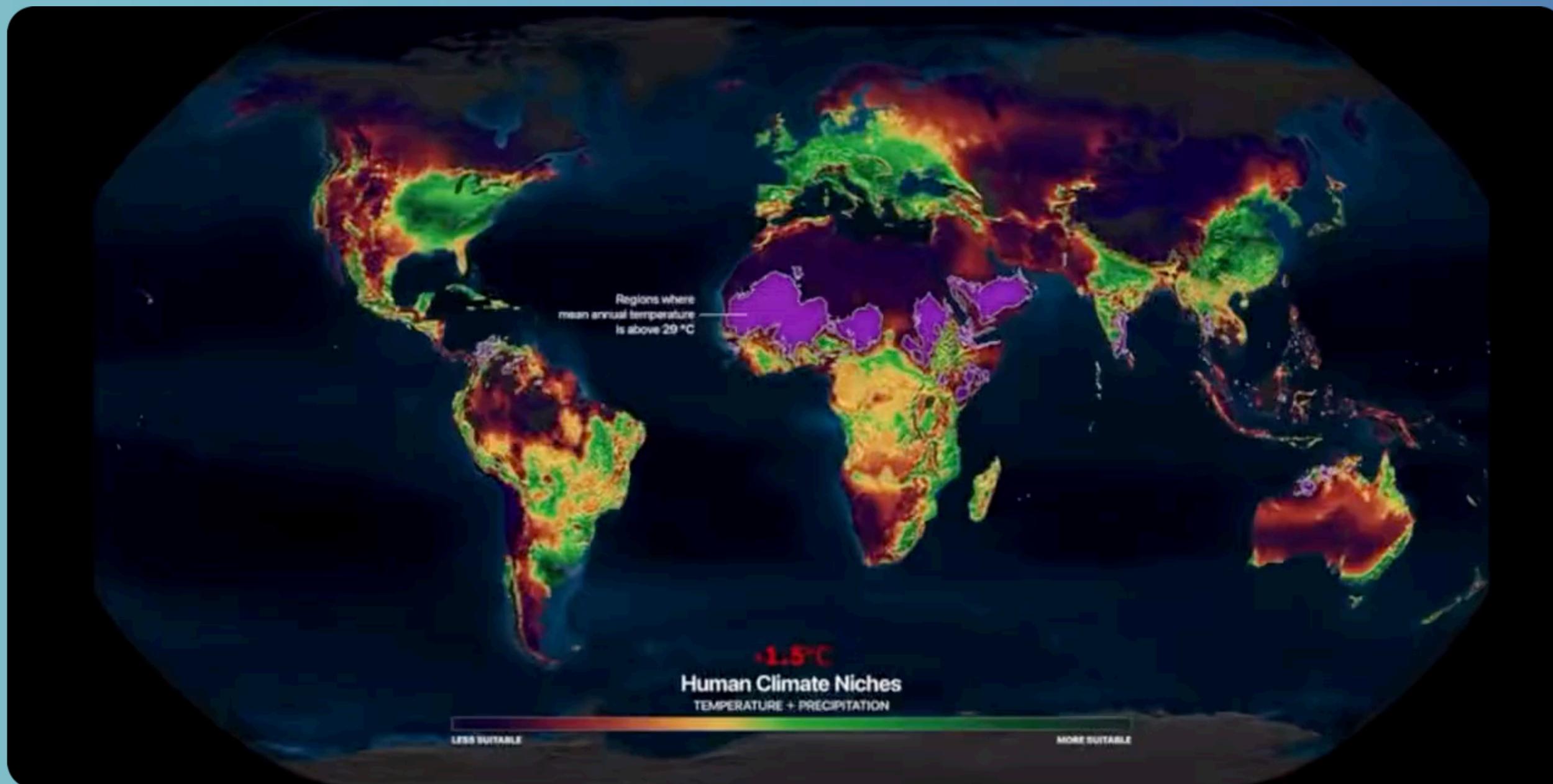
- Minder gezondheidsschade door welvaartsziekten
- Minder klimaatschade
- Meer voedselveiligheid voor 10 miljard mensen





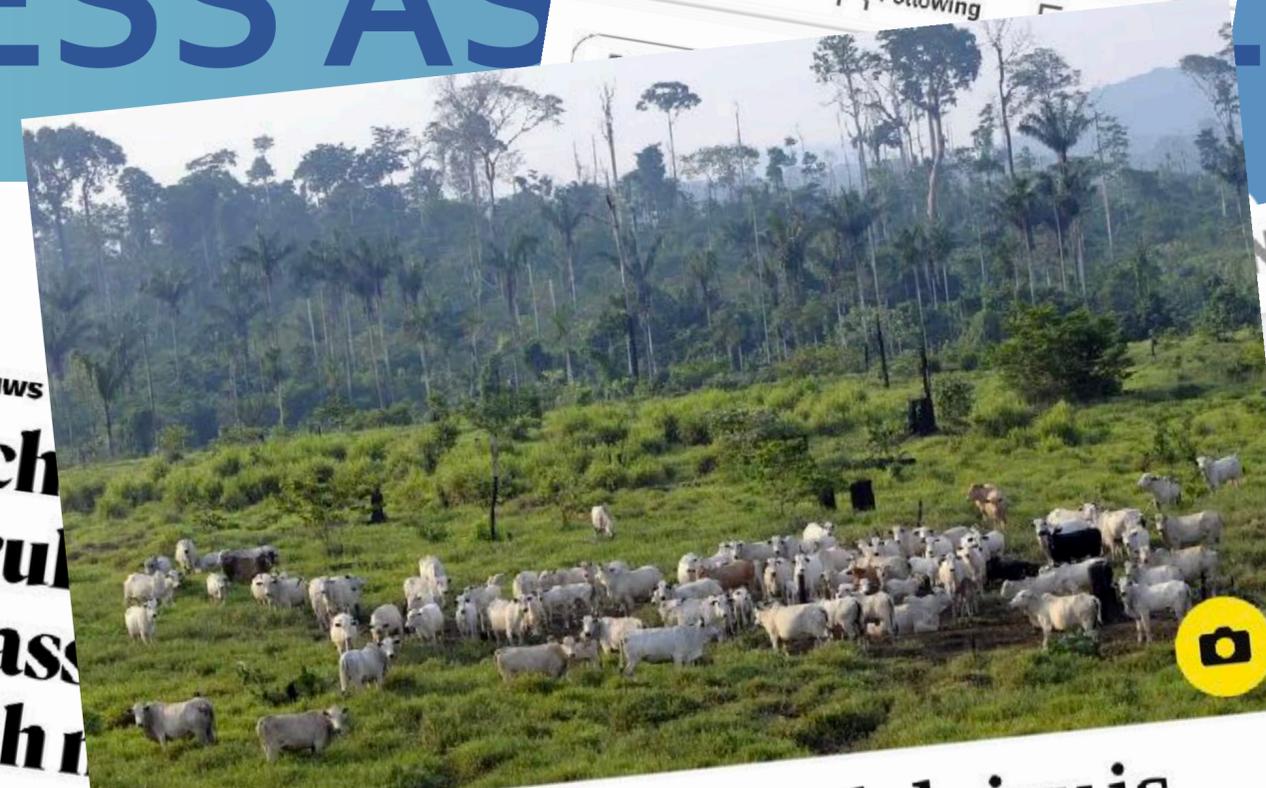
Mentimeter





BUSINESS AS

nature
Content About Publish
news > article
NEWS | 06 May 2019 | Update 06 M
Humans are driving one species to extinction
Landmark United Nations-based finds that agriculture is one of threats to Earth's ecosystems
BRENDA HAD BE



REUTERS
My View Following

NOS Nieuws Sport
A woman in a pink headscarf sits on a stack of bricks.

Avoiding meat and dairy is 'single biggest way' to reduce your impact on Earth

Biggest analysis to date reveals huge footprint of livestock - it provides just 18% of calories but takes up 83% of farmland

Heatwaves sizzled around the world from the US south and the north of Africa to China and Antarctica
Guardian staff and agency

The Guardian
News website of the year
Sport Culture Lifestyle
India raken ook
lijik lager
Health failing in seven out of eight key measures, say scientists
Groundbreaking analysis of safety and justice hopes to inform next generation of sustainability policy

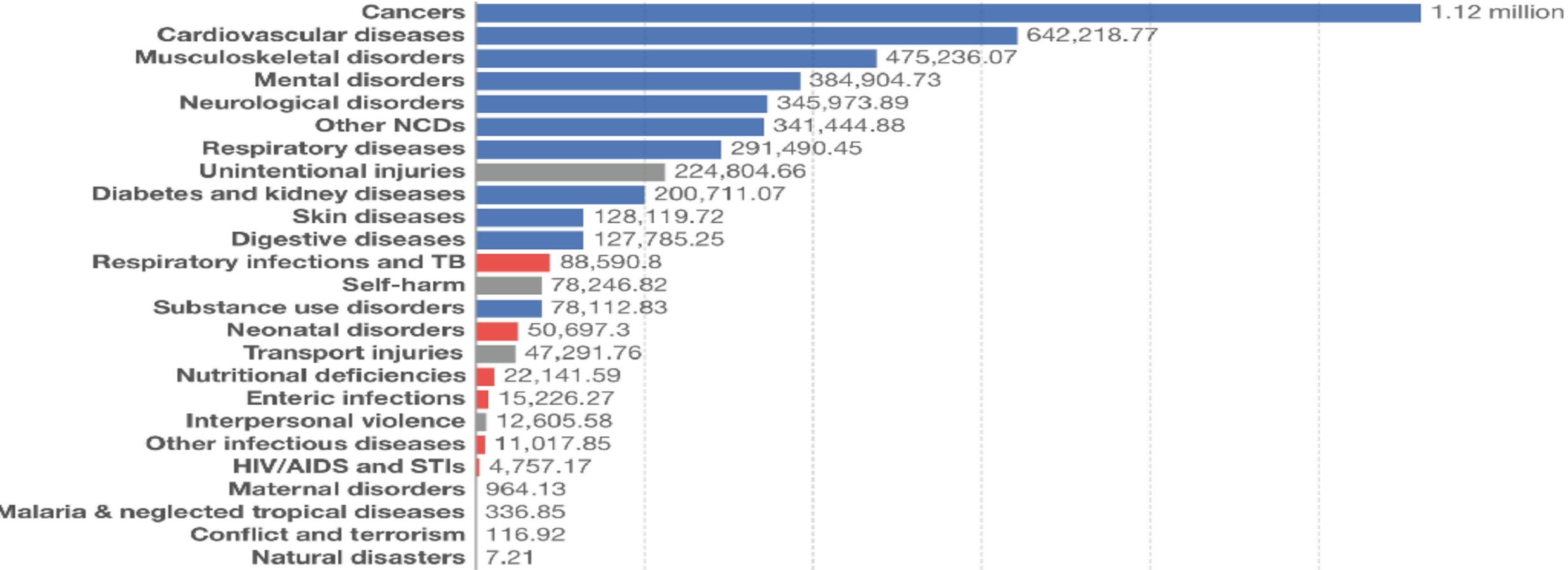


BURDEN OF DISEASE

Burden of disease by cause, Netherlands, 2019

Our World in Data

Total disease burden, measured in Disability-Adjusted Life Years (DALYs) by sub-category of disease or injury. DALYs measure the total burden of disease – both from years of life lost due to premature death and years lived with a disability. One DALY equals one lost year of healthy life.



Source: IHME, Global Burden of Disease (2019)

OurWorldInData.org/burden-of-disease • CC BY

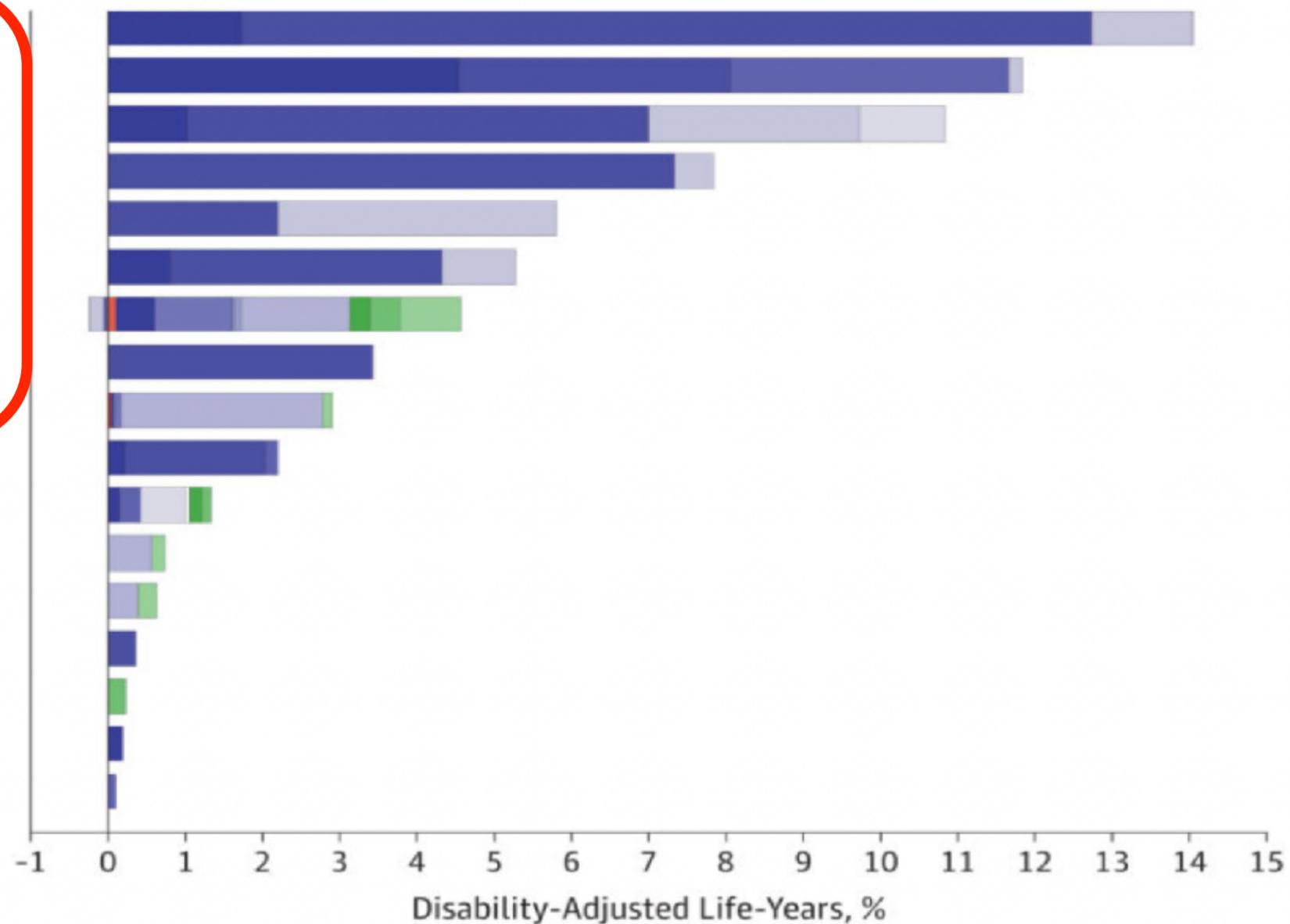
Note: Non-communicable diseases are shown in blue; communicable, maternal, neonatal and nutritional diseases in red; injuries in grey.

Bron: OWID

Risicofactoren lagere kwaliteit van leven

B Risk factors as a percentage of disability-adjusted life-years

- Dietary risks
- Tobacco smoking
- High body mass index
- High blood pressure
- High fasting plasma glucose
- Physical inactivity and low physical activity
- Alcohol use
- High total cholesterol
- Drug use
- Ambient particulate matter pollution
- Occupational risks
- Childhood sexual abuse
- Intimate partner violence
- Lead exposure
- Low bone mineral density
- Residential radon
- Ambient ozone pollution

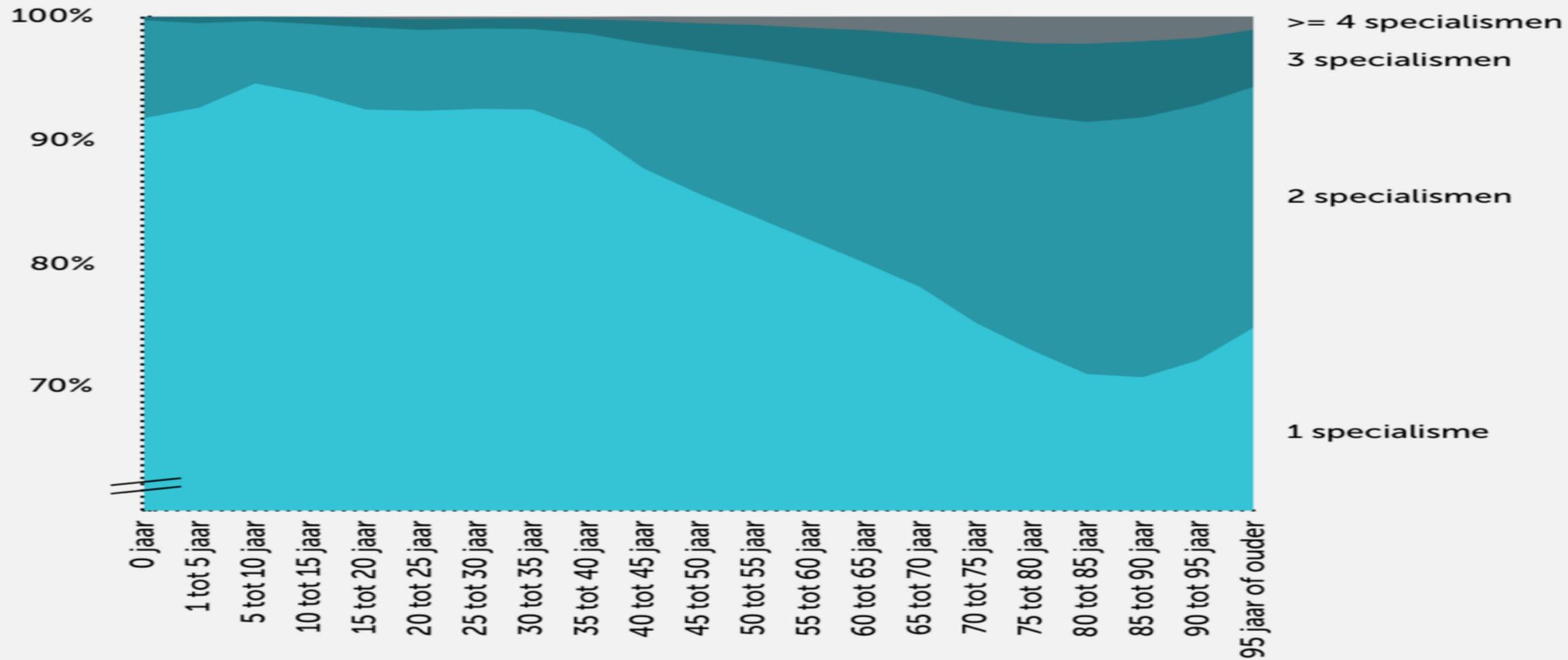


Murray, et al. JAMA (2013)

Bron: OWID,
JAMA

BURDEN OF DISEASE

Figuur 4.5: Aantal patiënten dat door één of meerdere specialismen werd gediagnosticeerd en/of behandeld in 2016 (%)

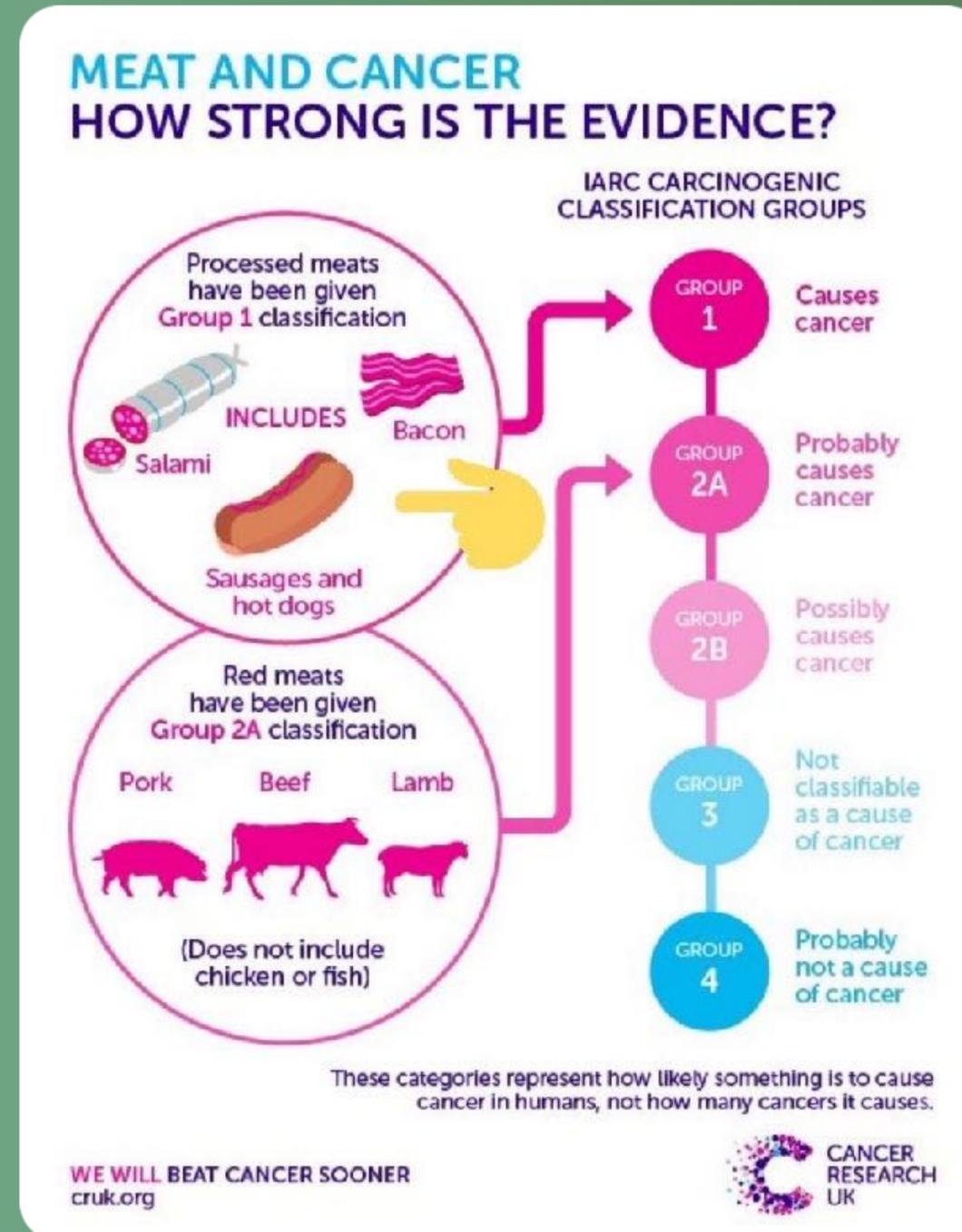


Bron:
RIVM

GEZONDHEIDSSCHADE DIERLIJK VOEDSELSTEL

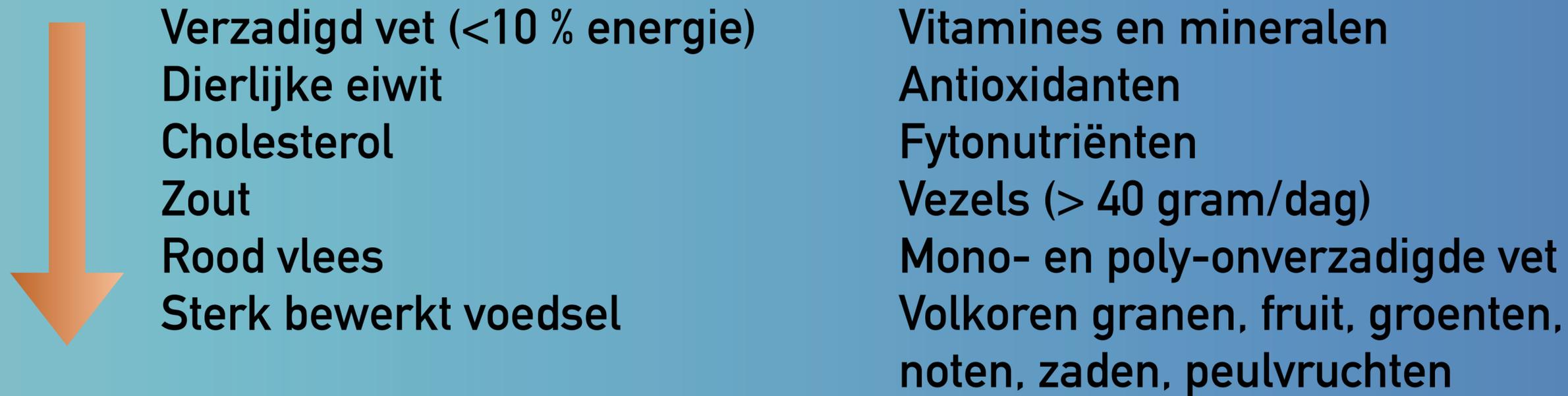
Een willekeurige opsomming.

- Overgewicht
- Diabetes type 2
- Hart- en vaatlijden
- Kanker (oa darm, prostaat en borst)
- Dementie
- Gewrichtsaandoeningen



Bron:
Cancer Research
Nutrition
Cardiology Association
Diabetes Research
Neurology
PAN

ONBEWERKT EN PLANTAARDIG



'Plants for Joints'
-Walrabenstein-et al

Bron: Ramos-Lopez, et al. Current Obesity Reports (2022) | Neufingerl, et al. Nutrients (2021)

VOEDING

- Ongezonde voeding draagt voor ruim 8%, ofwel 6 miljard euro, bij aan de Nederlandse ziektelast. Met steeds meer chronisch zieken en vergrijzing zal dit toenemen.
- Ongezond eten levert behalve duurdere zorg, ook meer klimaatverandering en de daarmee gepaard gaande kosten.
- Supermarkten bepalen onze keuze. In supermarkten komt bijna 80% van de aangeboden producten niet voor in de Schijf van Vijf.
- Van de producten die wel in de Schijf van Vijf staan, bevat 70% van de groenten en 85% van het fruit (meerdere) gifresten.
- Nederland consumeert de minste groente en fruit van Europa. Maar ook eten ze 48% (38 kg) meer dierlijke eiwitten dan het Voedingscentrum (26 kg) aanraadt. EAT Lancet 16 kg.
- Nederland is een netto importeur van voedsel maar de export productie is niet afgestemd op een gezond dieet, maar vooral dierlijke producten en suiker

Bron: RIVM, CBS

Bron: Lancet

Bron: WUR

Bron: NVWA

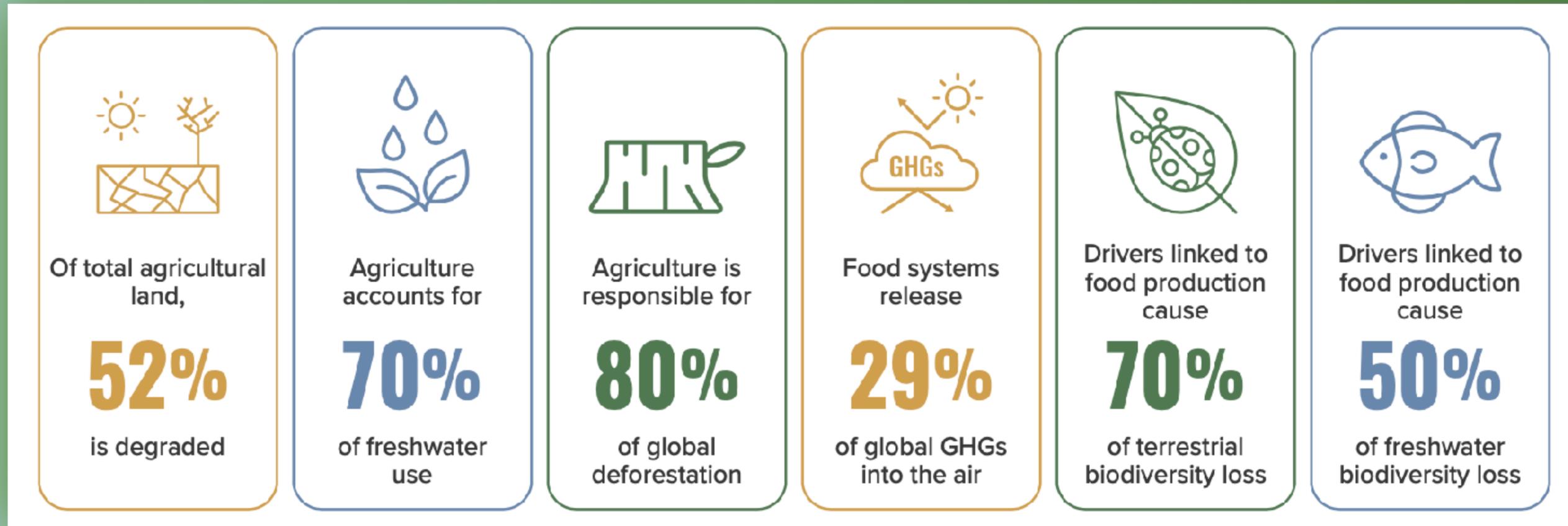
Bron: FAO

Bron: WUR

PLANETAIRE GEZONDHEID



GEZONDHEIDSSCHADE DIERLIJK VOEDSELSTELTEN

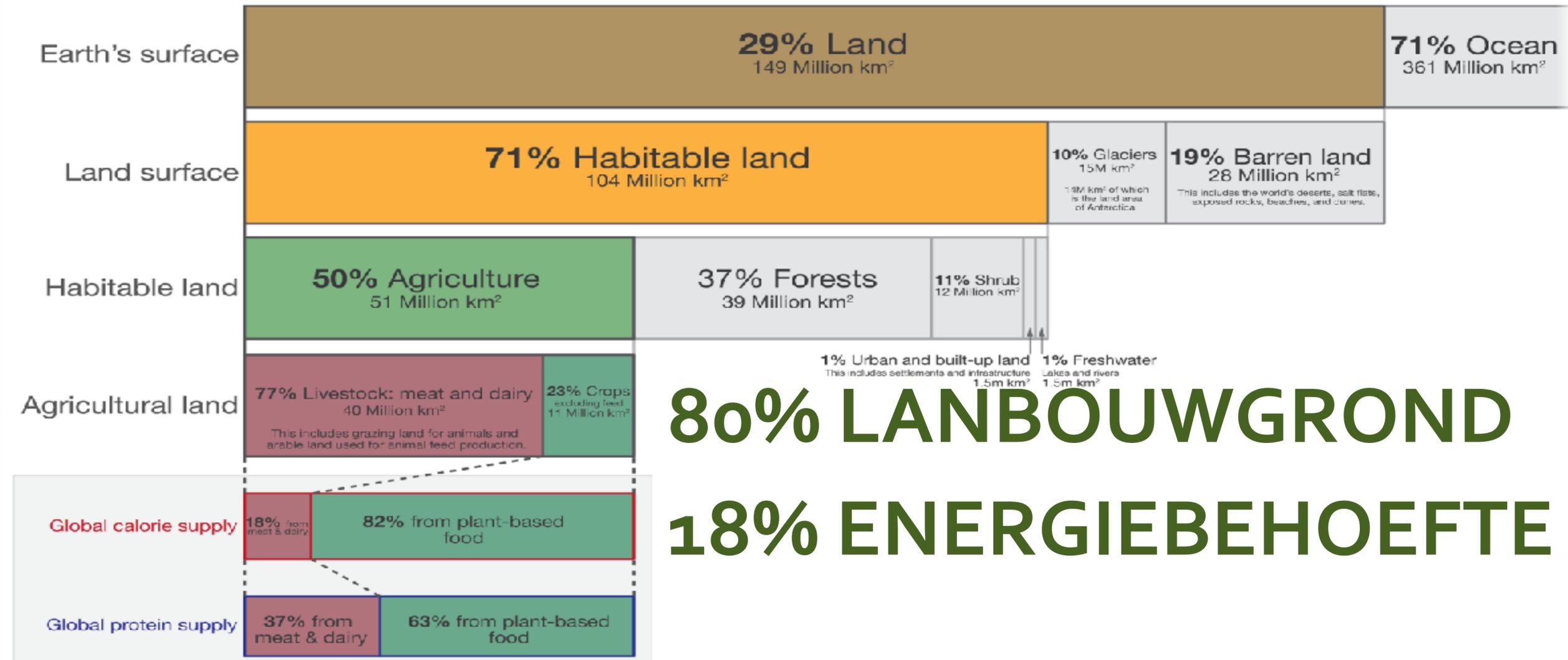


- Voedselschaarste
- Waterschaarste
- Neuropathie (oa Parkinson)
- Asthma / COPD
- Antibiotica resistentie
- Zoonose Pandemie
- Ziekten door klimaatverandering

BIO-INDUSTRIE

Global land use for food production

Our World
in Data



80% LANBOUWGROND
18% ENERGIEBEHOEFTE

Data source: UN Food and Agriculture Organization (FAO)
OurWorldinData.org - Research and data to make progress against the world's largest problems.

Licensed under CC-BY by the authors Hannah Ritchie and Max Roser in 2019.

BIO-INDUSTRIE

Food: greenhouse gas emissions across the supply chain

Our World in Data



Land Use Change Aboveground and belowground biomass from deforestation, and belowground changes in soil carbon

Farm Methane emissions from cows, methane from rice, emissions from fertilizers, manure, and farm machinery

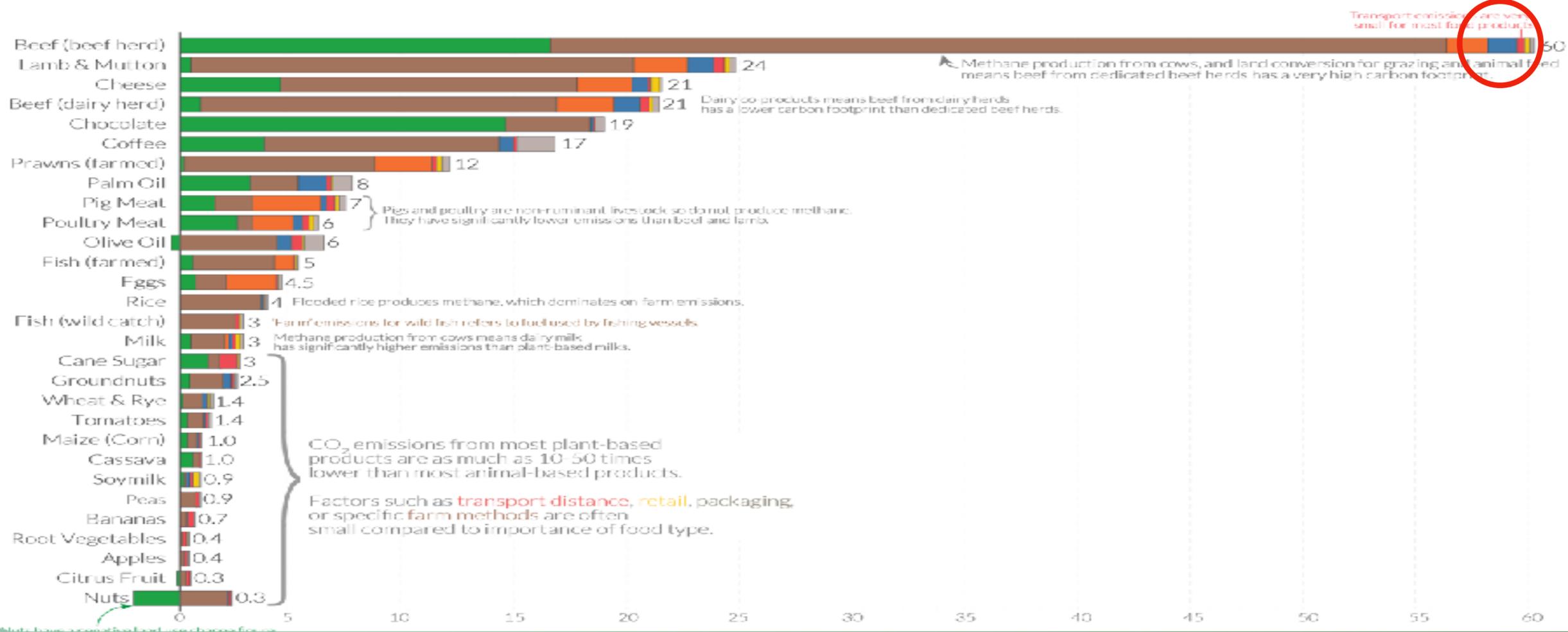
Animal Feed On-farm emissions from crop production and its processing into feed for livestock

Processing Emissions from energy used in the process of converting raw agricultural products into final food items

Transport Emissions from energy use in the transport of food items in-country and internationally

Retail Emissions from energy use in refrigeration and other retail processes

Packaging Emissions from the production of packaging materials, material transport, and end-of-life disposal

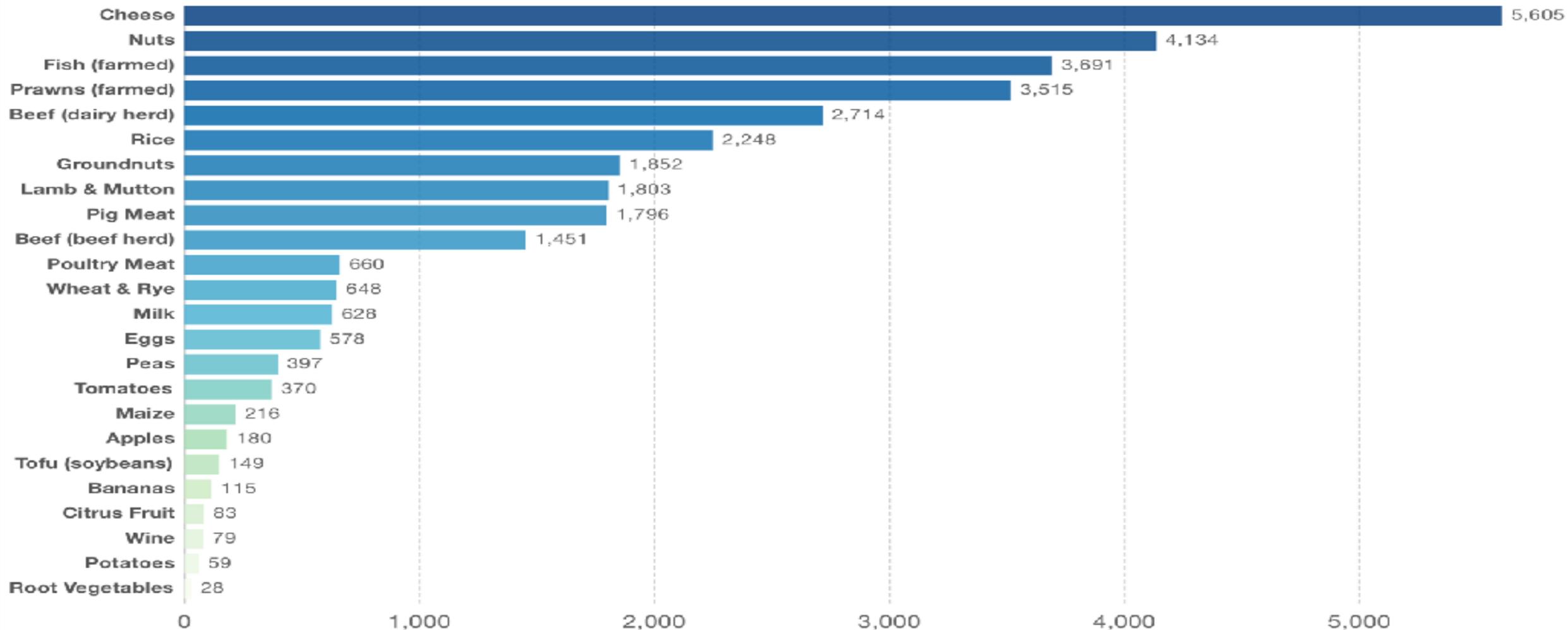


BIO-INDUSTRIE

Freshwater withdrawals per kilogram of food product

Freshwater withdrawals are measured in liters per kilogram of food product.

Our World
in Data

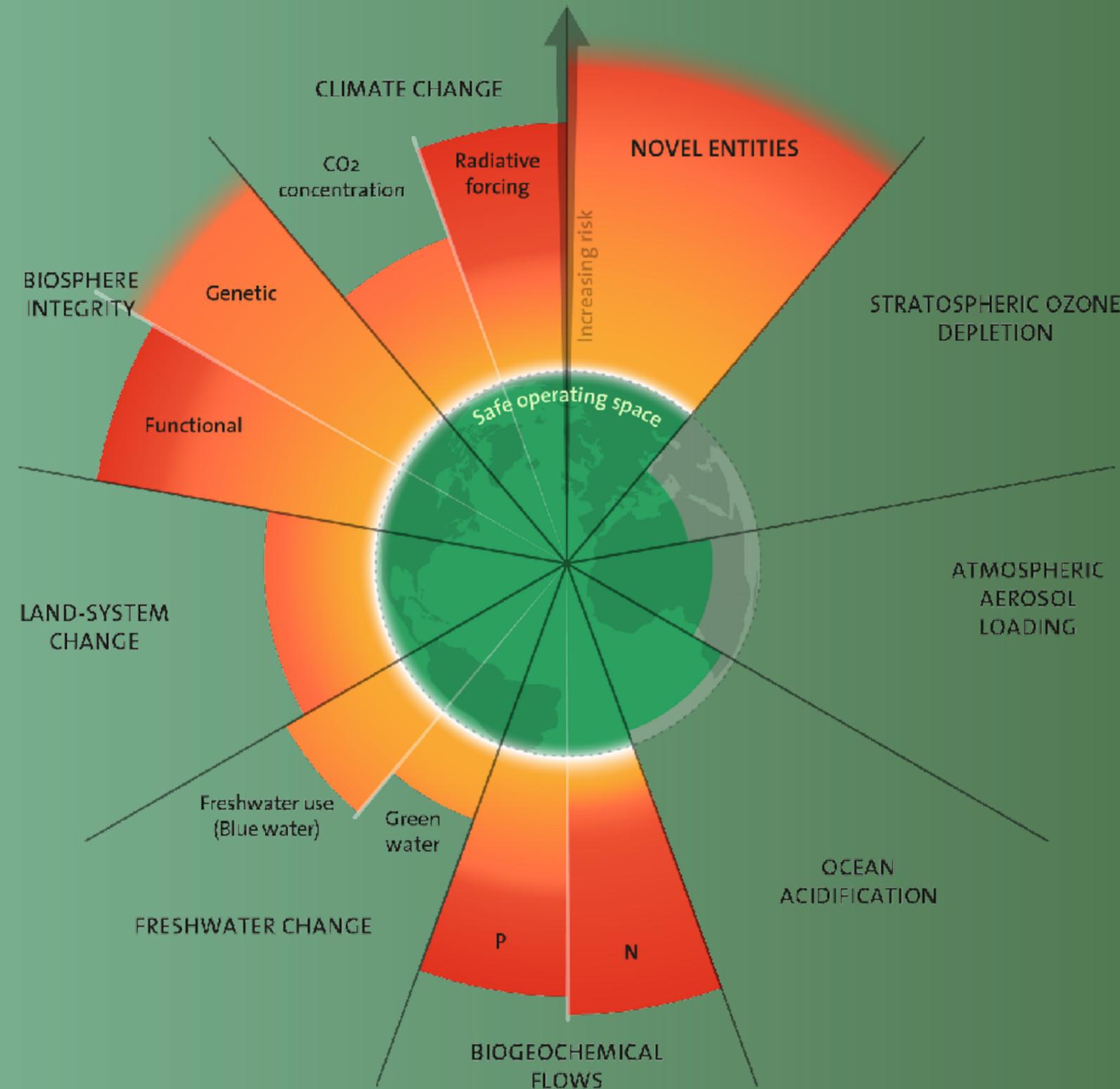


Source: Poore, J., & Nemecek, T. (2018). Reducing food's environmental impacts through producers and consumers. [OurWorldInData.org/environmental-impacts-of-food](https://www.ourworldindata.org/environmental-impacts-of-food) • CC BY
Note: Data represents the global average freshwater withdrawals from food products based on a large meta-analysis of food production covering 38,700 commercially viable farms in 113 countries.

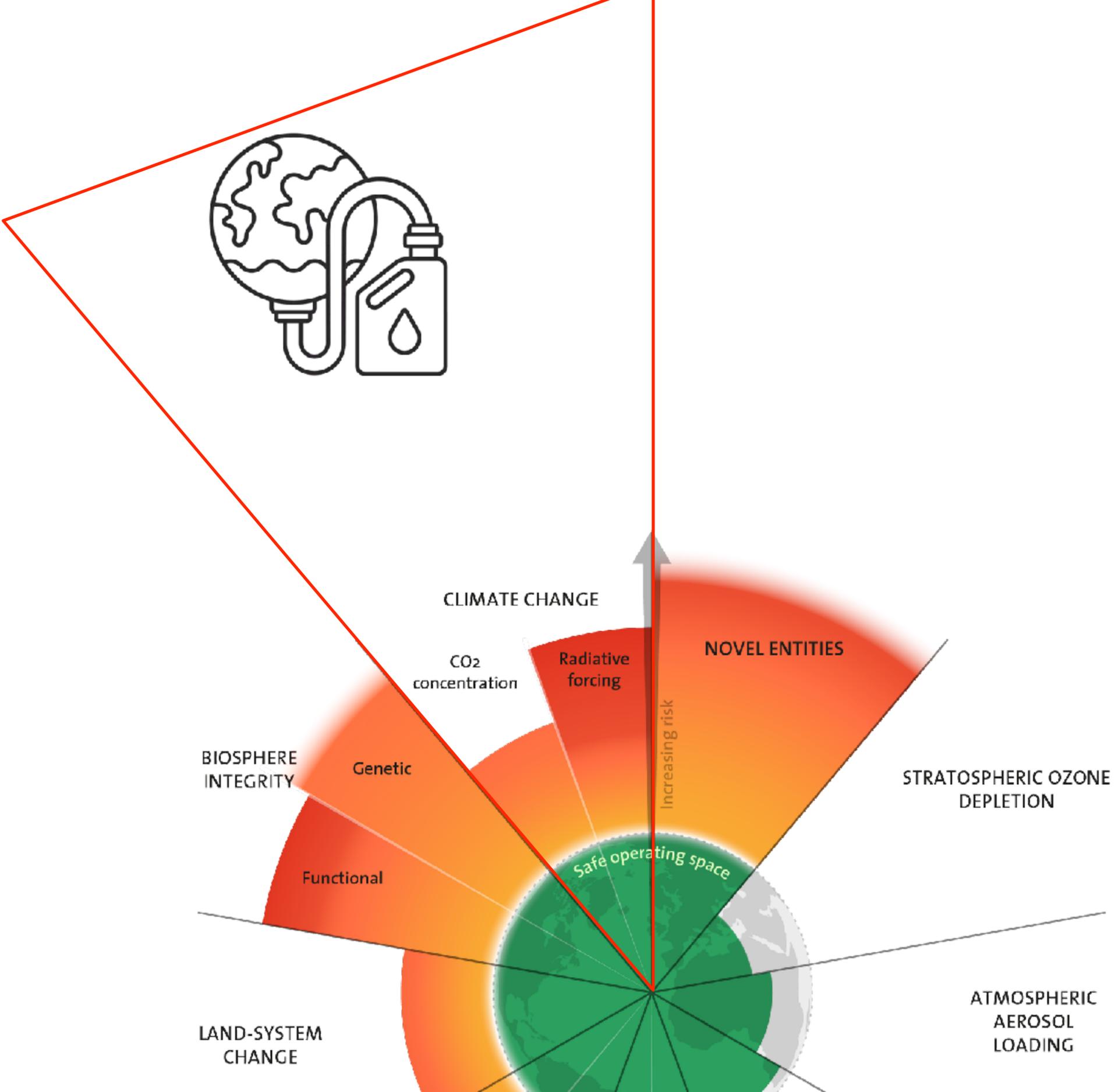
PLANETARY BOUNDARIES

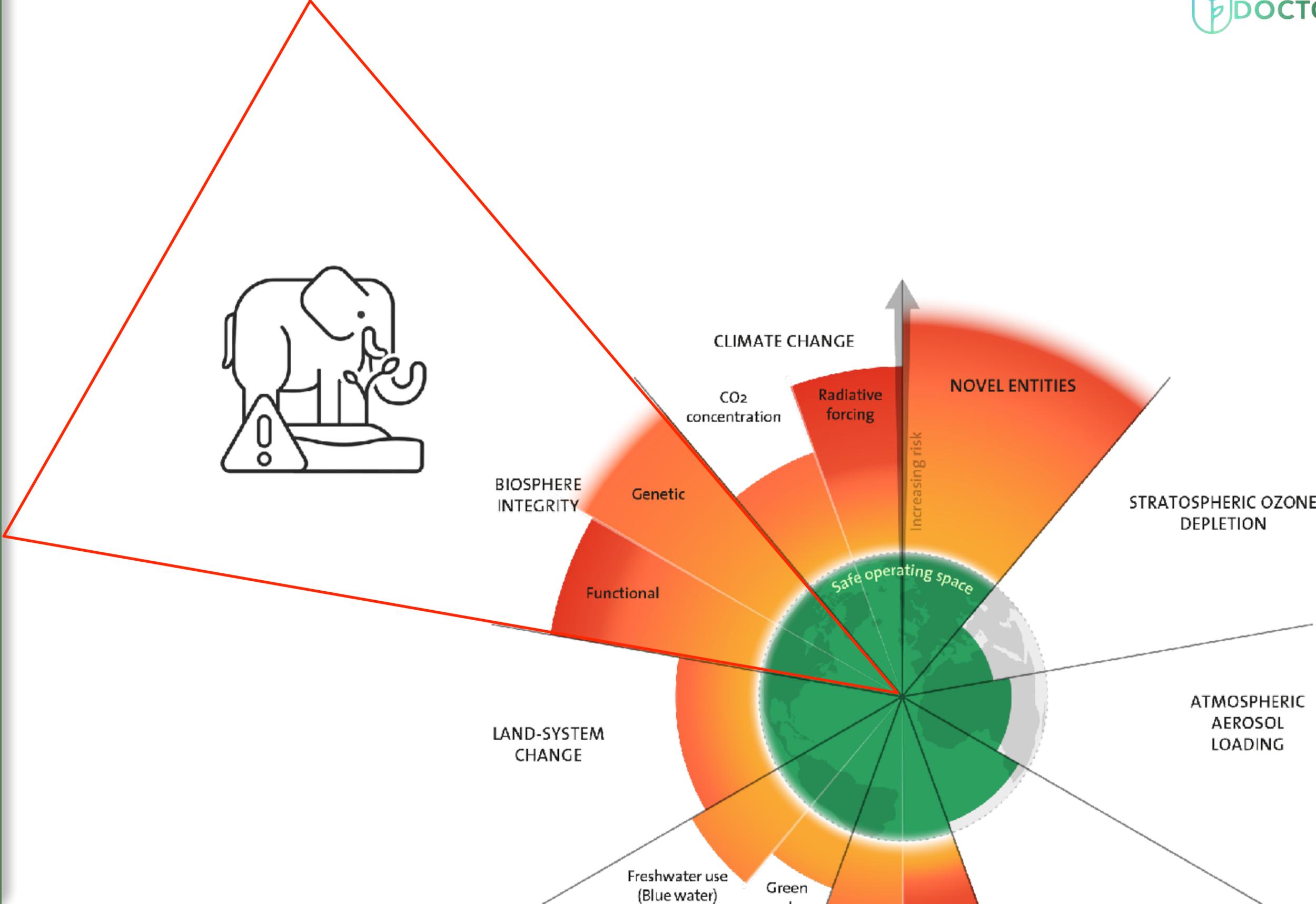
Global Assessment Report on Disaster Risk Reduction

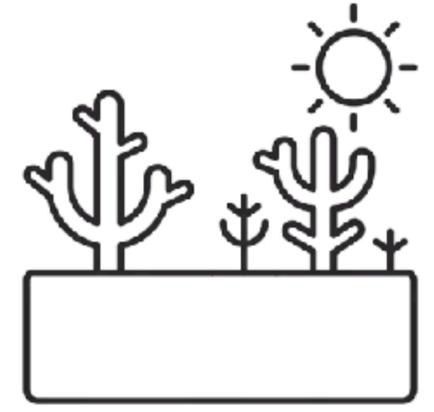
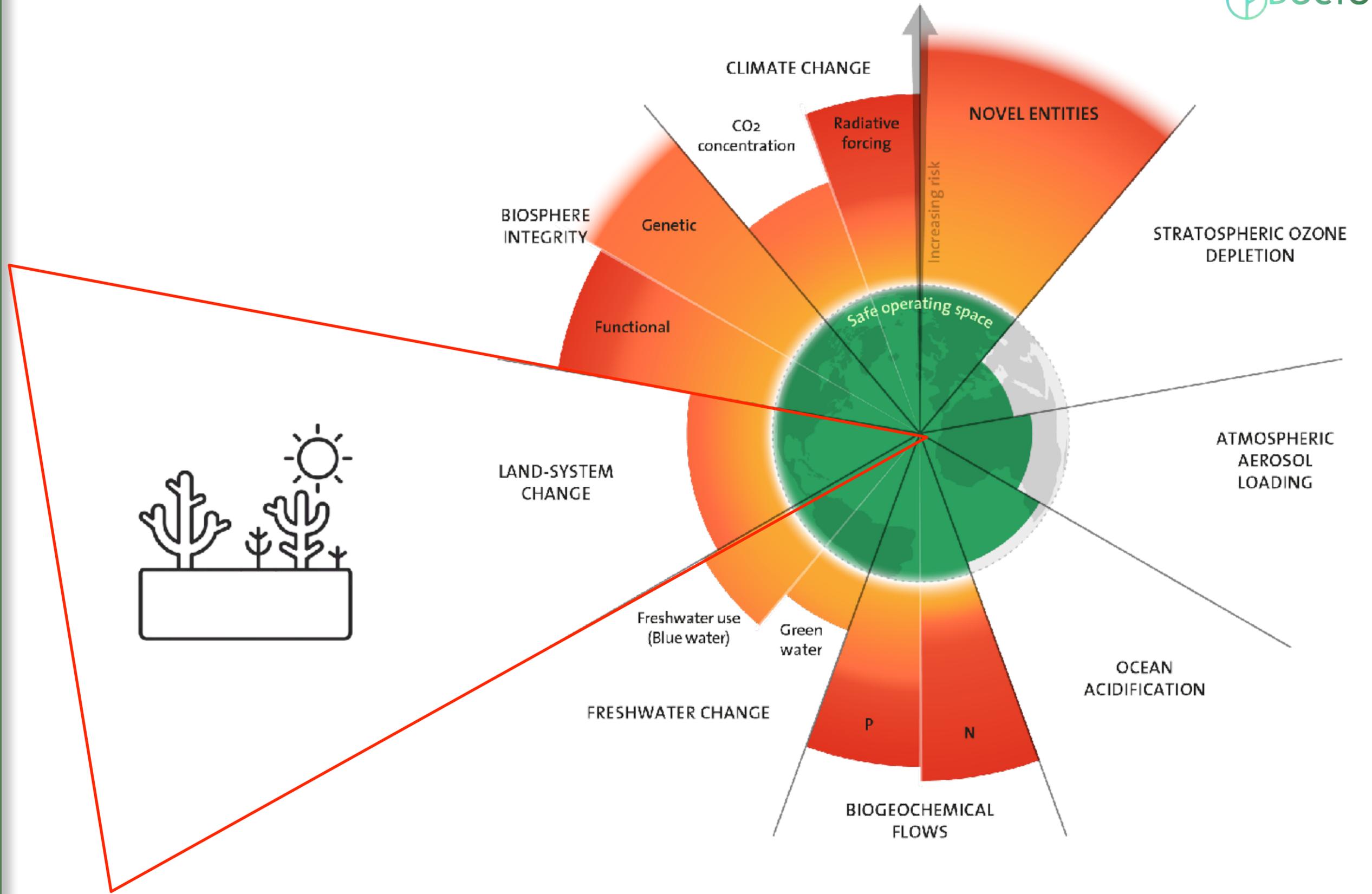
“the human material and ecological footprint is accelerating the rate of change. A potential impact when systemic risks become cascading disasters is that systems are at risk of collapse”

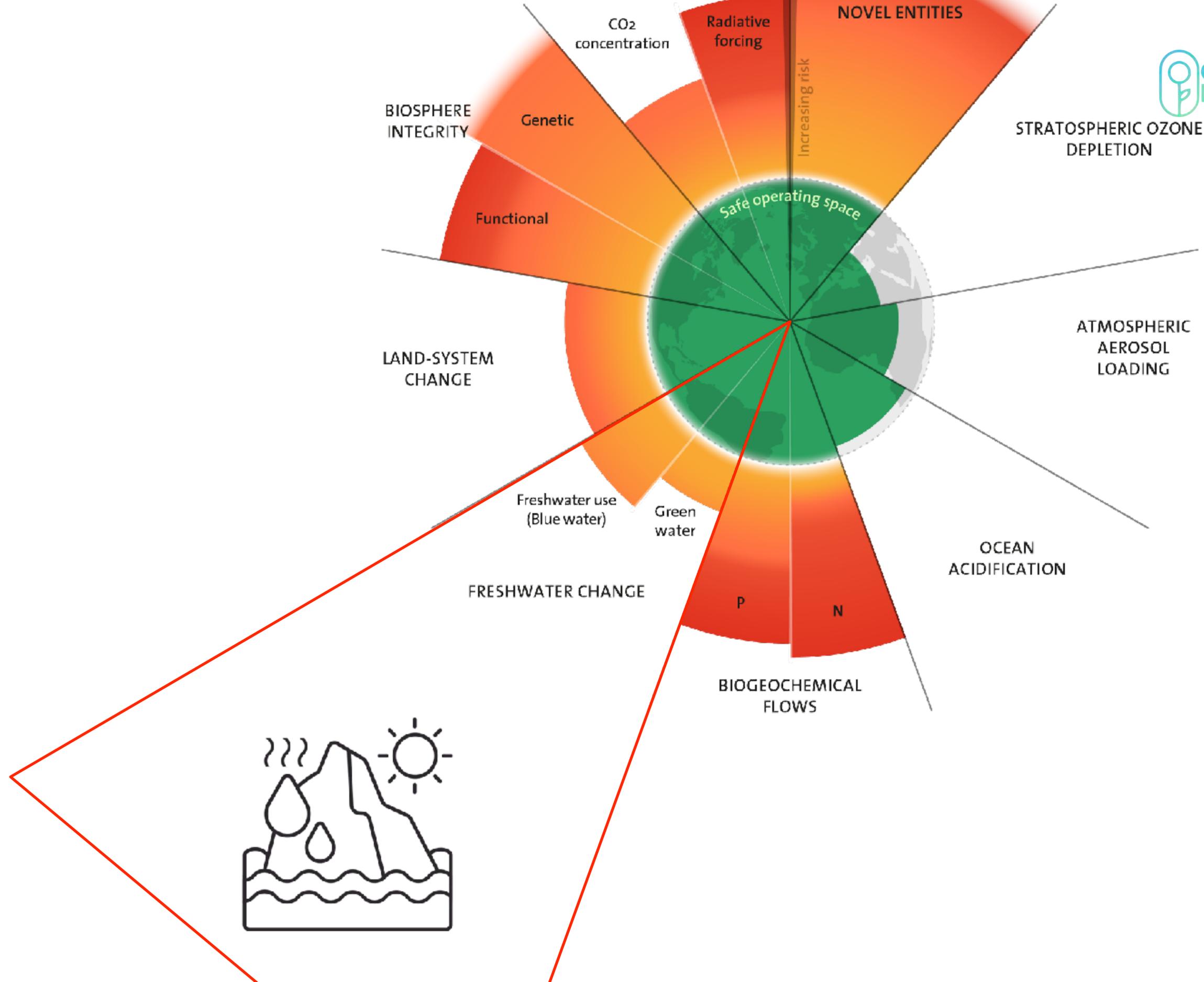


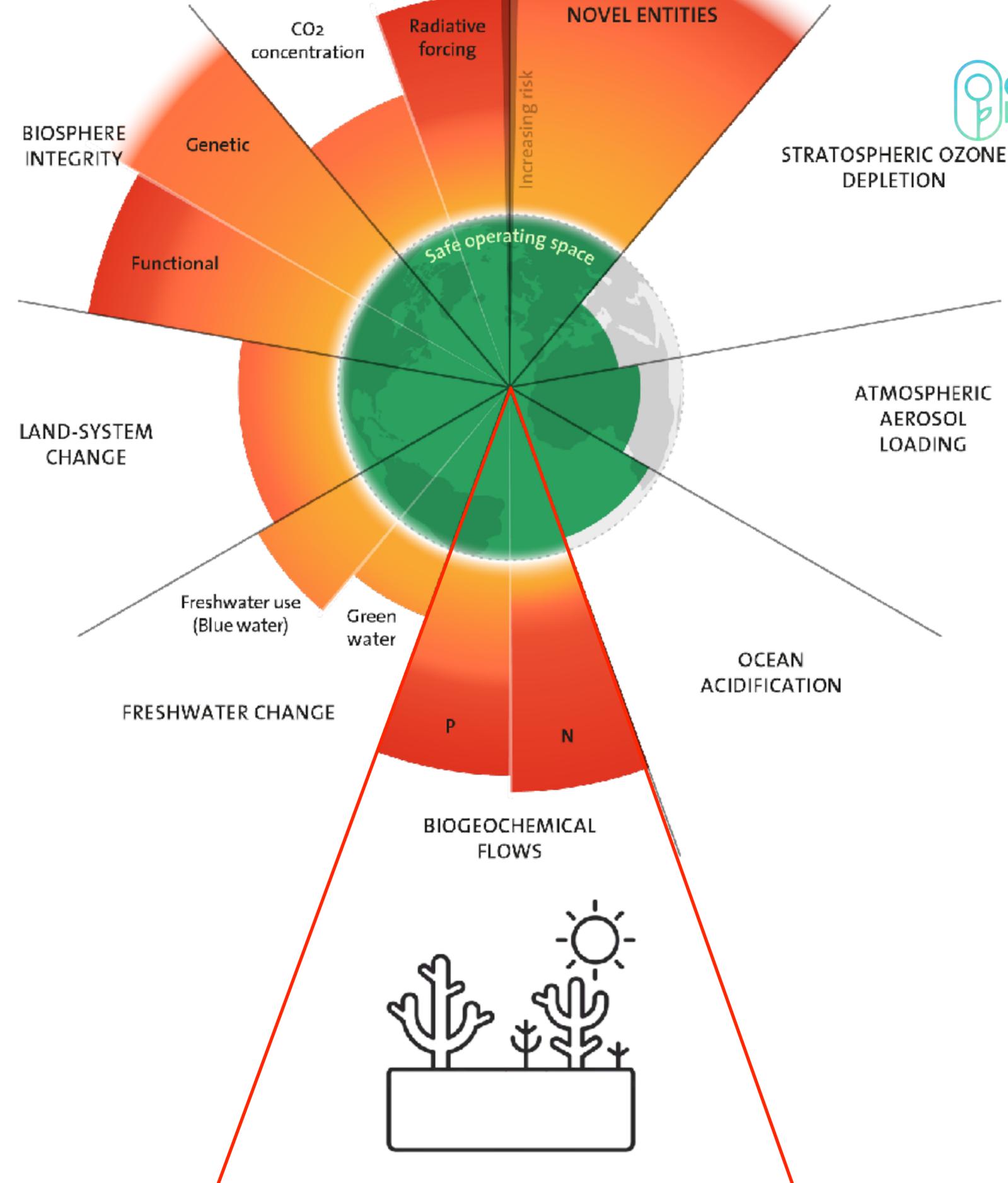
Bron:
Stockholm Resilience
Center

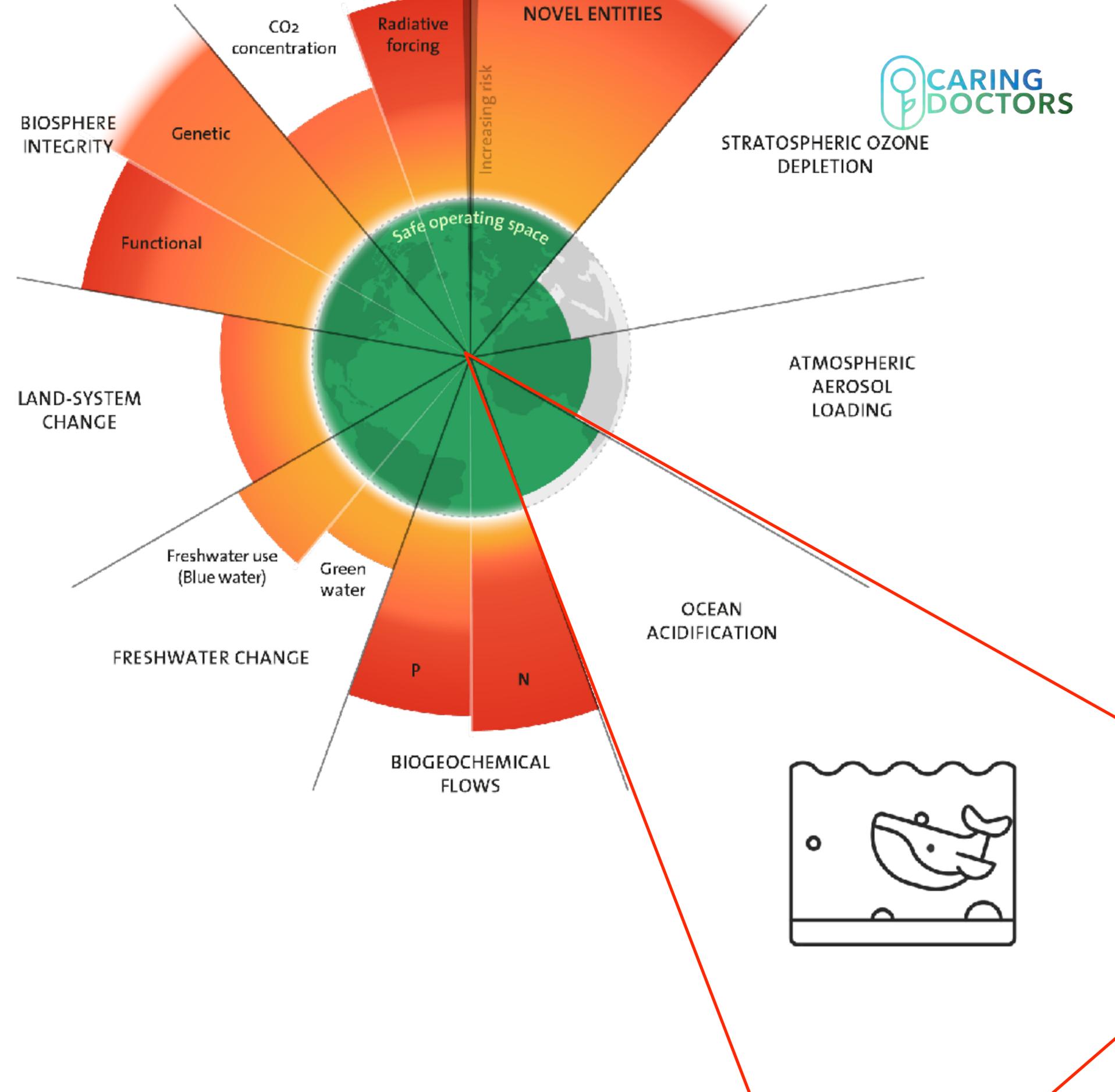


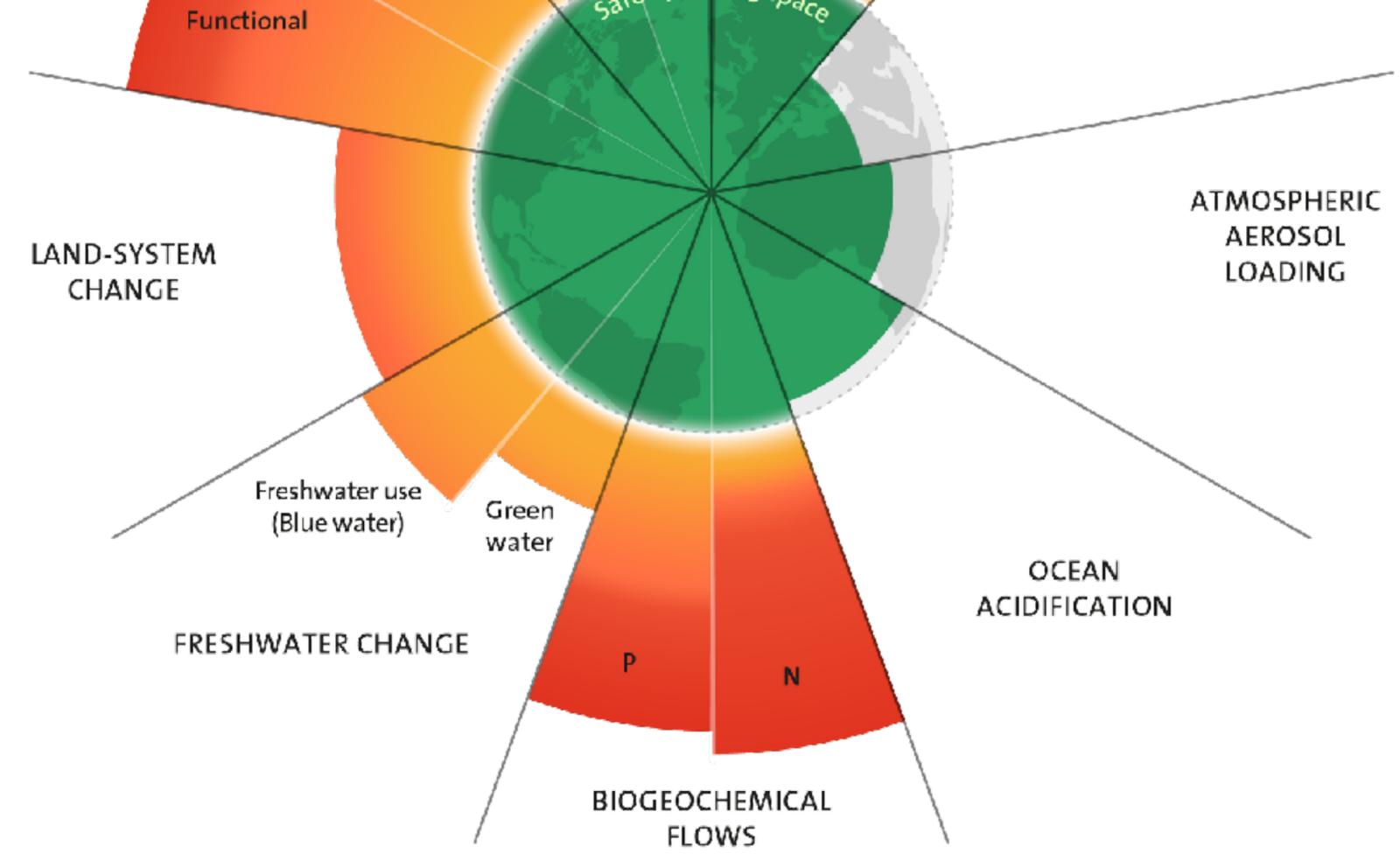








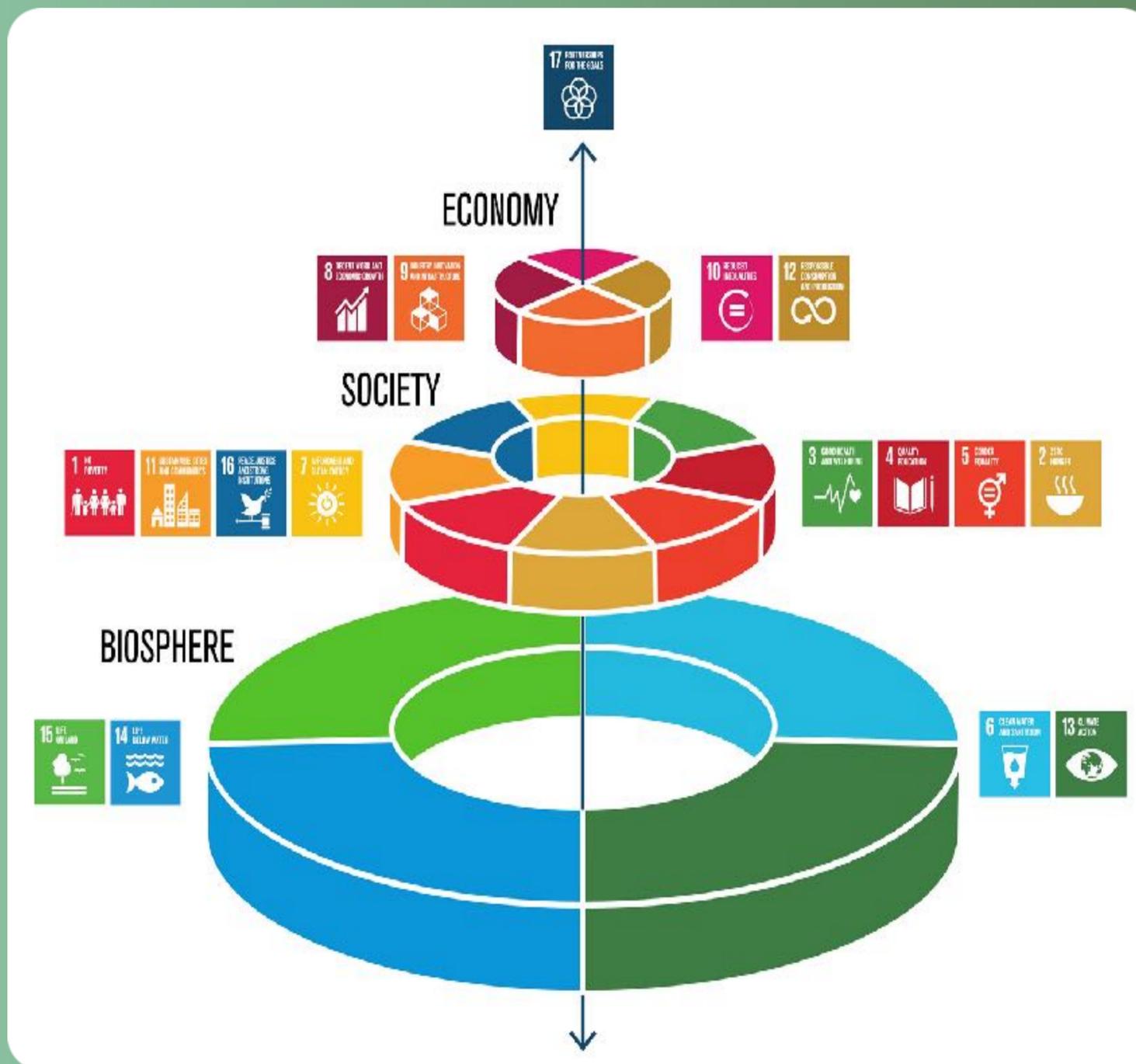




PLANETARY BOUNDARIES



VOEDSELVEILIGHEID



EAT LANCET

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

80% Plantaardig

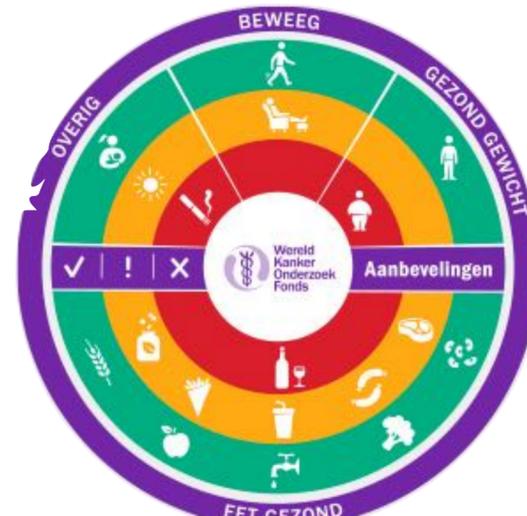
20% Dierlijk



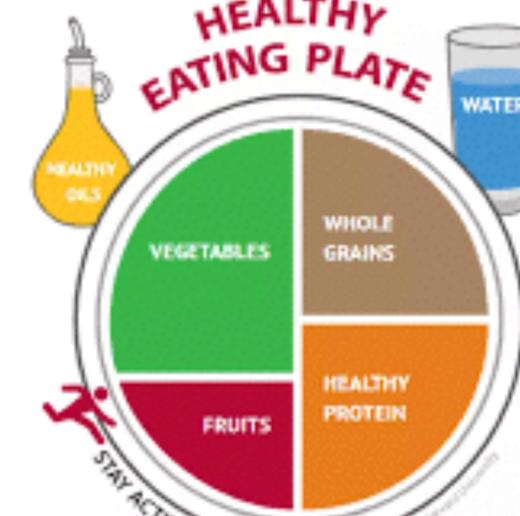
Government of Canada



World Cancer Research Fund



HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH



WAAROM VERTRAAGDE AANPAK

Onvoldoende Leiderschap.

- Onvoldoende urgentie gevoel
- 'Greenwashing'
- Angst voor reactie achterban (personeel en patiënt)
- Logistiek lastig
- Duur transitie proces
- Is het wel volwaardig eten?

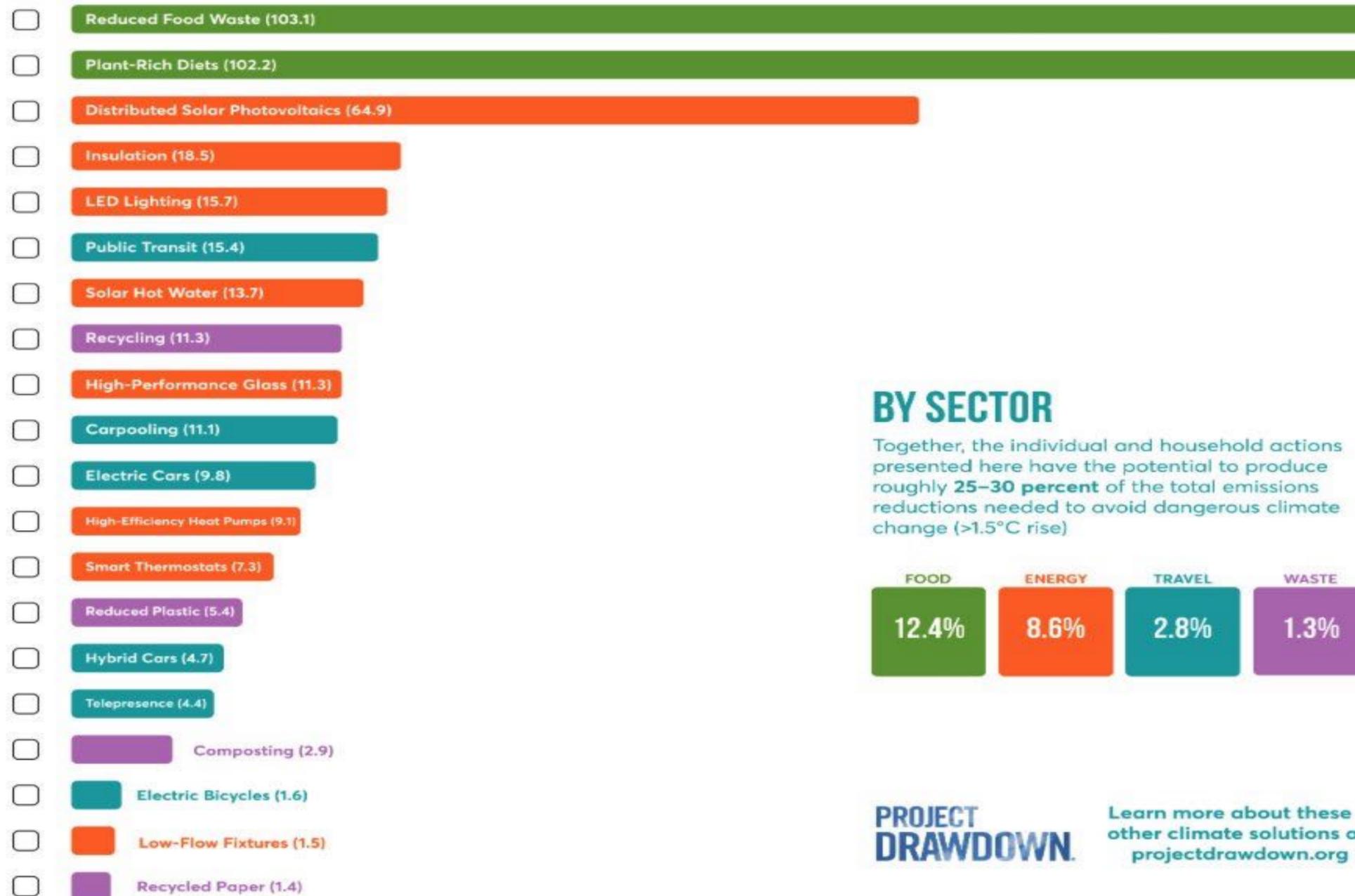
Onvoldoende integrale aanpak.



Mentimeter

TOP 20 HIGH-IMPACT CLIMATE ACTIONS FOR HOUSEHOLDS AND INDIVIDUALS

The data presented here represents cumulative Gt CO₂-eq over 30 year period



BY SECTOR

Together, the individual and household actions presented here have the potential to produce roughly **25–30 percent** of the total emissions reductions needed to avoid dangerous climate change (>1.5°C rise)

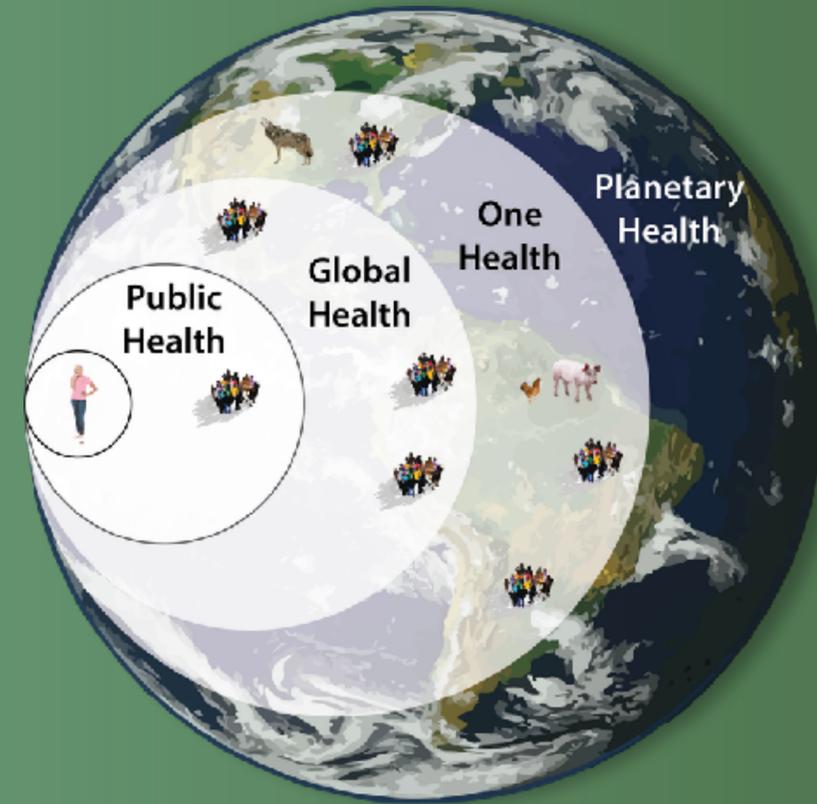


**PROJECT
DRAWDOWN.**

Learn more about these & other climate solutions at: projectdrawdown.org

ACTIE

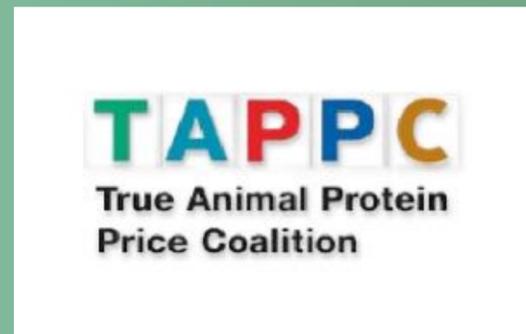
- Thuis
 - Plantaardig
 - Voedsel afval
 - Biologisch
- Sluit je aan bij Caring Doctors
 - Help ons aan tafel binnen jouw zorginstelling
- Stap in een green team; maak een green team voeding
- Bespreek leefstijl en voeding met je patiënt
- Maak voeding een integraal onderdeel van je leefstijl strategie in je ziekenhuis
- Plak je vast op de A12
- Geef de Mona Lisa soep



ADVISERING

- UNIVERSITEIT PLANTAARDIG
- PERSONEELSKEUKEN ZORGINSTELLING 80-20 PLANTAARDIG-DIERLIJK
- PATIENTEN KEUKEN ZORGINSTELLING 50% VOLGENS 80-20 PRINCIPE
- COMPLEXE PATIENT 'AS IS' (WORDT AAN GEWERKT)
- WERKGROEP DIËTISTEN COMPLEXE PATIENT
- OPLEIDING KLIMAAT EN VOEDING IN IEDER STUDIEJAAR
- LANDBOUW AKKOORD MOET EEN VOEDSELAKKOORD ZIJN WAAR HUMANE EN PLANETAIRE GEZONDHEID LEIDEND IS
- TRUE PRICING VAN VLEES EN ZUIVEL WAAR GEZONDHEIDSSCHADE EN MILIEUSCHADE IN VERWERKT IS
- EINDE SUBSIDIES BIO-INDUSTRIE
- GROENTE EN FRUIT 0% BTW
- INTEGRALE PREVENTIE EN VOORLICHTING OVER GEZONDE VOEDING

PARTNERS



- Prof. Dr. Ir. Jan Rotmans, verander economie Erasmus
- Dr. Ir. Patrick Jansen, bioloog WUR
- Prof. Dr. Hanno Pijl, diabetoloog LUMC
- Prof. Dr. Roos Vonk, sociale psychologie Radboud Universiteit
- Prof. Dr. Martijn Katan, voedingsleer VuA
- Prof. Dr. Petra Verdonk, ethiek en recht, A-UMC
- Prof. Dr. Pim Martens, planetary health



900.000 koeien



1.4 miljoen geiten



1.7 miljoen schapen



3.8 miljoen varkens



11.8 miljoen eenden



202 miljoen kippen



honderden miljoenen
vissen

PER DAG

TAKE HOME MESSAGE

- DE PLANTAARDIGE VOEDSELTRANSITIE IS URGENT
 - DE PLANTAARDIGE VOEDSELTRANSITIE IS NOODZAKELIJK
 - PLANTAARDIG OF HOOFDZAKELIJK PLANTAARDIG IS GOED VOOR MENS, DIER EN NATUUR.
-
- DE OPLOSSING KAN DAGELIJKS OP JE BORD LIGGEN.

