



# Sustainable & Healthy Food Systems

Sustainable & Healthy Food Systems (SHEFS) is a global research programme using novel techniques to generate and synthesise evidence. SHEFS helps decision-makers create policies that deliver nutritious and healthy diets in an environmentally sustainable and socially equitable manner.

The focus of SHEFS is bridging the gap between science and practice to understand and help solve current social and environmental problems. The project unites partners in different countries to work closely together and share methods, data, knowledge and expertise from a wide range of fields.



## WHY DO WE NEED SHEFS?

Food systems are defined as the web of activities involving the production, processing, transportation and consumption of food. They are changing rapidly and influencing food availability, our health and the environment. At the same time, environmental change is challenging the ability of food systems to produce enough nutritious food in a sustainable and socially equitable way.

Food systems are also under pressure from socio-economic

development, including urbanisation, demographic shifts, changing diets and land use transitions. As a result, malnutrition and non-communicable diseases are on the rise.

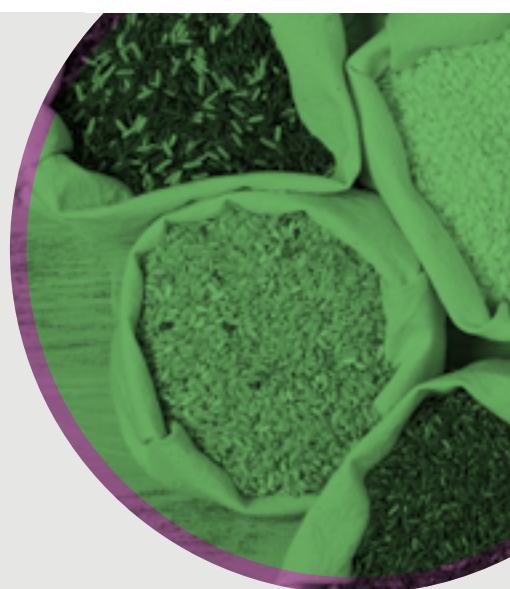
Bringing together methods from a range of disciplines, as well as using new analytical approaches, is key to assessing and tackling current challenges. This way we can help enable shifts towards sustainable, equitable and healthy food systems in the future.

## WHO ARE WE?

SHEFS is a collaboration between ten organisations in India, South Africa and the UK.

- Ashoka Trust for Environment & Ecology (ATREE)
- Centre for Chronic Disease Control (CCDC)
- City, University of London
- Food Foundation
- London School of Hygiene & Tropical Medicine (LSHTM)
- Royal Veterinary College (RVC)
- The School of Oriental & African Studies (SOAS)
- University of Aberdeen
- University College London (UCL)
- University of Kwazulu Natal (UKZN)

SHEFS is funded by the Wellcome Trust's Our Planet, Our Health Programme. It is one of four major interdisciplinary research partnerships in the areas of global food systems and urbanisation awarded by the Wellcome Trust in 2017.



## HOW DOES SHEFS WORK?

SHEFS' work includes three countries and focuses on eight key areas of research. The project's findings will enable policy makers across sectors to make evidence-based decisions.

**The programme is made up of two linked research components:**

**Data gathering, analysis and scenario modelling:** SHEFS uses a variety of statistical, analytical and experimental methods to identify key interactions at global, regional and national levels.

**Policy design and evaluation:** SHEFS will map out in detail the policy context in which food systems operate, in low-,

middle- and high-income settings. It aims to identify leverage points for policy with the potential to improve population health and reduce environmental impacts. Whilst carrying out these activities, SHEFS maintains a

continuous dialogue with decision makers and other stakeholders throughout the project. SHEFS will cultivate a comprehensive understanding of the links between environment, food systems and public health, and the policy environments in which those structures are at work. This will allow SHEFS to contribute strong evidence for policy development on sustainable and healthy diets, as well as assess the viability of these new policies in existing policy environments.



### Countries

- India
- South Africa
- UK



### Research themes

- Health
- Agriculture
- Environmental science
- Economics
- Diets
- Livestock
- Policy
- Evidence synthesis

