

One Blue Dot – Showcasing how dietitians can influence and shape national policies on environmentally sustainable diets

The serious policy issue of climate change is high on the international agenda. This creates exciting new opportunities for dietitians to help shape future dietary recommendations to balance environmental impact with human health needs. How can the dietetic profession lead the necessary changes to maximise on these opportunities?

This workshop will use the BDA's seminal One Blue Dot environmentally sustainable diets toolkit as an exemplar. We will showcase how, by using a structured, consultative, co-design approach, essential progress has been made, and the project achieved dynamic support for dietitians to become advocates on environmentally sustainable diets.

The session will outline the project, including the scope and timelines, as well as the challenges that arose and how they were overcome. Essential learnings on member and stakeholder engagement will also be highlighted. A creative and interactive session will engage participants to start modelling one of the toolkit elements for use in their communities.

Participants will take away insights into a successful process and method for toolkit development, plus input into conversations on future developments in the field of environmentally sustainable diets. By attending this workshop, Dietitians will gain an insight into how to influence, and shape discussions, on this extremely important topic.

Session lead / lecturer:

Dr Clare Pettinger RD RNutr(Public Health)

Clare is an experienced lecturer at University of Plymouth, UK. With a track record in 'food choice' research, she is currently engaged in research which includes 'sustainability for dietitians' (Pettinger 2018 Nutrition Bulletin article). She is an inspiring and informed educator, frequently acting as advocate for her professions, offering expert consultancy on sustainable food related issues to the media and local/regional/national networks. Clare believes strongly that new approaches are required to tackle current local (and global) health and social wellbeing challenges. Clare's dedication to sustainability won her a highly commended 2017 SSTAR award for 'sustainability in the curriculum'. She also led an interactive sustainability workshop at the International Congress of Dietetics in Granada, Sept 2016, and is on the working group who created the BDA Sustainable Diets policy and subsequent One Blue Dot toolkit.

Pettinger C (2018) Sustainable Eating: Opportunities for nutrition professionals. Nutrition Bulletin, 43, 3, 226-237

Louise Symington

Louise is a Registered Dietitian with over 15 years' experience in NHS, private and charity sectors. Her background includes; running GP clinics (weight management through to gut health), food policy work at charities such as Sustain and The National Trust and product sourcing for Crussh. I've also advised at government level working on DEFRA's Green Food Project (PB14010)

Ruth Harvey

Ruth is a Registered dietitian with over 12 years' experience, having worked in the NHS, in Australia and in private practice. Ruth is Chair of the BDA Sustainable Diets group and practices in the areas of gastroenterology, maternal and infant nutrition and eating a sustainable diet. Ruth currently runs her freelance practice, Pod&Pea Nutrition, as well as working part-time for a General Practice Network in South Devon, England.

