

# 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

### **Elphee Medici**

Nutrition & Health Communications Consultant

A highly skilled and passionate dietitian with over 30 years' experience including 10 years in the NHS. Before going freelance, Elphee worked as the in-house dietitian for various FMCGs including Alpro, Unilever & Yoplait successfully executing healthcare and consumer wellness programmes – always ensuring the science was never misinterpreted. Her core expertise includes critiquing scientific research and interpreting findings into practical implications and meaningful public health messaging. She has produced various evidence-based scientific and consumer publications on health issues such as bone health, vitamin D, soya isoflavones, plant-based diets, child health and heart health including the Ultimate Cholesterol Lowering Plan©. Elphee is most proud to have recently worked with the BDA dietetic team on the development of the One Blue Dot® project providing a scientific review of the evidence for sustainable diets and the nutritional implications for the UK public.

### **Lynne Garton RD, Consultant Dietitian**

Lynne is an experienced Dietitian, with around 30 years' experience in food, diet and health, and has worked both in the NHS and industry. Passionate about communicating the role of good nutrition towards positive health and well-being, she now runs her own successful nutrition consultancy.

Lynne is active in the media and has been involved in several TV programmes, contributed to national newspapers and provided nutritional input into various books. Lynne is also Editor of Complete Nutrition magazine, the number one magazine of its kind to nutrition professionals. Recently, she has been appointed as Dietetic Advisor to HEART UK, the cholesterol charity, where she works on all diet and nutrition related matters.

Lynne's interest in sustainable diets stems back to her research examining the evidence supporting the benefits of plant-based eating. This resulted in her co-authoring two books on the subject - 'The Plant-Based Plan: 10 scientific reasons for more plant-based eating' and 'The Plant-Based Plan: Reference Guide for Plant-Based Nutrition'. As the evidence continues to grow, Lynne is passionate about promoting the benefits of dietary patterns that support both individual health and the health of the planet. This has involved presenting at conferences, delivering webinars to health professionals, as well as lecturing to nutrition students on sustainable diets. Lynne is proud to have been a member of the BDA's Sustainable Diets Working Group, contributing to their important 'One Blue Dot' toolkit.