

International Conference on **GLOBAL WASTE MANAGEMENT**

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**What is a Healthy and Sustainable Diet: Findings from EAT-Lancet****Ms. Shruti Verma***Professor of Epidemiology and Nutrition United States of America.*

The world is facing a health crisis due to increasing rates of obesity and diabetes, and the consequences will accumulate over the coming decades. Simultaneously, climate change is accelerating and is already having devastating effects; these changes will undermine the ability to produce adequate healthy food for the world's growing population. A rapid shift away from fossil fuels to green energy is essential, and adoption of diets that largely plant-based must play an important role; this will have major benefits for both human and planetary health. The traditional diets of the Mediterranean region have been shown to promote excellent health and have been sustainable over thousands of years; they can serve as an example that is also enjoyable and satisfying

**Biography**

Walter Willett is a physician and epidemiologist and Professor of Epidemiology and Nutrition at the Harvard T.H. Chan School of Public Health. He served as Chair of the Department of Nutrition at Harvard for 25 years. His work has focused on development of methods, using both questionnaire and biochemical approaches, to study the effects of diet on the occurrence of major diseases. He has applied these methods to large cohort studies, including nearly 300,000 men and women, that are providing the most detailed information on the long-term health consequences of diets. Dr. Willett has published over 2,000 articles, primarily on lifestyle risk factors for cardiometabolic disease and cancer, and has written the textbook, *Nutritional Epidemiology* and several books for the general public including *Eat, Drink, and Be Healthy: The Harvard Medical School Guide for Healthy Eating*. He is a member of the National Academy of Medicine.