

Food, Politics, Health. Untangling a Complex Web

A lecture series by Michael Freund

The Bruno Kreisky Forum for International Dialogue, the Embassy of the United States of America and *Der Standard* kindly invite you to

WHAT TO EAT: PERSONAL RESPONSIBILITY OR SOCIAL RESPONSIBILITY

A lecture by

MARION NESTLE

Paulette Goddard Professor of Nutrition, Food Studies, and Public Health
New York University, Steinhardt School of Culture, Education, and Human Development

Moderated by **Michael Freund**

Welcome address:

Eva Nowotny, Member of the Board of the Bruno Kreisky Forum, former Austrian Ambassador to the U.S.

Representative US-Embassy

Thursday | September 24, 2009 | 19.00 h

Bruno Kreisky Forum for International Dialogue | Armbrustergasse 15 | 1190 Vienna
The lecture will be held in English.

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Marion Nestle is Paulette Goddard Professor in the Department of Nutrition, Food Studies, and Public Health at New York University, which she chaired from 1988-2003. She also holds appointments as Professor of Sociology at NYU and Visiting Professor of Nutritional Sciences at Cornell. Her degrees include a Ph.D. in molecular biology and an M.P.H. in public health nutrition, both from the University of California, Berkeley. She has held faculty positions at Brandeis University and the UCSF School of Medicine. From 1986-88, she was senior nutrition policy advisor in the Department of Health and Human Services and managing editor of the 1988 Surgeon General's Report on Nutrition and Health. Her research examines scientific, economic, and social influences on food choice. She is the author of three prize-winning books: *Food Politics: How the Food Industry Influences Nutrition and Health* (2002; revised edition, 2007), *Safe Food: The Politics of Food Safety* (2003; revised edition, 2010), and *What to Eat* (2006). Her most recent book, *Pet Food Politics: The Chihuahua in the Coal Mine*, was published in 2008. She writes the *Food Matters* column for the *San Francisco Chronicle*, and blogs daily (almost) at www.foodpolitics.com and at the *Atlantic Food Channel* at <http://food.theatlantic.com>.

Michael Freund born 1949 in Vienna, Austria, head of the Media Communications Department, Webster University, Vienna, editor and writer for *Der Standard*. Studied social sciences in Vienna, Heidelberg and at Columbia University, NY (Ph.D.).

Food, Politics, Health. Untangling a Complex Web.

We are what we eat (Der Mensch ist, was er isst). But what we eat is not only our personal decision. It has always been determined by a complex web of political, cultural and business dynamics. Today more than ever, nutrition is related to issues of environmental destruction, special corporate interests, illnesses and health risks. The way most food is produced depletes our energy reserves, reduces out biodiversity and is considered harmful to soil and air – and to our bodies. This view is not fear-mongering by radical food purists, but shared by many serious experts in the field. The issues are most widely discussed in the United States because “Big Food” – a term coined after the fashion of Big Tobacco, Big Pharma and others – is most advanced there. But, as Nestle and other authors in the field argue, the problem is not limited to North America or to the advanced industrial nations. Not only do U.S. food processing companies invest some 50 billion dollars abroad annually, but the ensuing and often enforced changes in dietary habits mean that even in poorer countries you can be overfed and undernourished. Soft drinks, fast food, processed and engineered artificial snacks etc. are more cheaply and easily available than fruits or vegetables. Choosing what to eat is a personal as well as social responsibility. *Food, Politics, Health. Untangling a Complex Web (Ernährung, Politik, Gesundheit. Eine kompliziertes Geflecht und seine Lösung)* is a series of lectures and discussions that addresses the problems and shows the potential for change.

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