Using medical and public health expertise to solve problems for people, animals, and the planet—so everyone can rise and thrive.

Hope Ferdowsian, MD, MPH, FACP, FACPM
Co-founder, President, and CEO, Phoenix Zones Initiative
Internal Medicine, Preventive Medicine, and Global Public Health Physician
Professor, Department of Internal Medicine, University of New Mexico School of Medicine
The deadliest flu

最致命的流感

Image: CDC
The response 应对
The exhumation
The sequence
The connections

Image: CDC
2009 swine flu pandemic

2009年猪流感
The latest pandemic
最近一次大流行疫情
The Strongest Evidence Yet That an Animal Started the Pandemic

A new analysis of genetic samples from China appears to link the pandemic’s origin to raccoon dogs.

By Katherine J. Wu

The infectious disease trap of animal agriculture

Matthew N. Hayek
The global nutrition transition
The ongoing nutrition transition thwarts long-term targets for food security, public health and environmental protection


营养转型阻碍了粮食安全、公共健康及环境保护的长期目标的达成
Global nutrition dynamics: the world is shifting rapidly toward a diet linked with noncommunicable diseases

Barry M Popkin


全球营养动态
GLOBAL STRATEGY
ON DIET, PHYSICAL ACTIVITY AND HEALTH
Food systems hold key to ending world hunger

粮食体系是消除饥饿的关键
Global land use for agriculture across different diets

Global agricultural land use is given for cropland and pasture for grazing livestock assuming everyone in the world adopted a given diet. This is based on reference diets that meet calorie and protein nutritional requirements.

<table>
<thead>
<tr>
<th>Diet Description</th>
<th>Cropland</th>
<th>Pasture</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current global diet</td>
<td>704 Mha</td>
<td>538 Mha</td>
<td>2.89 billion hectares</td>
</tr>
<tr>
<td></td>
<td>57% used to produce direct human food</td>
<td>43% used to produce crops fed to animals</td>
<td></td>
</tr>
<tr>
<td>No beef or mutton (beef from dairy cows still included)</td>
<td>1.17 billion ha</td>
<td>1.04 billion ha</td>
<td>2.21 billion ha</td>
</tr>
<tr>
<td>No beef, mutton or dairy</td>
<td>1.1 billion ha</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No red meat, dairy, or poultry (eggs and fish only)</td>
<td>1.01 billion ha</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegan</td>
<td>1 billion ha</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total: 4.13 billion ha
Cropland: 1.24 billion ha
Pasture: 2.89 billion ha

If everyone ate a vegan diet we would reduce the amount of land we use for agriculture by 75%.
This is an area the size of North America, plus Brazil.


*OurWorldinData.org* - Research and data to make progress against the world’s largest problems. Licensed under CC-BY by the author Hannah Ritchie.
United States, greenhouse-gas footprint

kg of CO₂ equivalent per person per year

- Dairy
- Eggs
- Fish
- Meat
- Plant matter
- Sugars & oils

Average diet
Reduced diet*
No dairy*
Vegetarian*
Two-thirds vegan*
Vegan*

Sources: "Multiple health and environmental impacts of foods", by Clark et al., PNAS; "Country-specific dietary shifts to mitigate climate and water crises", by Kim et al., Global Environmental Change

*Vegetables=1  Simulated diet, to reach 2,300 calories per day

The Economist
Nov 15th 2019
VIEWPOINT

Just Transition for agriculture? A critical step in tackling climate change

农业公正转型？应对气候变化的关键一步

Charlotte E. Blattner *
Harvard Law School
An average of 27 workers a day suffer amputation or hospitalization, according to new OSHA data from 29 states.

Meat and poultry companies remain among the most dangerous.
Shared vulnerability
同性的脆弱性
Crisis offer opportunities for bold solutions.

危“机”共存
A silent call for a socially and ecologically just One Health approach

Hope Ferdowsian

‘Silent Spring’ still holds lessons for keeping the planet, and ourselves, healthy

Public health leaders must take an ecological view of health to stave off future pandemics and sustain a healthy world, says physician Hope Ferdowsian.

By Hope Ferdowsian • January 24, 2023
Thank you.

PhoenixZonesInitiative.org