



A One-Health Approach to “Healthy”

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Food as a Public Health Issue

- Diet-related diseases continue to climb
 - Cardiovascular Disease
 - Hypertension
 - Stroke
 - Certain types of cancer
 - Osteoporosis
 - Dental disease

	1960s	2024
Obesity	13% (5% for children)	42% (20% for children)
Diabetes	1.8%	9%



Efforts to Address Diet-Related Disease

- The White House National Strategy on Hunger, Nutrition and Health
- FDA's Nutrition Labeling Update
- USDA's Updated MyPlate
- Food Assistance Programs (SNAP, WIC)
- School Programs
- Food as Medicine Programs



Efforts to Address Diet-Related Disease

- 119 federal research programs
- 72 federal educational and clinical programs
- 27 federal food assistance programs



Binary Food Analysis



VS.





Healthy Food Criteria

- Processed vs. Whole Foods
- Plant-based vs. Animal products
- Carb-heavy vs. Keto
- Gluten-free vs. Glutenous

FDA's Proposed Definition of "Healthy"

- Contains a certain amount of fruit, vegetables, grains, dairy or protein
- Specific limits for added sugars, saturated fat, and sodium
- Raw whole fruits and vegetables automatically qualify for the "healthy" claim

Products that Could Qualify for "Healthy under the Proposed Rule



Source: FDA



Environmental Food

Health

The Hidden Dangers



Nutrient-Poor Food

- Nutrient decline (between 6 and 38%)
- 75% fruit and vegetables affected
- Nutrient-depleted soil
- Genetically engineered to optimize yield





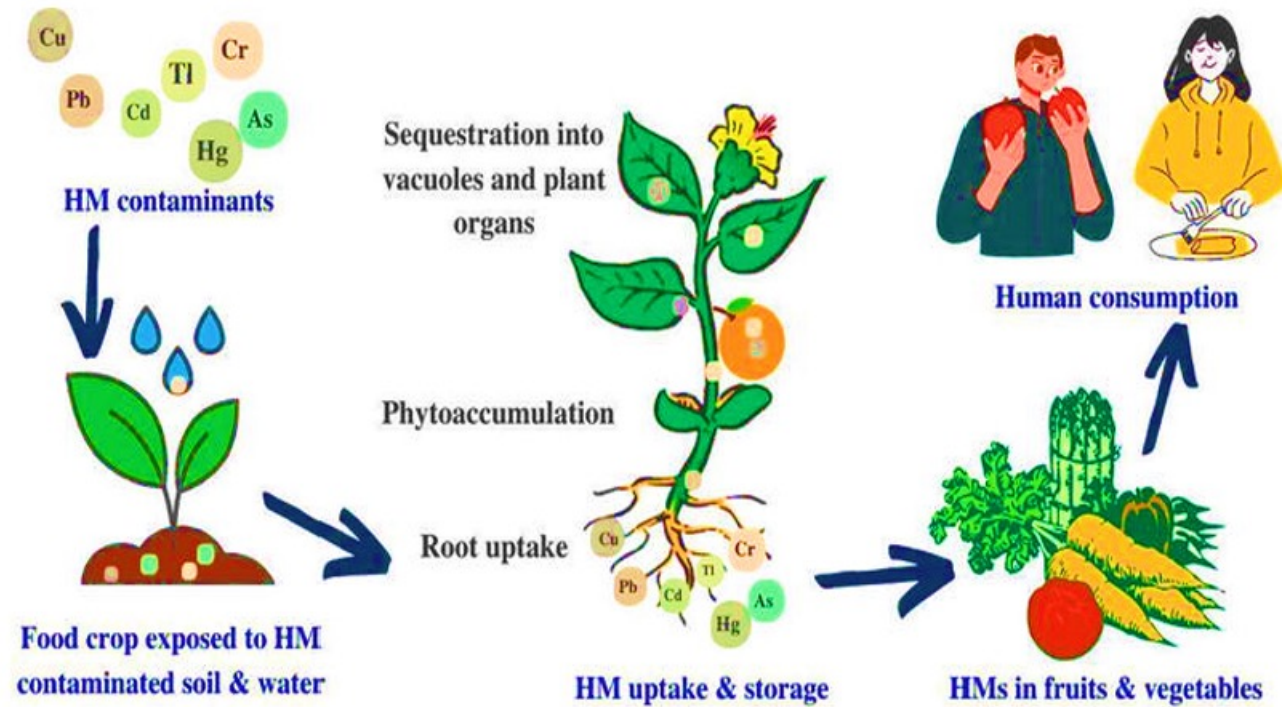
Plastics & Plasticizers

- BPA
- Phthalate ethers



Heavy Metals

- Lead
- Mercury
- Cadmium
- Arsenic
- Zinc
- Copper
- Iron



Source: <https://api.intechopen.com/media/chapter/80088/media/F2.png>

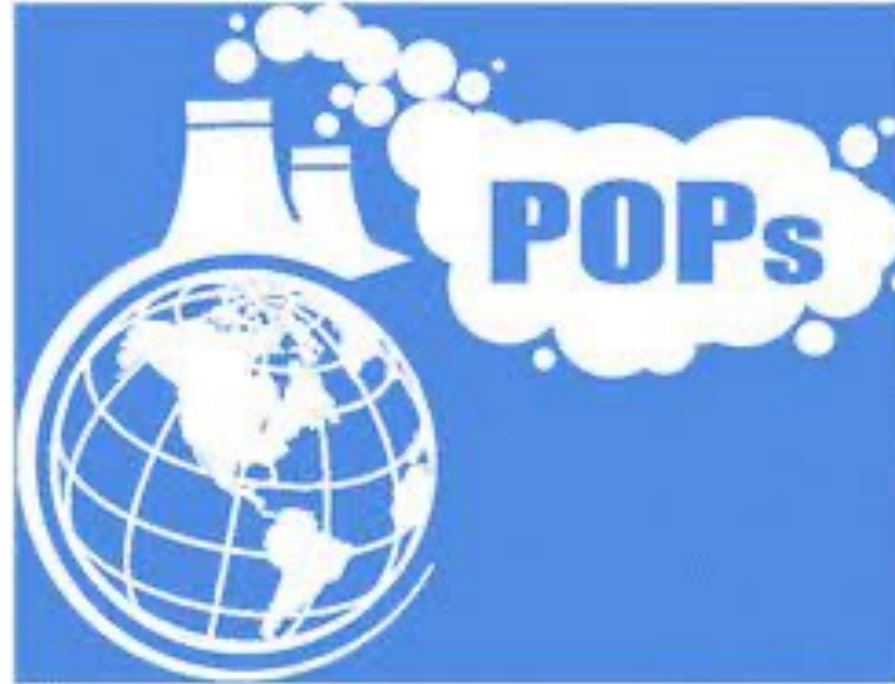
Pesticides



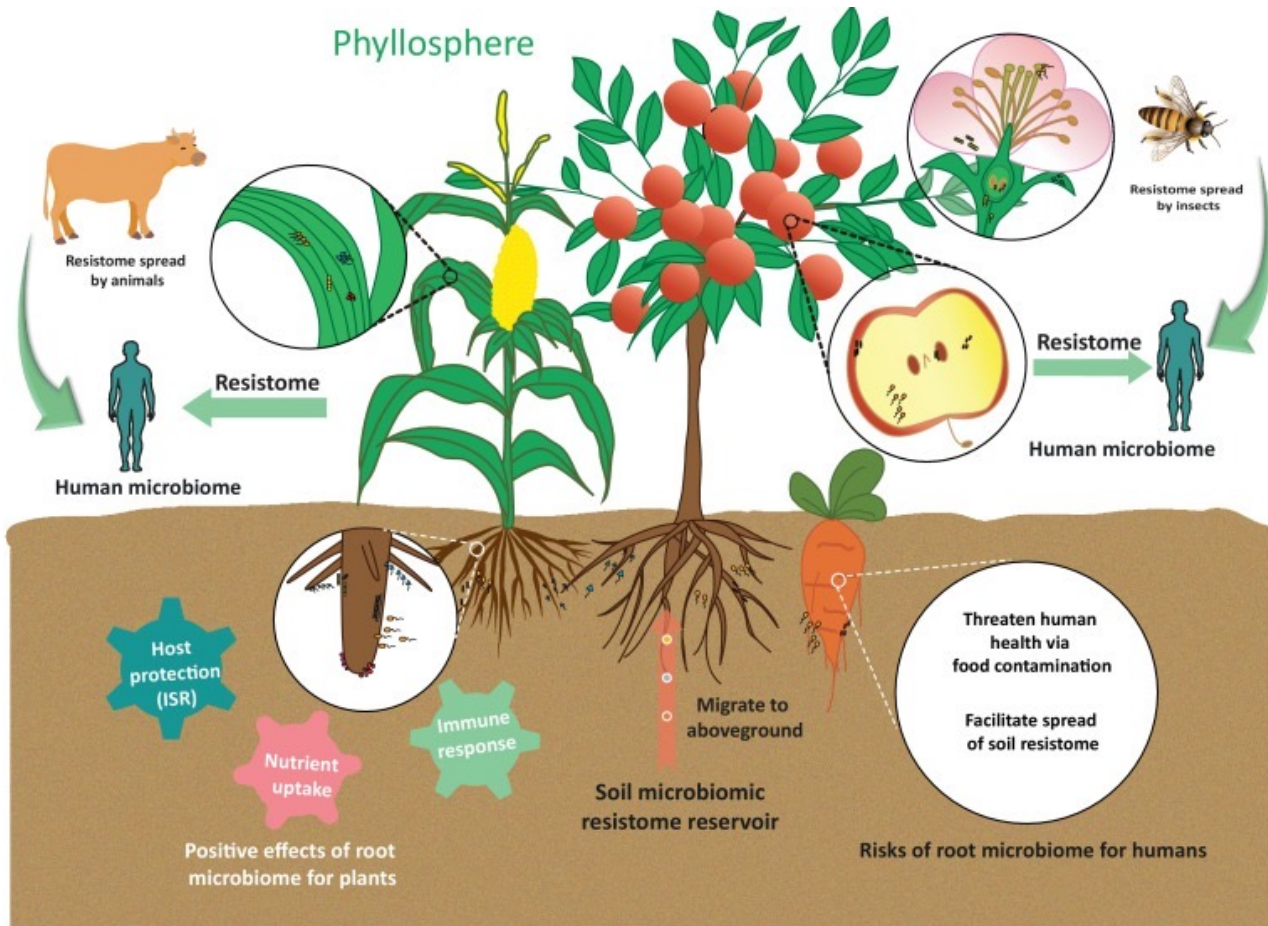
- Organochlorines (DDT)—banned
- Organophosphates (parathion, chlorpyrifos, malathion, diazinon)
- Carbamates (Methomyl, Carbofuran)
- Pyrethroids
- Atrazine
- Glyphosate
- Metolachlor
- Paraquat
- Trifluralin

Other Persistent Organic Pollutants

- PFAS
- PCBs
- PBDEs
- Dioxins



Antimicrobial Agents



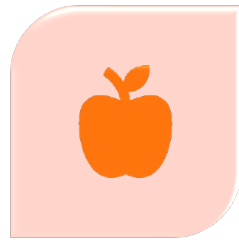
- Antimicrobial agents in plant-based and animal food
- Antimicrobial-resistant genes/organisms



Current Approach



ENVIRONMENTAL
LAW



FOOD LAW



AGRICULTURAL
POLICY



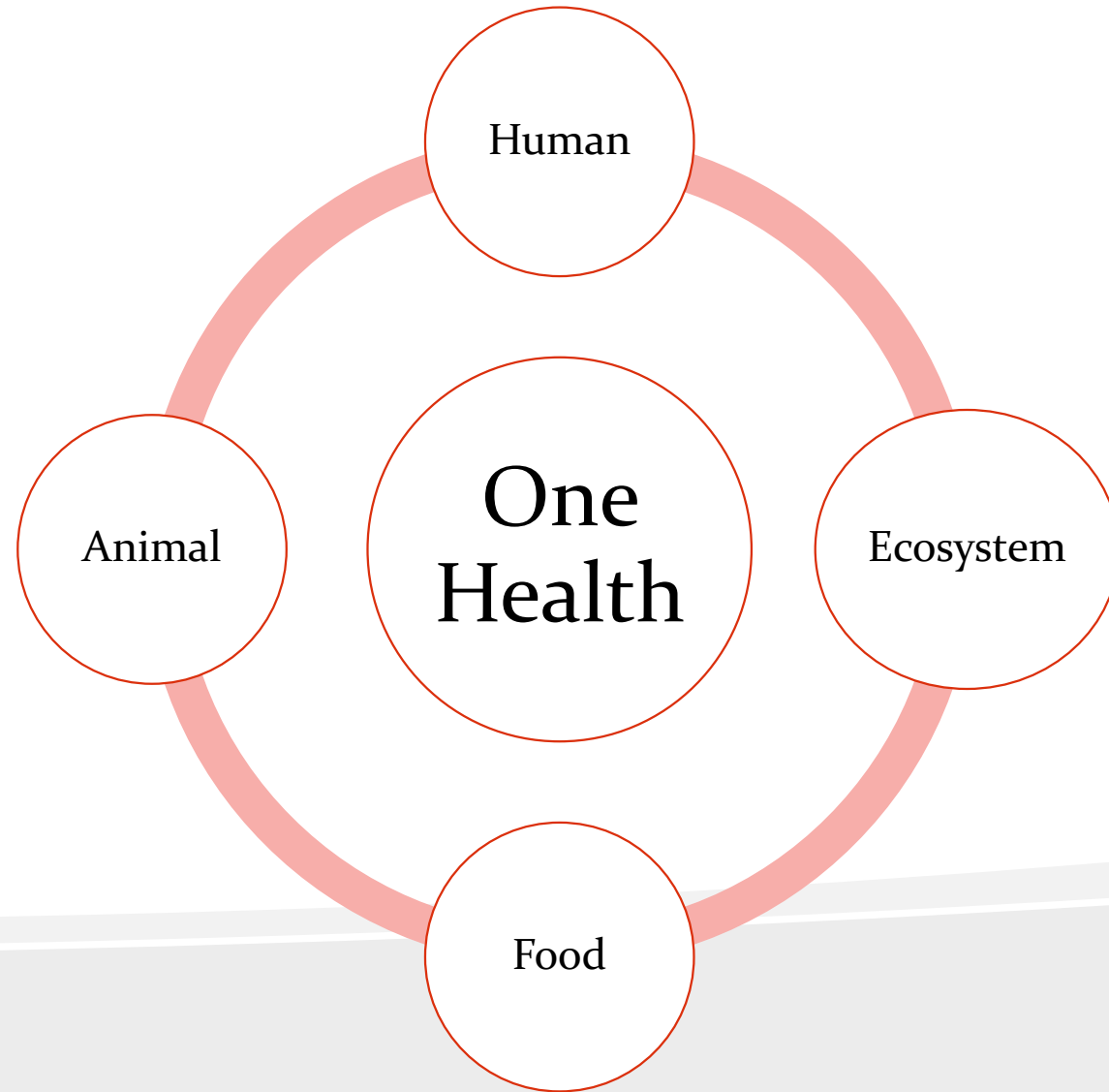
ANIMAL LAW



HEALTH LAW &
POLICY



A One-Health Approach





Coordinated Action

- Targeted Multidisciplinary Research
- Integrated Surveillance and Response Capabilities
- Updated “healthy” definition and a food purity index
- Consistent Communication Strategy
- Harmonized local, state, and federal food safety regulations
- Economic Investment and Incentives



Self-reinforcing health cycle

- Healthier people
- Healthier food
- Healthier animals
- Healthier environment



Thank you!

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