RECENT EFFORTS to make healthy eating a default choice include making nutrition education more accessible to children and adults, incentivizing the purchase and consumption of healthier foods at farmers markets and retail outlets, and using health insurance to support the purchase of healthy foods for those in need.

MASSACHUSETTS residents eat fruits & vegetables 3 times a day on average. Dietary recommendations are typically 5 or more per day.

MASSACHUSETTS has 4.4 farmers markets for every 100,000 residents. 30% of markets accept SNAP, 45% accept WIC.

INTERNationally, obesity-related diseases, including heart disease, type 2 diabetes, and cancer, are now among the leading causes of preventable death, and cost more than $147 billion annually in the U.S. alone.

AMERICANS eat roughly $70 calories more per day than they did in the 1970s. While supersize portions are partly to blame, steady snacking is the bigger culprit.

AMERICANS are overweight or obese.

THEN & NOW: A Large Soda at McDonald’s

OF THE world’s population live in countries where overweight and obesity kills more people than underweight and malnutrition.

SUSTAINABLE food systems are key to promoting healthy diets. Governments are called upon to promote nutrition-enhancing agriculture, by integrating nutrition objectives into the design and implementation of agricultural programmes, ensure food security and enable healthy diets.

Joint WHO/FAO news release

#FoodBetterHarvard