



Counteracting the Global Syndemic building on community engagement

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The Global Syndemic of Obesity, Undernutrition, and Climate Change: *The Lancet* Commission report

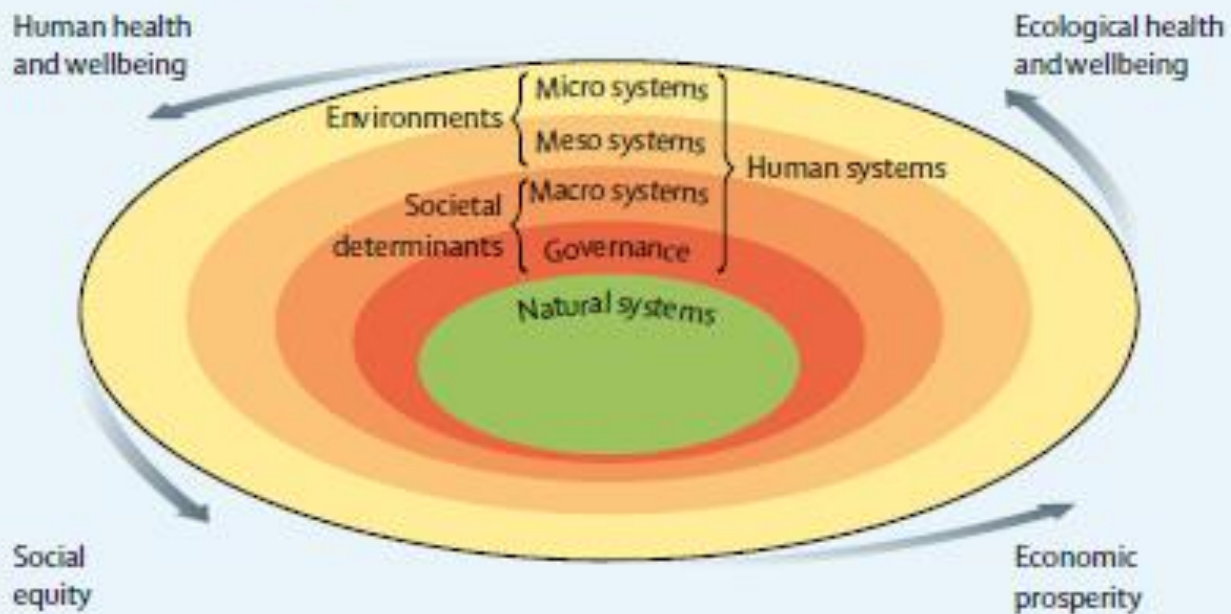


Boyd A Swinburn, Vivica I Kraak, Steven Allender, Vincent J Atkins, Phillip I Baker, Jessica R Bogard, Hannah Brinsden, Alejandro Calvillo, Olivier De Schutter, Raji Devarajan, Majid Ezzati, Sharon Friel, Shifalika Goenka, Ross A Hammond, Gerard Hastings, Corinna Hawkes, Mario Herrero, Peter S Hovmand, Mark Howden, Lindsay M Jaacks, Ariadne B Kapetanaki, Matt Kasman, Harriet V Kuhnlein, Shiriki K Kumanyika, Bagher Larijani, Tim Lobstein, Michael W Long, Victor K R Matsudo, Susanna D H Mills, Gareth Morgan, Alexandra Morshed, Patricia M Nece, An Pan, David W Patterson, Gary Sacks, Meera Shekar, Geoff L Simmons, Warren Smit, Ali Tootee, Stefanie Vandevijvere, Wilma E Waterlander, Luke Wolfenden, William H Dietz

Obesity, undernutrition, and climate change form a syndemic since they

- *cluster in time and place*
- *interact with each other*
- *have common systems drivers*
- *Syndemic drivers: food systems, transportation, urban design and land use.*

A Global outcomes view



Examples of “triple-duty actions”

Reduce red meat consumption

Transport mode shifts

Sustainable dietary guidelines

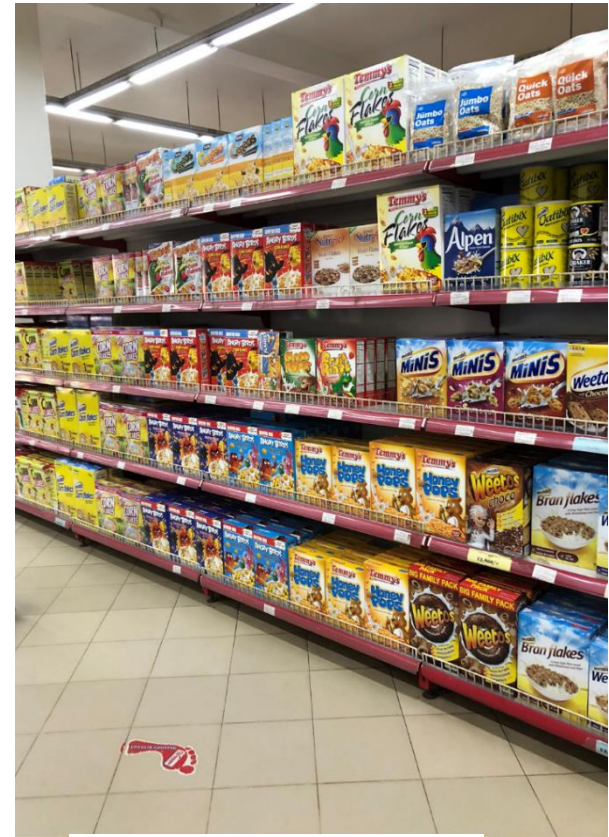
Restrict commercial influences

Right to Wellbeing legislation

Framework Convention on Food Systems



ICA, Sweden
december 2019



Shoprite, Uganda
january 2020

How can we introduce the GS concept in our health promoting efforts?

Step	What do we do?	Potentially affects the following determinants of health (Social Cognitive Theory)
1	<p>Introduce the concept and how it is linked with the health issues at hand (nutrition, smoking, weight problems...)</p> <p><i>Valuable in itself!</i></p>	<p>Self-efficacy</p> <p>Outcome expectations</p>
2	<p>If there is interest: confirm that it is possible to achieve change. Give positive examples.</p> <p><i>Another important step towards change</i></p>	<p><i>Above mentioned and:</i></p> <p>Observational learning</p> <p>Reciprocal determination</p>
3	<p>If there is interest and possibilities: suggest and offer to help with meeting where ideas are produced, if possible connect with other actors.</p> <p><i>Opens for change on structural levels</i></p>	<p>All of the above</p>

Has the global society learned something that can help us to build back, build fairer?

”No man is an island”

- The pandemic has exposed and widened health gaps
- Influential people, usually well protected, are now threatened by societal failure to protect all its members
- Tragedies may open new windows of opportunities
 - for solidarity – the insight that we all depend on each other - however it is not always as visible
 - for broad efforts to give floor to underserved groups to participate and have real influence on societal development

”Never look down to test the ground before taking your next step; only he who keeps his eye fixed on the far horizon will find the right road”

Dag Hammarskjöld

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