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Sustainable Diets Now and For Generations to Come

Abstract: The production of food for human consumption uses natural resources at unsustainable levels, while contributing to environmental damage, including climate change. These negative impacts are putting at risk the healthfulness, availability, and quality of future diets. Consequently, production practices and systems that require fewer natural resources and cause less environmental damage, while providing consumers with healthy, affordable diets must be identified and adopted. Consumer food demand, changes to farmer behavior, agricultural and nutrition policies can help drive such changes through the food supply chain. This presentation will provide an overview of the current state of the science on sustainable dietary patterns, with a focus on the US. It will also discuss strategies and challenges for shifting food production processes and consumer food choices to enhance the sustainability of the food system.

Bio: **Dr. Rebecca Boehm** is an economist with the Food & Environment program at the Union of Concerned Scientists. In her role, she conducts applied economic research to advance the development of a healthier, more sustainable, and equitable food system. Prior to joining UCS, Dr. Boehm was a postdoctoral fellow at the Rudd Center for Food Policy and Obesity at the University of Connecticut, with a joint appointment in the UConn Agricultural and Resources Economics Department's Zwick Center for Food and Resource Policy.

Her research has focused on understanding the implications of food choices for climate mitigation and adaptation, evaluating federal nutrition programs including the Food Insecurity Nutrition Incentive program, and assessing public health interventions to encourage healthy eating among children. Her research has been published in various journals including *Climate*, *Food Policy*, *Journal of Nutrition Education Behavior*, and *Public Health Nutrition*.

Dr. Boehm has a BA in ecology and evolutionary biology from Princeton University, and a MS and PhD from the Tufts University Friedman School of Nutrition Science and the Agriculture, Food, and Environment program. She has been quoted in the *Chicago Tribune*, *Vice Munchies*, the *Washington Post*, among other outlets.