

# Healthier and Resilient Food Systems Network

One Day: Diet in Yorkshire & Humber

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# One Day: Diet in Yorkshire & Humber

## Sustainability variables:

Introducing environmental impact measures for greenhouse gas emissions (GHGE), land use and freshwater withdrawal for the UK

Analysis of NDNS 2014-2017 (n=2,165) reported daily diets were associated with 5.8kg CO<sub>2</sub>eq, 5.7m<sup>2</sup>year land use and 601L of freshwater

One Day: Diet in Yorkshire & Humber values:

n = 667	GHGE (kg)	LANDUSE (m <sup>2</sup> )	WATERUSE (L)
Mean	9.8	11.9	632.4
Median	6.9	6.9	553.8
Std Dev	9.1	18.7	399.7
Min	0.1	0.1	9.7
Max	95.1	168.6	3464.1

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## Feedback we addressed:

- Introduced consent and eligibility questions plus a participant unique identifier when redirecting to another site
- Improved search function to consider spelling mistakes and show more popular results at the top of the list of results
- Renamed some items to make them more user friendly e.g. changed 'distilled water' to just 'water'
- Added synonyms to some items to make them easier to search for e.g. toast, kefir and unsmoked bacon
- Added more items from requested brands e.g. M&S

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## Thank you! Any Questions?

We are keen to follow up this work and collaborate with Public Health Teams to support measurement of foods or nutrients in their populations e.g. weight management, healthier food environments, schools and workplaces, education, community engagement etc.

For more information on myfood24 or Dietary Assessment Ltd please contact us on either of the following:

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