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Climate change impact on nutrition: Measures to mitigate carbon foot print

For sustenance of life nutritious food is one of the basic necessities apart from potable water and clean air. Nearly 3 million children die per year globally for lack of nutritious food. 40% of global population cannot afford a healthy diet. 2 million people are obese due to poor diet and sedentary lifestyle. 14% of food is lost due to inadequate harvesting, handling storage and transit. Global Agri food sector provide job over 1 billion people more than any other sector.

Air pollution, Global warming and Climate change are inter-related and have an impact on agriculture and predicted 20% reduction in yield with low protein content. Global food sector contributes more than 33% of global greenhouse gases emissions second to Industries. Climate change of 2°-3°C causes extinct of nearly 54% of land and sea species. Fish contributes 12.8% of the animal protein. Use of fish in pregnant mother with other food with folate contribute for antioxidant and help in Th1 stimulation in epigenetic change in her fetus with less asthma. Change in biodiversity causes reduction of fresh water fish by 75% by 2075. Rising sea level will cause coastal erosion, inundation of coastal land being useless for agriculture, migration of population food scarcity and violence. Many terrestrial fresh water, ocean and coastal systems currently near or beyond their ability to adopt.

We are in the state of Catastrophe with Climate change from CO₂ level of 400-450 PPM and rising temperature of 1.2 to 2.7°C, further escalation with Carbon footprint leads to irreversibility and extinction of all species. It is time for all of us to act for our survival apart from nutritious food by the end of this century by reducing Carbon footprint from 4 ton to 2 tons-person. Details will be discussed during the talk.

Recent Publications

1. Paramesh H, Rashmi C, Paramesh- Overview in the management of persistent cough in pediatric practice. 2018;1(4):154-157 DOI: 10.15406/mojcrr.2018.01.00024
2. H Paramesh, K Nagaraju, Tu Sukumaran, Mukesh Sanklecha, Arun Wadhwa, Rajeev Sanghvi, Ashok Gupta, Sanjay Marath, A Balachandran, Tilak Raj Dangwal, Prabhakar Mishra, Subhashish Roy, Varsha Narayanan- Recurrent Respiratory Infections Management in India: Consensus Statement from Experts- Vol. 1, No. 3, October-December 2017. doi.10.1016/S0140-6736(17)32345-0.
3. Randeep Guleria, Raja Dhar, Ashok Mahashur, A G Ghoshal, S K Jindal, Deepak Talwar, Pralhad Prabhudesai, Nitin Abhayankar, H Paramesh, S Balamurugan- Indian Consensus on Diagnosis of Cough at Primary Care Setting. 2019 Jan;67(1):92-98.-

Biography

H Paramesh is a pioneering pediatric pulmonologist and Environmentalist. Had his basic medical degree MBBS in University of Mysore and Post-Graduation and Post Doctorate studies in USA. Over a decade of stay he returned to India in Nov. 1977. Established Lakeside Medical Center and Hospital and ran for 37 yrs. earning a good name in society as an academic institute. Now he is the Visiting Prof. at Divecha Center for Climate Change IISc. Bangalore. He has published over 100 papers at National, International level. He is one of the members international consensus of pediatric asthma by EAAAC and published in 2012. He is one of the 8 Global Experts opinion leader for Lancet Respiratory Journal on Round the World: Preschool Wheeze in 2017. He has received many awards for his work. He is a reviewer for many Journals and editorial board of Current science. Alumni of WHO Climate change.

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