



CAN WE SURVIVE OUR GLOBAL FOOD ENVIRONMENT?

Prof Felice N Jacka
Food & Mood Centre, Deakin University
Murdoch Childrens Research Institute
The University of Melbourne
The Black Dog Institute

f.jacka@deakin.edu.au



A DEAKIN IDEA



THE MID VICTORIANS

OUR DIETS HAVE CHANGED





MUNCHIES

Watch ▾

Eat ▾

Drink ▾

Think ▾

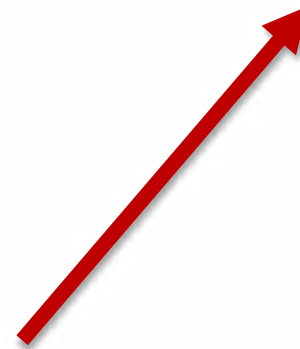
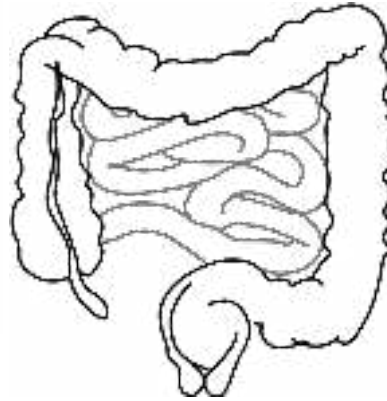
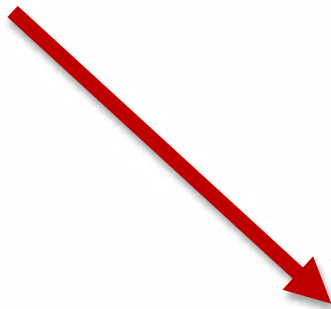
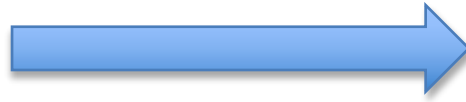
Make ▾



Junk Food Is Literally Shrinking Your Brain

BY MUNCHIES STAFF

September 18, 2015 | 1:15 pm



Dramatic Increase in Allergic Disease since 1980

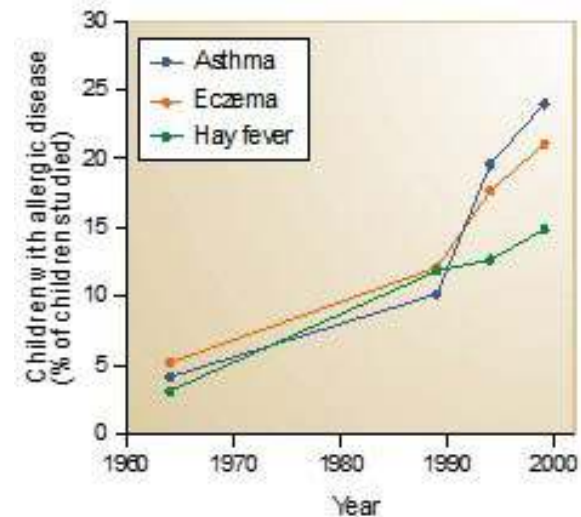
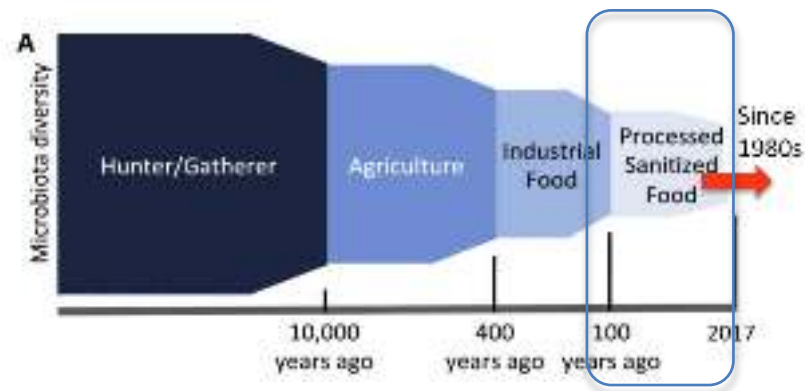
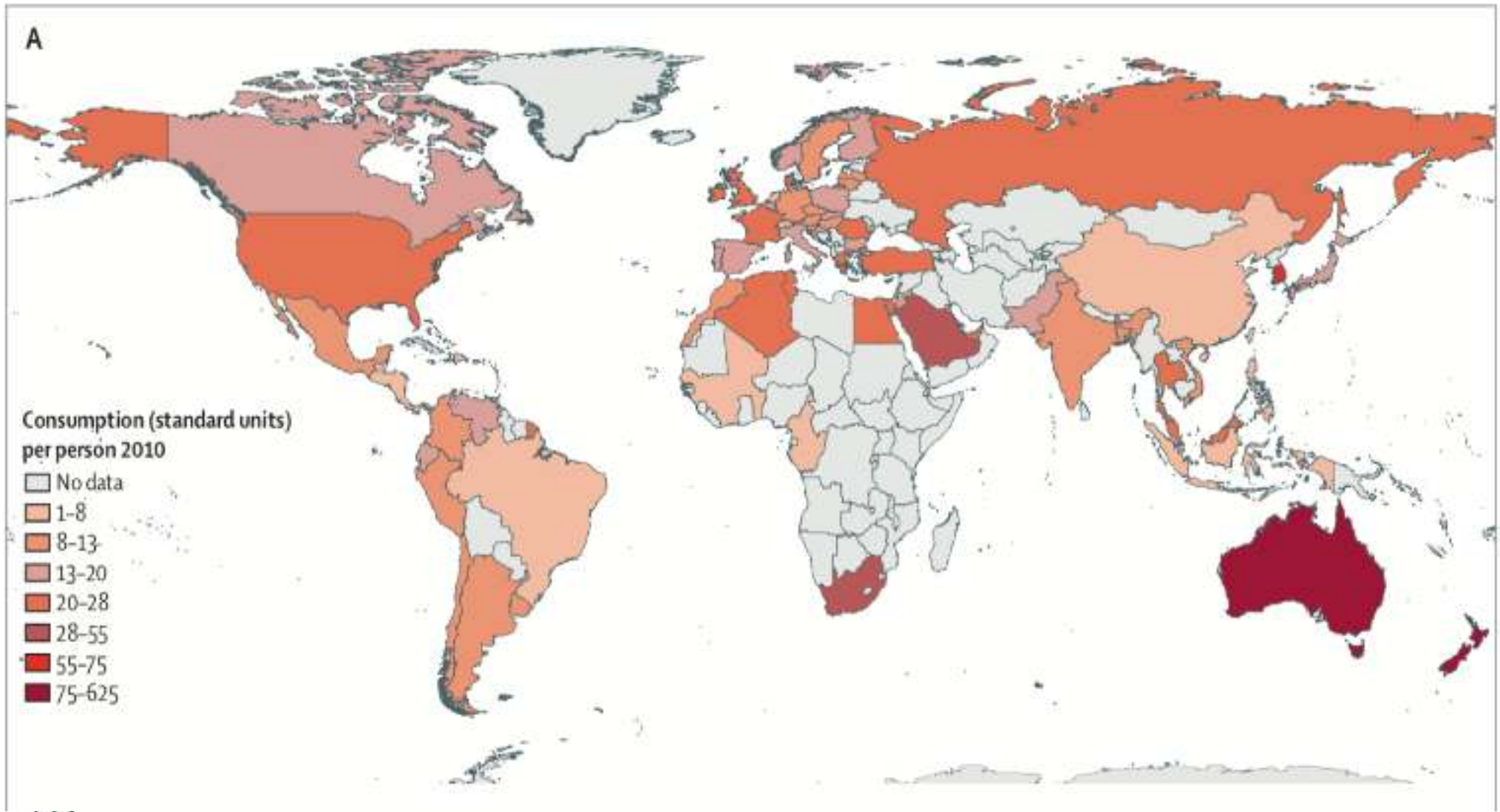
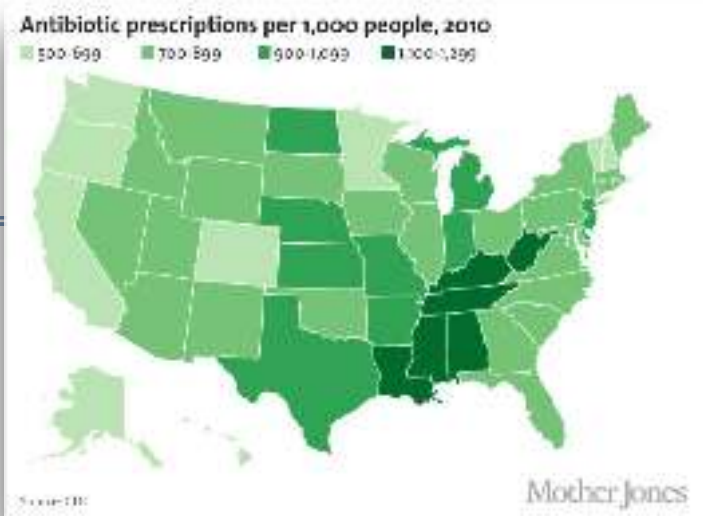
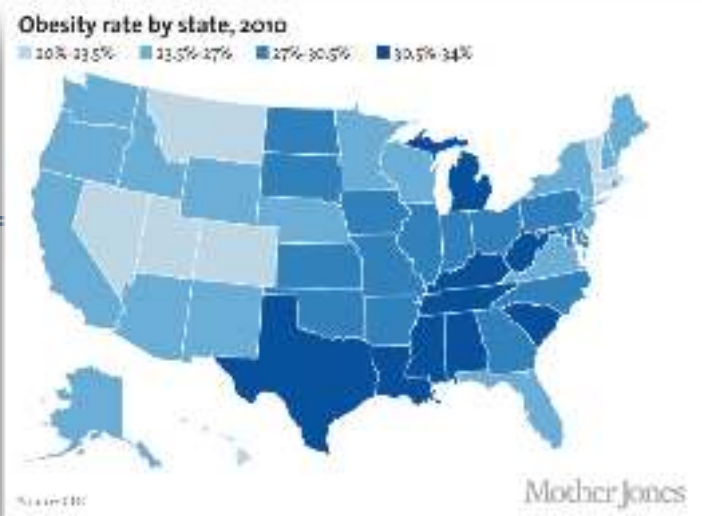


Figure 2 | The increase in the prevalence of **asthma**, **eczema** and **hay fever** since 1964. The results of four cross-sectional surveys of school children aged 9–12 years in Aberdeen, United Kingdom, between 1964 and 1999 are





Obesity and antibiotic prescription rates



$r = 0.74$

Antibiotics use and human gut microbiota composition across 27 countries



| | Metagenome (n=17) | | 16S (n=23) | |
|----------------------|----------------------|---------|----------------|---------|
| | R ² | P-value | R ² | P-value |
| Total Antibiotic use | 0.19 | 0.023 | 0.20 | 0.003 |
| Tetracyclines | 0.20 | 0.021 | 0.20 | 0.004 |
| Farm antibiotics | 0.19 | 0.073 | 0.03 | 0.847 |
| Vegetables/Fruits | 0.08 | 0.301 | 0.13 | 0.028 |
| Grains/beans | 0.09 | 0.226 | 0.20 | 0.003 |



- **Love your guts**
- **Feed your guts**
- **Protect your guts**
- **Look after your children's guts**
- **Look after the planet's guts**





FOOD & MOOD

CENTRE

www.foodandmoodcentre.com.au

A **DEAKIN** IDEA

