

The Intake4Earth App: An Invitation to Collect Data on the Environmental Impact of Diets



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Dietary Data Needs for Planetary Health

With less than one decade left to meet the Sustainable Development Goals (SDGs), the time is urgent to accelerate global momentum for “peace and prosperity for people and the planet, now and into the future.”¹

Positioned at the nexus of agriculture and nutrition, work to achieve environmentally sustainable, healthy diets for all is critical to achieving at least eleven of the seventeen SDGs², providing a clear opportunity for synergistic impact across multiple SDGs.

Data on what people eat, where, and how much are needed to know how to build on good practices and ameliorate what is bad;

it is also needed to provide an evidence base to inform programmatic and policy actions related to agriculture and nutrition.

When dietary data are linked to environmental impact information related to food production, processing, and transport, it is possible to assess, monitor, and track not only if diets are healthy, but also the extent to which diets are environmentally sustainable. Together, these data can be used to provide evidence-based insights into how food systems can be transformed to achieve the greatest impact for both human and planetary health.



1 <https://sdgs.un.org/goals> Accessed October 10, 2022

2 Global Panel. (2017). *Healthy diets for all: A key to meeting the SDGs*. Policy Brief No. 10. London, UK: Global Panel on Agriculture and Food Systems for Nutrition.

A Solution to Fill Data Gaps: The Intake4Earth App

At *Intake*, we are committed to measuring and understanding people's diets to protect biodiversity and ensure greater sustainability in food supply chains. As such, we have developed the Intake4Earth app to allow countries to use real-time data to report on the environmental impact of diets by tracking five indicators of planetary health: greenhouse gas emissions, land use, eutrophication potential, water use, and biodiversity loss.

The Intake4Earth app is designed for use in population-based surveys. The architecture of the app enables the collection of 24-hour dietary recall data, with these data linked on the back end to environmental impact data, to allow for the automatic reporting of key environmental metrics related to the planetary boundaries. With the Intake4Earth app, countries will soon be able to easily assess and track the link between population-level dietary patterns, diet quality, and planetary health.

The Intake4Earth app will be ready for early adopters to use in late 2025.

If you have interest in using the app for a population-based survey, please contact us at: SustainableDiets@FHI360.org.

Once the tool is fully ready for public use, we will offer free use of the tool and no cost technical support for its use. For more information about *Intake*, go to <http://Intake.org>.



About Intake – Center for Dietary Assessment

Intake is a Center for Dietary Assessment established in 2016 with funding from the Bill & Melinda Gates Foundation. *Intake* aims to strengthen policies and programs to improve nutrition and health by increasing the availability, quality, comparability, and use of reliable dietary data. Among our key areas of work is the development of tools and technology to reduce the barriers to dietary data collection, analysis, and use.

At *Intake*, our aim is to explicitly reflect the connections between agriculture, nutrition, and the environment in how we undertake our work and in the set of tools we develop, to allow for the intersectionality of the sectors to be more fully realized in how data are collected and used, to have the greatest sustained impact for both human and planetary health.

We strive to make time-relevant, high-quality data on diets and their environmental impacts a feasible reality for all. Our technology, tools, and metrics are designed to provide feasible, low-cost, data-related solutions to address evidence gaps related to food systems transformation.

With our easy- and free-to-use Intake4Earth app to collect and tabulate such data, it is now possible for countries to have actionable information to achieve far-reaching impacts across various sectors integral to the prosperity of people and the planet, including but not limited to, agriculture, nutrition, and the environment.

Join Us

At *Intake*, we are committed to working with countries and partners to develop the technology, tools, and metrics that they need to fill data gaps, to assess, monitor, and evaluate the state of diets and their environmental impact.

We welcome you to join us on this journey. Please contact us for more information and to explore collaboration opportunities and potential partnerships: SustainableDiets@FHI360.org



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