

1 **Toward a healthy, sustainable food system**

2 **I. PURPOSE**

3 In the United States, obesity and diet-related chronic disease rates are escalating, while the  
4 public's health is further threatened by rising antibiotic resistance; chemicals and pathogens  
5 contaminating our food, air, soil and water; depletion of natural resources; and climate  
6 change. These threats have enormous human, social and economic costs that are growing,  
7 cumulative, and unequally distributed. These issues are all related to food – what we eat and  
8 how it is produced. The U.S. industrial food system provides plentiful, relatively inexpensive  
9 food, but much of it is unhealthy and the system is not sustainable. While most U.S. food  
10 consumption occurs within this industrial system, healthier and more sustainable alternatives  
11 are increasingly available.

12 The American Public Health Association (APHA) has long been active on food system  
13 issues, as is shown by the large body of relevant policy (Appendix 1). Moving toward a  
14 healthier and more sustainable food system will involve tackling longstanding challenges and  
15 addressing new and evolving demands. This position paper reviews the scientific basis for  
16 understanding the U.S. food system and sustainability, identifies specific issues of concern,  
17 discusses key related policies and action opportunities, and outlines APHA goals. By uniting  
18 multiple food system themes in a single statement, it aims to provide clarity, new emphases  
19 and solid direction, encouraging the APHA to increase its activities and leadership to promote  
20 a more sustainable, healthier, and more equitable food system.

21 **II. BACKGROUND**

22 **A. Overview of the U.S. Food System:** A systems approach<sup>1</sup> to food enables consideration  
23 of the many intricately related factors involved in getting food from farm to consumer, as well

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1 as their implications for health. Food systems include inputs, mechanisms and structures for  
2 food production, processing, distribution, acquisition, preparation, consumption, and  
3 metabolism.<sup>2</sup> Also included in a food system approach are the participants in that system,  
4 including farmers, fishers, industry, workers, governments, institutional purchasers,  
5 communities, and consumers. Food systems are deeply entwined with many social issues.  
6 Overlapping food systems serve local, regional, national, and global levels; herein, the term  
7 refers to the national level unless noted.

8 APHA defines a sustainable food system as one that provides healthy food to meet current  
9 food needs while maintaining healthy ecosystems that can also provide food for generations to  
10 come with minimal negative impact to the environment. A sustainable food system also  
11 encourages local production and distribution infrastructures, and makes nutritious food  
12 available, accessible, and affordable to all. Further, it is humane and just, protecting farmers  
13 and other workers, consumers and communities.

14 **B. The Human Right to Food:** The right to food is a fundamental human right.<sup>3,4</sup> In 2004,  
15 the U.S. signed onto United Nations Voluntary Guidelines that state, “Food security exists  
16 when all people, at all times, have physical and economic access to sufficient, safe and  
17 nutritious food to meet their dietary needs and food preferences for an active and healthy life.  
18 The four pillars of food security are availability, stability of supply, access and utilization.”<sup>5</sup> A  
19 broad range of issues are involved in assuring the right, including nutritional quality, food  
20 safety/freedom from adverse substances, adequate livelihood to enable purchasing food, and  
21 avoiding abrogating the rights of others including farmers and other workers.<sup>5</sup> The right to  
22 food is to be fulfilled progressively through ongoing efforts of the signatory nations, including  
23 the U.S.<sup>4,5</sup> Having advocated that the standards be only voluntary, the U.S. must demonstrate

1 that this option can be meaningful.

2

3 We have eroded the pillars of food security. APHA can provide an important stimulus to  
4 help restore them and assure that our food system is sustainable.

5 **C. Food System Economics:** The food system represents a significant portion of the U.S.  
6 economy, accounting for at least \$1 trillion in annual sales, 13 percent of the gross national  
7 product, and 17 percent of the workforce.<sup>6</sup> In Fiscal Year 2006 the U.S. also exported over  
8 \$68.7 billion in agricultural products and imported over \$64 billion worth.<sup>7</sup> For seafood, the  
9 picture is much different. The U.S. currently imports over 80% of its seafood<sup>8</sup>, and in 2005  
10 our ‘seafood deficit’ for edible fishery products was \$8 billion.<sup>9</sup> In the current industrial  
11 food system there is significant market concentration, giving larger agricultural, processing  
12 and retailing companies advantages in dictating prices, influencing public policy, controlling  
13 information, and determining the choices and risks available to consumers, food producers,  
14 and other workers.<sup>6,10,11,12</sup> Food system impacts are unequally distributed, with the greatest  
15 costs (health effects and health-related costs, low wages, stressful conditions) borne by food  
16 producers and other workers, rural communities, and low income consumers. Taxpayers also  
17 support this system, through health care, social services, infrastructure, and subsidies and  
18 other benefits that accrue disproportionately to the largest agri/food businesses.<sup>13,14</sup>

### 19 **III. HUMAN HEALTH IMPACTS**

20 This position paper describes key environmental health and public health nutrition issues and  
21 discusses key affected populations. Several recent APHA policies have extensively addressed  
22 obesity and diet-related disease issues.<sup>15</sup> This position paper strongly reaffirms APHA  
23 commitment to those policies, while avoiding repeating their content.

1 **A. ENVIRONMENTAL PUBLIC HEALTH IMPACTS**

2 **1. Pesticides and Fertilizers:** In industrial agriculture, high yields are achieved through  
3 intensive methods that require large quantities of non-renewable fossil-fuel based “inputs”  
4 such as fertilizers and pesticides. Fertilizers and pesticides contaminate soils, groundwater and  
5 streams. The U.S. Geologic Service found 70 percent of domestic and public drinking water  
6 well samples to be contaminated with at least one volatile organic compound, pesticide, or  
7 nitrate from human sources; 12 percent of wells exceeded environmental or human health  
8 criteria for at least one sample.<sup>16</sup> Fertilizer-derived nutrients from agricultural runoff  
9 contaminate streams and rivers and cause “dead zones” downstream, endangering fisheries,  
10 ecosystems, and economies. For instance, runoff into the Mississippi River has led to a Gulf  
11 of Mexico dead zone that in some recent years has been as large as the state of New Jersey.<sup>17</sup>  
12 Two studies calculated U.S. public health costs of pesticide use at about \$1.1 billion per year  
13 based only on acute poisonings plus associated illnesses (in one) and cancer (in the other).<sup>18,19</sup>  
14 Further human and social costs come from pesticide effects on the neurological, respiratory,  
15 and reproductive systems.<sup>19</sup>

16 **2. Intensive Food Animal Production:** Industrial food animal production facilities (aka  
17 “factory farms”) concentrate and confine up to thousands or even millions of animals in small  
18 areas. Today, 40 percent of all U.S. animals are raised on the largest two percent of livestock  
19 facilities.<sup>20</sup> U.S. industrial food animal producers generate in excess of 335 million pounds of  
20 dry manure waste each year.<sup>20</sup> Disposal of this waste by applying it to land often exceeds the  
21 ability of adjacent land to absorb nitrogen and phosphorous, thus leading to soil saturation,  
22 with the excess running off into streams and shallow aquifers. Contamination with animal  
23 waste produced within the industrial system is a concern for human and ecosystem health

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1 because the waste often contains pathogens including antibiotic resistant bacteria; dust;  
2 arsenic; dioxin and other persistent organic pollutants; antibiotics; and complex mixtures of  
3 hundreds of volatile organic compounds.<sup>21,22</sup>

4 Industrial food animal production has significant effects on air quality, emitting ammonia,  
5 hydrogen sulfide, carbon dioxide, particles contaminated with many different  
6 microorganisms, organic dusts, and bacterial endotoxins.<sup>23</sup> Multiple studies have shown  
7 substantially elevated rates of respiratory conditions among workers and community members  
8 living near such facilities, including elevations in childhood asthma.<sup>24,25</sup>

9 Since APHA's 2003 endorsement of a precautionary moratorium on all new concentrated  
10 animal feeding operations (CAFOs, the largest industrial food animal production sites),<sup>26</sup>  
11 additional evidence has emerged on their environmental and public health harms,<sup>21,23,24,27,28,29</sup>  
12 including avian flu.<sup>28,29</sup>

13 **3. Antibiotic Overuse and other Feed Additives:** Antibiotics and heavy metals are  
14 routinely used to promote growth in food animals. Over 70 percent of all U.S. antibiotics are  
15 estimated to be fed to hogs, poultry and beef cattle for such non-therapeutic reasons.<sup>31</sup> While  
16 evidence suggests no financial benefit,<sup>32</sup> this practice may compensate for heightened disease  
17 risks and other problems from concentrating animals under confinement, and for feeding them  
18 grains rather than on pasture or grass.<sup>33</sup> As discussed in several APHA policies, these uses  
19 may contribute to the epidemic of antimicrobial-resistant infections afflicting humans.<sup>29,33,34,35</sup>

20 The European Union recently phased out all routine use of antibiotics as animal feed  
21 additives.<sup>36</sup>

22 Feed additives can pass through animals into manure that is land applied, therefore  
23 contaminating soil and potentially air and groundwater as well.<sup>33</sup>

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1 **4. Climate Change:** Worldwide agriculture and land use change are estimated to cause about  
2 1/3 of global warming due to greenhouse gas emissions,<sup>37</sup> while in the United States,  
3 agriculture contributes an estimated 8 percent of greenhouse gas emissions.<sup>37</sup> Agriculture's  
4 effect on climate change is due both to emissions (such as burning fossil fuels) and reduced  
5 storage of gases in soils and other media. Meat production is a particularly powerful  
6 contributor; the United Nations Food and Agriculture Organization (UN FAO) estimates that  
7 about 18 percent of all greenhouse gas emissions worldwide come from livestock  
8 production.<sup>38</sup> One study compared greenhouse gases from the average American diet and a  
9 same-calorie vegetarian diet, and found that the difference, summed across the population,  
10 would account for 6 percent of all U.S. greenhouse gas emissions.<sup>39</sup> Despite this impact on  
11 climate change risk, the contributions of the food system and meat consumption are generally  
12 left out of the discussion on global climate change. *[See also: proposed resolution,*  
13 *Addressing the Urgent Threat of Global Climate Change to Public Health and the*  
14 *Environment.]*

15 **5. Energy Use:** Industrialized agriculture methods are fossil-fuel intensive; the U.S. food  
16 system accounts for an estimated 10.5 percent of the nation's energy use and 19 percent of its  
17 fossil fuel consumption.<sup>39,40</sup> Much of the food system's fossil fuel energy goes into  
18 manufacturing fertilizers and pesticides;<sup>41</sup> Transportation is a further user, with studies  
19 estimating that the average vegetable travels about 1,500 miles from farm to supermarket.<sup>42</sup>  
20 Industrial animal production consumes especially large amounts of energy, requiring 35  
21 calories of fossil fuel to produce one calorie of food energy – not counting the energy required  
22 for processing, packaging, cold storage, and transporting meat.<sup>40</sup>

23 **6. Water Use:** Industrial agriculture requires extensive irrigation. Corn and soy are

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1 particularly heavy users among plants. Industrial meat production, especially beef, requires  
2 the most water – much of it to irrigate feed crops. For example, by one estimate it takes over  
3 100,000 liters of water to produce grain and hay per kg of industrially produced beef.<sup>43</sup> There  
4 are substantial government subsidies for water in arid areas, encouraging inefficiency and  
5 greater water use than aquifers can sustain and, in some cases, depleting glacial aquifers that  
6 cannot be replenished.<sup>44</sup>

7 **7. Pharmaceutical and Industrial Crops:** Drug and biotechnology companies use  
8 genetically-engineered plants (in which genes foreign to the plants are inserted to produce  
9 desired qualities), to produce drugs, hormones, vaccines and industrial chemicals. The health  
10 and ecosystem threats are magnified when the modified genes are in plant species also used  
11 for food, such as corn, rice, and soybeans, and when these altered crops are grown outdoors.<sup>45</sup>  
12 In 2007, the USDA approved open-air commercial production of rice containing human-  
13 derived genes to produce pharmaceutical proteins.<sup>46</sup> Genetically engineered crops unapproved  
14 for food use, including pharmaceutical crops, have contaminated crops destined for the food  
15 supply repeatedly in the recent past.<sup>47,48,49</sup> Given that industrial food processing involves  
16 combining large masses of food, the impact of small instances of cross-pollination or seed  
17 mixing can be magnified throughout the food system.

18 **8. Biodiversity:** U.S. biodiversity (variety of life forms) is challenged by purposeful  
19 industrial decisions and unintended consequences of agricultural/industrial society. Loss of  
20 biodiversity can affect ecosystem productivity and stability in many ways, including reducing  
21 future breeders' options in selecting for traits based on needs of their time, as well as future  
22 opportunities for using genetic material in pharmaceutical development. In 2006, the UN  
23 Food and Agriculture Organization reported that one in five farm animal breeds was on the

Re-submitted June 18, 2007.

1 verge of extinction.<sup>50</sup> Crop biodiversity is also reduced by farm policy incentives for  
2 producing specific crops and limiting production to certain high yield plants. One in four  
3 acres of U.S. cropland has been used for growing corn alone, and this is projected to increase  
4 in response to growing demand for corn ethanol.<sup>51</sup>

5 **9. Fisheries and Aquaculture Impacts:** Industrial technologies, subsidies, and poor fisheries  
6 management over the past 50 years have led to severely diminished fish stocks globally.<sup>52</sup>  
7 Seventy-five percent of the world's fish stocks are fully exploited, overexploited, or  
8 depleted,<sup>53</sup> and a recent study projects 90% depletion of all fisheries by mid-century should  
9 current fishing practices continue unchecked.<sup>54</sup> Domestic fisheries are facing similar declines  
10 – one-third are either overfished or experiencing overfishing.<sup>55</sup> As fisheries become depleted,  
11 and thus commercially unviable, consumption patterns shift to less exploited stocks; should  
12 this negative-feedback cycle continue, the few stocks remaining are also likely to crash as  
13 they become more aggressively fished.

14 Worldwide declines in wild fish stocks have helped catalyze the expansion of the  
15 aquaculture industry (farm-raised fish), which now produces 43 percent of the world's edible  
16 fish.<sup>53</sup> Aquaculture presents an opportunity to supplement wild fisheries, but some types of  
17 aquaculture can have serious ecological impacts. Many aquaculture operations pose issues  
18 similar to industrial meat production facilities, including high stocking densities, use of  
19 antibiotics and parasiticides, and waste discharge into the surrounding environment.  
20 Additionally, feed for predatory fish such as salmon uses large amounts of fish meal and oil,  
21 made from wild caught fish. Approximately two to five pounds of wild fish are needed to  
22 produce one pound of predatory farmed fish, leading to a net *loss* of protein from the ocean.<sup>56</sup>  
23 Despite these documented impacts, the National Oceanic Atmospheric Administration

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1 (NOAA) plans to expand the domestic aquaculture industry from approximately \$1 billion to  
2 \$5 billion per year over the next two decades,<sup>57</sup> without adequate environmental safeguards.

### 3 ***B. NUTRITIONAL PUBLIC HEALTH IMPACTS***

4 **1. Predominant Food Products:** U.S. farm policy provides few incentives promoting  
5 production of fruits and vegetables, but provides strong incentives that contribute to excess  
6 production and consumption of sweets, fats and meat.<sup>58</sup> This is in sharp contrast to the  
7 USDA's own *2005 Dietary Guidelines for Americans*<sup>59,60,61,62,63,64</sup> A shift to recommended  
8 consumption levels would require substantial changes in agricultural production.<sup>64</sup> Current  
9 production decisions result in food processors using artificially cheap high fructose corn syrup  
10 and hydrogenated soy oil in most processed foods, helping to make sweets and fats  
11 convenient and inexpensive for consumers.<sup>58,65,66</sup> In addition, 60 percent of the U.S. corn  
12 crop and 47 percent of the soy crop are used to produce grain feed for livestock,<sup>67</sup> not  
13 counting what is needed to feed poultry and fish. That figure also does not include the  
14 substantial amount of domestically produced corn and soybeans exported for use as animal  
15 feed overseas. Artificially low grain prices<sup>68</sup> represent a sizeable benefit to the industrial meat  
16 industry; one study estimated the 1997-2005 savings at \$11.25 billion for the broiler chicken  
17 industry, and \$8.5 billion for industrial hog production, with a large portion of the totals going  
18 to only one chicken and one pork producer.<sup>69</sup> (Corn use in ethanol has reduced this benefit in  
19 2007.)

### 20 **2. Nutritional Quality:**

21 ***a. Agricultural Products:*** Methods used to increase crop yield (including planting crops  
22 closely, soil tilling and planting the same crop year after year in the same field) can deplete  
23 the soil nutrients available for uptake and therefore lower crop nutritional quality. In addition,

Re-submitted June 18, 2007.

1 farmers typically use seeds bred for high yield, pest resistance and other qualities rather than  
2 for nutritional value. One study found declines in key nutrients in many foods between 1950  
3 and 1999 and attributed them to the choices of crop varieties planted.<sup>70</sup>

4 Lower-nutrient-containing crops enter the human food supply both through direct  
5 consumption and through animal product consumption. Meat from corn- and soy-fed animals  
6 is high in omega-6 fatty acids, while grass-fed animals are higher in omega-3 fatty acids.

7 Studies show that industrial Western diets may provide over 15 times the optimal omega-  
8 6:omega-3 ratio and that high ratios may be associated with health outcomes including  
9 cardiovascular disease, cancer, osteoporosis, and inflammatory and autoimmune diseases.<sup>71</sup>

10 Meat from grass-fed cattle is generally leaner and contains higher levels of conjugated linoleic  
11 acid than feed-lot cattle. Animal studies suggest that linoleic acid has beneficial effects on  
12 heart disease, cancer, and the immune system.<sup>72</sup>

13 ***b. Seafood Products:*** Both the *2005 Dietary Guidelines Advisory Committee Report*<sup>73</sup> and the  
14 American Heart Association<sup>74</sup> recommend that individuals eat two servings of fish per week  
15 as a good source of lean protein, and as the only significant source of preformed long-chain  
16 polyunsaturated omega-3 fatty acids (namely docosahexaenoic acid [DHA] and  
17 eicosapentaenoic acid [EPA]). However, American seafood consumption falls far short of  
18 these recommendations, averaging only five ounces of fish per week.<sup>75</sup> Increased  
19 consumption of low-contaminant seafood has been associated with a reduced risk of  
20 cardiovascular events and cardiovascular mortality in the general population, and with an  
21 increased gestation period in pregnant mothers. DHA supplementation has also been  
22 associated with increased visual acuity and cognitive function in infants and children.<sup>76</sup>

23 That said, seafood with high levels of environmental contaminants such as methylmercury,

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1 is associated with adverse health effects, as outlined in APHA Policy Number 9910  
2 “Preventing Human Methylmercury Exposure to Protect Public Health.” Seafood products  
3 are also important dietary sources of other toxic chemicals of concern, including  
4 polychlorinated biphenyls (PCBs) and dioxins.<sup>77</sup>

5 **3. Food Labeling:** Accurate food labeling helps assure consumers’ right to know about  
6 issues that may affect them, and promotes informed decision-making in food purchasing.  
7 Food labels can let consumers know where their food comes from, support thinking about the  
8 distances food travels and related transportation energy use, inform about methods of  
9 production, increase traceability for food safety investigations, and raise consumer trust in  
10 labels as guides to informed food purchasing. Labeling can also serve to reflect consumer  
11 demand back through the food chain, potentially contributing to growth of more sustainable  
12 farm production. The 2002 Farm Bill required labels indicating countries of origin for some  
13 meats, fruit, fish, and shellfish, but implementation for meat and fruit was delayed due to  
14 opposition from the food processing industry and large corporate retailers.<sup>78</sup> There is also  
15 great consumer support for labeling genetically modified and cloned foods.<sup>79</sup>

16 **4. Food-Borne Hazards:** There are numerous food-borne hazards of concern, and many  
17 APHA policies have addressed these hazards.<sup>80</sup> Below we add perspectives on three issues:  
18 **a. Infectious Agents:** Infectious food-borne illnesses exert an enormous human and economic  
19 toll in the United States.<sup>81,82,83</sup> Industrial food animal production is a major source of  
20 pathogens affecting food-borne illness.<sup>29,43</sup> The routine use of antibiotic feed additives in  
21 industrial animal agriculture can also lead to a greater prevalence of antibiotic resistant  
22 pathogens on meat. Industrial food animal production is often omitted from news media and  
23 other accounts of food safety hazards, and as such, may receive less attention in intervention

Re-submitted June 18, 2007.

1 strategy development.<sup>84</sup> There is need for improved understanding of how best to reduce the  
2 risks from animal production.

3 ***b. Pesticides:*** In 2005, the USDA reported finding detectable pesticide residues in 73 percent  
4 of fresh fruit and vegetable samples and 61 percent of processed fruit and vegetable  
5 samples.<sup>85</sup> Organically produced foods have fewer pesticide residues. One 2006 study found  
6 that when children switched to organic diets, their urine pesticide levels dropped immediately  
7 and precipitously.<sup>86</sup> Exposures are also especially high for workers and those living near  
8 farms.<sup>87,88</sup> Long-term pesticide health effects include some cancers and problems in the  
9 reproductive, immune, endocrine, and nervous systems.<sup>89</sup> Unfortunately, it can be difficult to  
10 obtain and to afford foods produced with no or few pesticides, particularly in low income  
11 communities.<sup>90</sup>

12 ***c. Animal Feed Ingredients:*** In industrialized production of poultry and livestock, there is  
13 need for much-expanded scrutiny of feed ingredients and their potential to affect human  
14 health. For example, organic arsenical compounds are added to feed for 70 percent or more of  
15 the 8.6 billion broiler chickens raised in the U.S. annually, according to an EPA estimate.<sup>91</sup>  
16 Arsenicals are FDA-approved for pigmenting chicken meat in addition to growth promotion  
17 and feed efficiency.<sup>36</sup> Organic arsenic is converted into more harmful inorganic arsenic in the  
18 human body; and can be converted in soil in as little as 10 days.<sup>92</sup> Inorganic arsenic is a  
19 known human carcinogen, and low-level exposures have been associated in other contexts  
20 with cardiovascular effects, skin conditions, and intellectual function deficits. The European  
21 Union has never approved arsenicals in animal feed.<sup>36</sup>

## 22 ***C. AFFECTED POPULATIONS***

23 The food system affects everyone. Some groups, however, carry more of the burden.

1 **1. Low Income Food Consumers:** Access to varied, healthy and affordable foods is  
2 important to the public's health. Low income food consumers are particularly affected by  
3 obesity and diet-related disease, as discussed in other APHA policy statements. Many low  
4 income and minority communities experience physical and economic barriers to accessing  
5 varied, healthy and affordable food. These barriers are determined in part by limited mobility  
6 (public transportation options, car ownership) and absence of supermarkets or fresh food  
7 options (farmer's markets, community and backyard gardens).<sup>93</sup> Such access restriction  
8 complicates already existing socioeconomic inequities and consequent health disparities  
9 among affected populations. Efforts are needed to understand other mechanisms leading to an  
10 unhealthy diet including gaps in environmental and policy supports to enable more locally  
11 based food distribution.<sup>94</sup>

12 **2. Rural Communities and U.S. Farmers:** Rural communities have suffered important  
13 social, economic and human capital losses from industrial agriculture. U.S. policies that favor  
14 deregulation and promote unsustainable overproduction of grains like corn and soy have  
15 favored global food companies,<sup>95</sup> as well as large-scale animal agriculture operations that use  
16 artificially inexpensive grains for feed, further concentrating their market power. Meanwhile,  
17 smaller and midsized farm owners have been less and less able to compete effectively in the  
18 market. Agricultural consolidation is associated with money moving out of rural  
19 communities.<sup>29</sup>

20 Rural communities often have little say when industrial food production facilities want to  
21 move in. Large agribusiness lobbies have systematically introduced and passed state laws  
22 stripping local governments of their right to pass local ordinances designed to regulate large-  
23 scale animal factories and mitigate their public health and environmental impacts.<sup>24,96</sup> Effects

Re-submitted June 18, 2007.

1 of industrial food production on communities include water contamination, odors, respiratory  
2 conditions, reduced property values, and stress and mental health effects.<sup>24</sup> Several studies  
3 have shown that swine CAFOs are disproportionately situated in low income communities  
4 and communities of color.<sup>25,97,98</sup>

5 **3. Food System Workers:** In 1900, 39 percent of the workforce was employed on farms,<sup>99</sup>  
6 while today only 0.3 percent of the workforce is in Farming, Fishing and Forestry.<sup>100</sup> Adding  
7 in food processing, preparation and serving brings the food system partial total to 9.1 percent  
8 of the workforce.<sup>100</sup>

9 Throughout the food system, reported occupational injury, illness and fatality rates are  
10 high,<sup>24,101</sup> despite the barriers to workers reporting these events, such as immigration concerns  
11 and precarious financial status.<sup>102,103</sup> In 2002, meat processing had the highest reported rate of  
12 occupational injuries and illnesses of any industry in the country. In 2005, Agriculture,  
13 Forestry, Fishing, and Hunting had the highest rate of occupational fatalities among major  
14 industry sectors.<sup>104,105</sup> In the U.S. and internationally, suicide is a significant cause of farmer  
15 death, and is potentially associated with social conditions affecting farms and/or chemical  
16 exposures.<sup>106</sup> While most occupational illnesses cannot be well-tracked through national  
17 databases, there is evidence that they add significantly to the burden of disease in agricultural  
18 production.<sup>24</sup>

19 Human Rights Watch stated that there are “systematic human rights violations embedded  
20 in meat and poultry [processing] employment.” These violations include a failure to use  
21 known injury/illness prevention methods, denial of workers’ compensation, interference with  
22 unionizing, and mistreatment of immigrants.<sup>107</sup> Currently the U.S. food system relies heavily  
23 on immigrant workers, even as it undercuts the ability of some of those workers to earn fair

Re-submitted June 18, 2007.

1 wages through farming in their own countries. In addition to impacts on individuals and  
2 communities, immigration policy can have significant impacts on food system stability.  
3 Much food consumed in the U.S. is also grown and/or processed overseas, including by child  
4 laborers.<sup>108</sup> While trade agreements may incorporate labor protections, enforcement can be  
5 weak.<sup>108,109</sup> Worldwide, the UN FAO estimates that 70 percent of child labor is performed in  
6 agriculture.<sup>110</sup>

7 **4. Low Income Countries – Farmers, Food Consumers:** Since the 1970’s, U.S.  
8 agricultural policy has focused on producing large quantities of key grains domestically, with  
9 the expectation of exporting the surplus. Grains are either donated as international food aid or  
10 sold abroad at prices below the actual cost of local production—an illegal practice known as  
11 “dumping” in trade terminology. While such contributions can help feed the hungry in the  
12 short term, they also can devastate the livelihoods of local farmers and, eventually, local  
13 economies.<sup>111</sup> Food aid fosters long-term dependence in receiving countries and harms self-  
14 sufficiency by reducing the capacity of local agriculture systems to produce food.

15 Brazil successfully challenged the legality of U.S. cotton subsidies under World Trade  
16 Organization agreements, and Canada, the European Union, Australia, Argentina and Brazil  
17 are challenging U.S. corn subsidies based on the argument that such subsidies contribute to  
18 illegal dumping.<sup>112</sup> While subsidies are one factor that contributes to dumping, studies have  
19 demonstrated that the deregulation of agricultural markets and the resulting overproduction  
20 are more important causes, and that simply eliminating subsidies will not solve the  
21 problem.<sup>113</sup>

## 22 **IV. FEDERAL AND STATE FOOD POLICIES, REGULATIONS AND PROVISIONS**

23 **A. Farm and Food Policy:** Historically, a key farm support mechanism in U.S. agricultural

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1 policy was a set of provisions to stabilize crop prices at levels to ensure fair compensation for  
2 farmers. This was considered necessary given an inherent tendency in crop agriculture to  
3 overproduce. More recent farm policy has abandoned the goal of fair, stable prices. Instead,  
4 since the 1970s U.S. farm policy has promoted the high production of selected crops,  
5 particularly corn and soybeans, in ways that have tended to drive market prices below the cost  
6 of production. Direct payments to farmers have provided short-term, though unsustainable,  
7 means for keeping farmers on the farm. Although U.S. commodity subsidies have nearly  
8 tripled since the passage of the 1996 Farm Bill, net farm income has declined 16.5 percent.<sup>113</sup>

9 Some of the specific negative effects of this farm policy include:

- 10 • Oversupply, which further depresses prices;
- 11 • Lower prices for high fructose corn syrup and hydrogenated soy oil, leading to their  
12 ubiquitous use in processed foods;
- 13 • Low-priced corn and soy animal feed that unfairly benefits environmentally damaging  
14 industrial animal production over more sustainable methods;
- 15 • U.S. dumping of certain crops at below the cost of production onto world markets, forcing  
16 farmers in developing countries like Mexico off their land and leaving them no alternative  
17 but to migrate to urban areas or north to the United States to find new employment;
- 18 • Overuse of chemicals and natural resources, as farmers try to increase yields to make up  
19 for low farm prices;
- 20 • Increased disparities as large businesses receive disproportionate direct and indirect  
21 subsidies;
- 22 • Almost all subsidy payments are simple “pass-throughs” going immediately from the  
23 farmer to fertilizer, seed and equipment producers.

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1 **B. Farm and Food Bill:** The U.S. Farm Bill could potentially address many of the issues  
2 included in this position paper. This omnibus bill, due for renewal every 5-6 years, is a major  
3 piece of U.S. legislation that helps shape what food is grown or produced and what foods are  
4 available in the U.S. marketplace. With many powerful interests attempting to influence the  
5 farm bill and great potential public health impact, it is important for the public health  
6 community to weigh in. The largest component of the Farm Bill is the Food Stamp Program,  
7 and APHA Policy 200618, “Reducing Nutrition-Related Disparities in America through Food  
8 Stamp Nutrition Education and the Reauthorization of the Farm Bill,” outlines changes  
9 needed in the food stamp program and some related nutrition issues. Additional priority areas  
10 of public health concern<sup>114,115</sup> include provisions to:

- 11 • Shift US investments toward promoting healthy, local, sustainably produced foods, and  
12 seeking to align food prices with national nutritional priorities to create a fair playing field for  
13 healthy food;
- 14 • Expand infrastructure for providing locally grown food
- 15 • Improve the access of low income Americans to healthy and local food;
- 16 • Advance food sovereignty that asserts that all countries have the right to determine their  
17 own food and farm policies as long as they do no harm to other countries, and disallowing  
18 crop dumping overseas;
- 19 • Inform consumers about food origins and other information about how food is produced;
- 20 • Strengthen the livelihoods of small farmers and rural communities;
- 21 • Fund research, technical aid, and marketing assistance for sustainable food production;
- 22 • Support adoption and continuation of more sustainable farming methods and discouraging  
23 intensive, industrial food production;

Re-submitted June 18, 2007.

- 1 • Enforce anti-trust laws in agriculture.

2 **C. Environmental Regulations:** Other policies relevant to mitigating the environmental  
3 impacts of the food system are those related to regulatory compliance for confined animal  
4 feeding operations (CAFOs). Enforcement has been weak, including regulations under the  
5 Clean Air Act, Clean Water Act, Comprehensive Environmental Response, Compensation,  
6 and Liability Act (Superfund), and Emergency Planning and Community Right to Know Act.

7 <sup>96,116,117</sup> There have been many attempts to exempt CAFOs altogether from laws.<sup>96</sup> In 2003  
8 the US Government Accountability Office estimated that only 40 percent of CAFOs had  
9 Clean Water Act permits.<sup>116</sup> In general, state variation in implementation of these policies<sup>116</sup>  
10 promotes a race to the bottom as facilities migrate to places with laxer enforcement.<sup>96</sup> Many  
11 localities have had their ability to address CAFO concerns through local policy removed.<sup>96</sup>  
12 There is a need for stronger and well-implemented regulation.

13 **D. Infrastructure to support healthy, sustainable, just agriculture:** Demand for local,  
14 sustainable, and fair trade food production has recently increased. This is seen in the growth  
15 of organic food industry at a rate of about 20 percent per year.<sup>118</sup> These important trends could  
16 expand even faster with additional support for food processing, distribution, and marketing  
17 infrastructure (including portable food processing facilities), coverage through government  
18 food programs, and institutional procurement – to both expand access and contribute to  
19 reducing price. Further, much of today’s organic food is produced by large, geographically  
20 distant firms that may or may not treat workers exceptionally well. Consumers seeking to  
21 make ethical food choices are thus required to choose between their values; improved  
22 infrastructure could improve consumer options for obtaining food that is healthy, sustainable,  
23 *and* just.

Re-submitted June 18, 2007.

1 **E. Fisheries Management:** The nation’s primary federal fisheries law – the Magnuson-  
2 Stevens Fishery Conservation and Management Act (MSA) of 1976 – established eight  
3 regional councils to manage fisheries in the United States’ Exclusive Economic Zone (3-200  
4 miles from shore). However most of the fisheries managed under this system lack the  
5 necessary information for thorough assessments, and approximately one-third of those with  
6 sufficient data are classified by the National Oceanic and Atmospheric Administration as  
7 ‘overfished’ or ‘experiencing overfishing’.<sup>119</sup> The 2006 Magnuson Stevens Reauthorization  
8 Act (MSRA) takes a large step forward for fish conservation by incorporating several key  
9 provisions that will lead to more sustainable fisheries, including:

- 10 • Scientifically-based caps on fishing catches;
- 11 • A commitment to ending overfishing for all federally managed species;
- 12 • Instructions on the establishment of incentive-based fisheries management mechanisms;
- 13 • Rules for Marine Protected Areas (MPAs) that are closed to all fishing.

14 **F. Public health activities and research:** Funds for federal, state and local public health  
15 departments are needed to protect the public’s health from food system-related harms.  
16 Specific areas needing funding include public health tracking, research, education,  
17 inspections, and other interventions. Much research is needed to better understand the health  
18 effects of food system exposures and to develop optimal prevention methods. Research is also  
19 needed on policy, social and behavioral tools for increasing access to and consumption of  
20 sustainably produced foods.

21 **G. Food Policy Councils:** There has been a growing movement of state and local Food  
22 Policy Councils, often created through legislation, which convene key stakeholders to  
23 evaluate their areas’ food systems and make recommendations.<sup>110</sup>

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*See Appendix 1 for a listing of past APHA policies relevant to the food system, and recommendations for archiving, updating and replacing.*

**IV. RECOMMENDATIONS FOR A HEALTHY, SUSTAINABLE FOOD SYSTEM**

The American Public Health Association recognizes the urgency of transforming our food system to promote environmental sustainability, improve nutritional health and assure social justice, and therefore:

1. Urges the public health community to increase its engagement in food system issues, and educate policymakers, media, food industry, and public health, nutrition, and environment professionals about public health issues and solutions associated with the food system, including issues related to sustainability, nutrition, and justice.
2. Urges Congress to include sustainable agriculture and other public health goals in the Farm Bill, Magnuson Stevens, Child Nutrition Act, and other relevant legislation in order to:
  - a. Support environmentally sound agricultural practices, to reduce contamination, resource use, climate change and work-related injury/illness;
  - b. Promote sustainability goals through policy tools including: “green subsidies”; support of research, marketing, technical assistance/education, demonstration, farm transition support and microcredit/low interest loans; and the farm bill Conservation title;
  - c. Better align U.S. investment emphasis with the Dietary Guidelines for Americans,

- 1           and seek to make healthy, sustainably produced foods the affordable, convenient  
2           choices;
- 3           d. Encourage the ability of small-scale farmers in low- and middle-income countries to  
4           produce greater portions of their countries' own food supply;
- 5           e. Improve food labeling for country of origin and genetic modification;
- 6           f. Ban non-therapeutic antimicrobial use and arsenic use and increase funding for  
7           surveillance and research on antimicrobial resistance in healthy animals, and also  
8           assure public health oversight of animal feed ingredients;
- 9           g. Promote comprehensive food safety policies, including addressing root causes of  
10          food contamination, particularly from industrial animal production;
- 11          h. Promote equity, justice, and appropriate competition in the food and agriculture  
12          industries and challenge abuses of power; and
- 13          i. Increase research funding on the health effects of food system exposures and how to  
14          prevent them; and on all aspects of sustainable food production, both from technical  
15          and social science/policy perspectives.
- 16          j. Only encourage US aquaculture development if initiatives include strong  
17          environmental protections, particularly for wild fisheries.
- 18
- 19    3. Urges the U.S. Environmental Protection Agency to:
- 20          a. Develop minimum environmental standards for agricultural facilities to receive  
21          government support (including subsidies and procurement contracts);
- 22          b. Refuse to exempt industrial agricultural sites from regulations or enforcement;
- 23          c. Improve data collection on food animal production emissions and waste, and require

Re-submitted June 18, 2007.

1 monitoring and pollution control technology.

2

3 4. Urges USDA to prohibit the outdoor production of food and feed crops genetically  
4 engineered to produce pharmaceuticals, industrial compounds, and specialty foods not  
5 intended for consumption by the general population, and strengthen regulation and oversight  
6 of outdoor production of non-food and feed crops genetically engineered for these purposes.

7

8 5. Urges the Centers for Disease Control and Prevention, state and local health departments,  
9 and others to:

- 10 a. Expand environmental public health tracking relevant to food system concerns;
- 11 b. Increase activities to monitor, evaluate, and respond to hazards, exposures and health  
12 outcomes of communities, farmers and other workers;
- 13 c. Increase education about the system's contribution to greenhouse gases and the  
14 benefits of eating more locally produced food and reducing industrial meat  
15 consumption.
- 16 d. Increase education about choosing environmentally preferable and healthful types of  
17 seafood, using tools such as seafood wallet cards.

18

19 6. Urges the Occupational Safety and Health Administration to:

- 20 a. Expand coverage of agricultural and small workplaces under OSHA regulations;
- 21 b. Improve enforcement and strengthen penalties for workplace safety and  
22 underreporting violations; and
- 23 c. Require employers to report occupational injuries/illnesses of their contract and

Re-submitted June 18, 2007.

1 temporary workers.

2

3 7. Encourages governmental food procurement programs (including school breakfast, lunch  
4 and snack programs and the Special Supplemental Nutrition Program for Women, Infants and  
5 Children), and institutional food providers to consider the benefits of locally and sustainably  
6 produced, healthy and fair trade foods, and take steps to incorporate these into their programs.

7

8 8. Encourages NOAA to ensure that the new provisions of the Magnuson Stevens  
9 Reauthorization Act concerning fisheries conservation are implemented in a timely manner.

10

11 9. Encourages cooperative efforts in local food systems, with governmental support, to:

12 a. Improve local food marketing, distribution and processing capacity and  
13 infrastructure;

14 b. Establish and promote Food Policy Councils to enable evaluating food systems and  
15 recommend changes; and

16 c. Reduce barriers to obtaining sustainable, locally produced, fair trade and healthy  
17 foods.

18 d. Increase state and local cooperative extension program activities targeted to small  
19 farms and those producing fruits and vegetables.

20

21 10. Urges involvement of an independent body such as the Institute of Medicine or  
22 Government Accountability Office to conduct a broad review of the public health impacts of  
23 U.S. agricultural policy; and engage in ongoing monitoring to assure that public health

Re-submitted June 18, 2007.

1 concerns are better heard in decision-making about agricultural policy.

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Re-submitted June 18, 2007.

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