

Importance of Food System Sustainability for Indigenous Peoples' Health and Well-being

What is sustainability?

Sustainability refers to the ability to maintain or preserve resources and systems for future generations. It can be applied to different areas, such as urban planning, energy, transportation, and agriculture, among others. It includes exercises that enhance resource efficiency, environmental protection and waste reduction, while also focusing social and economic issues such as access to basic needs like food, water, inequality, poverty and healthcare

Introduction

Food system sustainability is a critical matter that influence the health and well-being of Indigenous Peoples. Indigenous Peoples have a special relationship with the environment and land, and their traditional food systems are an important part of their identity and culture. Though, the current food system is not sustainable, and it creates serious challenges to the health and well-being of native Peoples. This particular fact sheet will focus the significance of food system sustainability for the health and well-being of Indigenous Peoples.





Importance of Food System Sustainability:

Food system sustainability is very important for the health and well-being of native Peoples. Traditional food systems give a nutrient rich food that are indispensable for maintaining good health. These foods are also culturally significant and play a vital role in the social and economic well-being of local population (Nguyen et al.,2018). However, the ongoing food system is controlled by industrial agriculture, which heavily depend on monoculture, large-scale production and chemical input. This system has led to the loss of soil degradation, water pollution and biodiversity, which has a significant impact on the health and well-being of native inhabitant (Benton et al.,2021).

Challenges Faced by Indigenous Peoples:

- Land dispossession
- Climate change
- Loss of traditional knowledge
- Limited access to markets and infrastructure
- Lack of funding and resources
- Health disparities
- Lack of policy support
- Environmental degradation



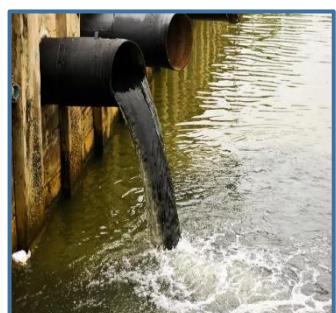
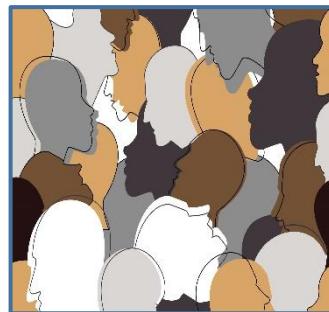


Table 1.it show the type of ecosystem impact on food system

Source/type of ecosystem impact	Examples/food system impact
Erosion of biodiversity (wild species)	Threats to caribou calving grounds from natural gas pipeline and oil drilling in Arctic regions; widespread loss of tropical forests; decreased yield and availability of certain foods (e.g. ooligan for Nuxalk; wild fish and shellfish species, and wild game in many places)
Erosion of biodiversity (cultivated species)	Decreased use and loss of cultivated varieties (cultivars or landraces; e.g. traditional cereals, banana varieties, taro, breadfruit); threats from large-scale monocultures and GM food crops
Deforestation and over-exploitation of forest resources	Destruction of forests through logging and illicit crop cultivation; overharvesting of rubber; deforestation through charcoal making and firewood harvesting
Water shortages	Drought, desertification; acute shortages of water for livestock and household use
Hydroelectric dam construction	Loss of salmon and other indigenous foods; changes in environment; loss of access to indigenous foods; loss of water quality
Water pollution from domestic and livestock waste	Solid waste disposal problems; inadequate sanitation; faecal contamination of water and bacterial disease from poor waste disposal
Contamination of food web, and threat of contamination, from industrial development, mining, herbicide spraying, nuclear power facilities	Pollution and chemical contamination from mining, oil drilling and petrochemical development; toxic residues in food
Soil erosion and deterioration	Decline in soil fertility; soil loss; overgrazing and reduced carrying capacity for livestock; deterioration of pastures
Global climate change	Melting glacial ice and sea ice (in the north); changes in rainfall patterns; weather extremes; floods; raised sea levels

Recommendations:

- 1-Support Indigenous Peoples' land rights for sustainable land use.
- 2-Promote sustainable agriculture aligned with Indigenous Peoples' practices.
- 3-Revitalize traditional knowledge through Indigenous-led education and training.
- 4-Increase funding for sustainable agriculture and infrastructure.
- 5-Develop policies prioritizing Indigenous Peoples' food systems.
- 6-Foster partnerships for food system sustainability and addressing challenges





Conclusion:

In nutshell, food system sustainability is essential for the health and well-being of native Peoples. Traditional food systems give a range of nutrient rich foods that are vital for maintaining good health. However, the current food system give rise a significant challenges to the health and wellbeing of Indigenous Peoples. To overcome these particular challenges, solutions such as supporting Indigenous Peoples' land rights, revitalizing traditional knowledge and promoting agro ecology can be implemented. By implementing these solutions, we can make sure that Indigenous Peoples have fully access to healthy and culturally significant foods that are vital for their health and well-being.





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