

Kwart van Nederlanders niet bewust van gezondheidsrisico's vleesconsumptie

Nieuw onderzoek gepubliceerd bij start VN bijeenkomst voedsel

Terwijl landen bijeenkomen in Rome om de toekomst van ons voedselsysteem te bespreken bij de [Verenigde Naties top](#), publiceert Compassion in World Farming de resultaten van haar [opinieonderzoek](#) dat ze in acht landen, waaronder Nederland, door YouGov liet uitvoeren. Hieruit blijkt dat een kwart van de Nederlanders (25%) niet op de hoogte is van de belangrijkste gezondheidsrisico's die samenhangen met een hoge consumptie en overproductie van vleesproducten.

Het laat zien dat slechts één op de vijf (20%) van de ondervraagden in Nederland wist dat luchtvervuiling van vee-industriebedrijven het risico op bepaalde vormen van longkanker verhoogt¹ en slechts 19% wist dat er een verhoogd risico is op epidemieën en pandemieën².

Meer dan de helft (56%) van de ondervraagden in Nederland wist dat een voedselpatroon met veel vleesproducten het risico op bepaalde vormen van kanker, hartaandoeningen en obesitas verhogen³ en 41% wist dat het huidige gebruik van antibiotica in de veehouderij ervoor zorgt dat deze minder effectief zijn bij de behandeling van ziekten bij de mens⁴.

Geert Laugs, directeur Compassion in World Farming Nederland: *“Niet alleen dieren, maar ook mensen zijn de dupe van de industriële veehouderij. De miljoenen varkens, koeien en kippen lijden ernstig in de dichte, overvolle stallen. De ongezonde omstandigheden vormen bovendien een broedplaats voor ziektes, die ook voor mensen gevaarlijk kunnen zijn. Het hoge antibioticagebruik leidt daarnaast tot resistente bacteriën, waardoor mensen ziek worden en onze huidige antibiotica hen niet meer kan genezen. Ook kunnen omwonenden van megastallen risico hebben op longaandoeningen en houdt hoge vleesconsumptie verband met ziektes als diabetes, hart- en vaatziekten en verschillende vormen van kanker. Het is daarom van groot belang dat we zo snel mogelijk overstappen op een gezond en duurzaam voedselsysteem, waarbij veel minder dieren worden gehouden en die allemaal een goed leven hebben. Dat is beter voor de dieren, mensen en de aarde.”*

Op de vraag wat Nederlanders zou aanmoedigen om ecologisch duurzaam geproduceerd voedsel te kopen, noemden ze het vaakst 'weten dat de dieren zijn gehouden met hoge welzijnsnormen, zoals een comfortabele leefomgeving die voldoet aan hun fysieke en gedragsbehoeften' als reden (47%),

¹ Wyer, K. E. et al (2022). Ammonia emissions from agriculture and their contribution to fine particulate matter: A review of implications for human health. In Journal of Environmental Management (Vol. 323). Academic Press. <https://doi.org/10.1016/j.jenvman.2022.116285>

² United Nations Environment Programme. (2020b). Preventing the Next Pandemic Zoonotic diseases and how to break the chain of transmission. <https://www.un.org/Depts/Cartographic/>

³ <https://www.thelancet.com/pb-assets/Lancet/gbd/summaries/risks/diet-red-meat.pdf>

⁴ Murray, C. J. et al (2022). Global burden of bacterial antimicrobial resistance in 2019: a systematic analysis. The Lancet, 399(10325), 629–655. [https://doi.org/10.1016/S0140-6736\(21\)02724-0](https://doi.org/10.1016/S0140-6736(21)02724-0)

gevolgd door 'weten dat biologisch en vlees van dieren met vrije uitloop voordelen heeft voor de gezondheid' (40%).

Compassion in World Farming voert internationale campagne onder de naam '[End.it](#)'. Samen met andere organisaties roept zij de Verenigde Naties op zich in te zetten voor een verdrag voor voedsel, om te komen tot een duurzaam, gezond en veel diervriendelijker voedselsysteem.

Zie voor meer informatie ons internationaal persbericht hieronder

Compassion in World Farming

Compassion in World Farming is een internationale organisatie die opkomt voor het welzijn van dieren in de veehouderij, inclusief vissen. Zij streeft wereldwijd naar een diervriendelijkere, duurzame en gezonde veehouderij. Voor dieren, mensen en aarde.

Press Release

Monday 24th July 2023

New poll shows more than a quarter of people across eight countries unaware of *any* major health risks associated with high-meat diets

Poll findings revealed as member states gather in Rome for UN Food

Systems + 2 Stocktaking meeting to report on national progress

A new poll released today (24 July) has revealed that more than a quarter of people across eight countries polled (26%) are unaware of *any* of the major health risks associated with high consumption and overproduction of meat products when presented with a list of them.

The poll – carried out by YouGov on behalf of Compassion in World Farming in the UK, the US, Czechia, France, Italy, the Netherlands, Poland and Spain – shows that just 20% of people polled know that air pollution from factory farms increases the risk of certain lung cancers. And just 17% are aware that there is an increased risk of epidemics and pandemics.

While more than half of people (54%) are aware that diets heavy in meat products increase the risk of certain cancers, heart disease, and obesity, only 39% are aware that current use of antibiotics in farming is making them less effective at treating human diseases.

When asked what would encourage them to purchase environmentally sustainable foods, the answer cited most was 'knowing the animals were reared with high welfare standards such as a comfortable living environment that meets their physical and behavioural needs' (51%). The reason 'knowing the health benefits associated with organic, free-range, pasture reared meats' was the second most popular selected across all eight countries by 40% of people.

A report released by the NGO in May – [More Money, More Meat](#) – revealed how richer countries are literally eating their way to extinction by consuming too much meat and other animal proteins. It also revealed, for the first time, how much each country needs to reduce this by to live within health and planetary boundaries.

In addition to causing immense animal cruelty and damaging our planet, this trend is seriously harming our health, by:

- **Increasing people's risk of certain cancers and other diseases** including coronary heart disease, strokes, type II diabetes, as well as obesity in the global north.
- **Unjustly driving people from their land and causing malnutrition and hunger in the global south** – feeding more grain to animals makes it more expensive for people which can cause land to be taken from communities to grow crops for farmed animals instead of people.*
- **Increasing the risk of pandemics like flus and coronaviruses** – cramming animals together in factory farms creates the perfect environment for diseases to be transmitted and even to evolve into new, deadly strains that also infect people.
- **Increasing the risk of lung cancer due to industrial agriculture pollution** – factory farms produce air pollution when ammonia reacts with other chemical compounds in the air to form particular matter – this can penetrate deep into the lungs causing Chronic Obstructive Pulmonary Disease and lung cancer.
- **Making antibiotics less effective at treating diseases in people** – around 70% of the world's antibiotics are given to farmed animals, often as a preventative measure. This is contributing to antibiotic resistance in people – predicted to kill 10 million people a year by 2050.

The poll results come as representatives from each member state meet for the UN Food Systems Stocktaking Moment in Rome to review countries' progress towards creating a more sustainable global food system. Compassion in World Farming's Global CEO, Philip Lybery, will be participating in the event, raising awareness of the urgent need for leaders to agree a global rescue plan for our food system, including a significant global reduction in meat consumption.

Award-winning author and former UN Food Systems Champion, Philip, said: *"When animals suffer, we all suffer. Industrial animal agriculture is not only the single biggest cause of animal*

cruelty on the planet, it's damaging our planet, increasing the risk of pandemics and seriously harming our health.

“Yet our new poll shows that many people aren't even aware of other serious health risks linked to meat production. What's needed is for world leaders to agree a clear global 'rescue plan' for our food system to ensure a healthy future for people, planet and animals. Urgent policies are needed from governments to reduce meat consumption and accelerate a shift towards regenerative food and farming.”

The international animal welfare and environmental NGO has launched an initiative as part of its global [END.IT](#) campaign to raise awareness of the human costs associated with eating too much meat and other animal proteins. It includes the launch of a new booklet – [When Animals Suffer, We All Suffer](#) – explaining the risks. It urges the public to sign the [END.IT](#) petition calling on global leaders to agree a clear global 'rescue plan' for our food system to ensure a healthy future for animals, people and the planet.

The END.IT campaign is supported by renowned Hollywood and **Succession** actor **Brian Cox** who said: *“Factory farming is not only the single biggest cause of animal cruelty on the planet, it is harming the environment and human health. It contributes to heart disease, lung cancer, antibiotic resistance, and even malnutrition. We need to End It. Now. Join me in calling on world leaders to transform our global food system for the sake of our health and the wellbeing of future generations to come.”*

Carried out in June and July 2023, the poll showed that awareness of the health consequences of high meat diets and production was low in all countries. The USA had the highest number of people unaware of any of the health consequences at 34%, followed by the UK at 26%. The country with the lowest number of people unaware of any of these health risks was Italy at 19% - still 1 in 5 people.

Adults in the UK were most likely to be aware of the increased risk of certain cancers, heart disease, and obesity due to overconsumption (61%) and alongside Spain, were the most likely to cite animal welfare benefits as a reason for considering adopting a more sustainable diet (both 56%), with 55% of those polled in France also citing this.

Those surveyed in Italy and Poland were the least likely to be aware of the pandemic risk associated with high meat diets (both at 12%), followed by Czechia (14%). However, adults in Poland were the most likely to be aware of the 'increased risk of certain lung cancers due to air pollution from factory farms' (27%), followed by those in Italy (26%), with people from Czechia and the UK the least aware of this (both 15%). People surveyed in the USA were also the most likely to state that nothing would encourage them to buy sustainably produced food (24%), compared with just 6% of people in Italy.

