



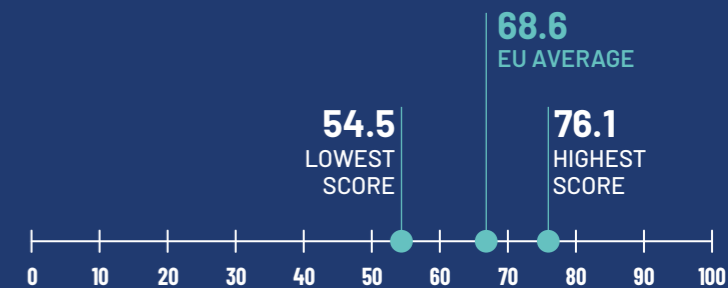
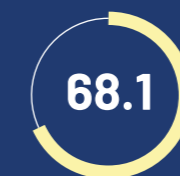
# ITALY

Life expectancy is high, but Italy has the highest reported sodium consumption in the EU, as well high levels of overweight and low physical activity; soil degradation and overexploitation of fish stocks are observed; food waste at the end-user level is high, but policy responses are in place to tackle the phenomenon, including a national strategy.

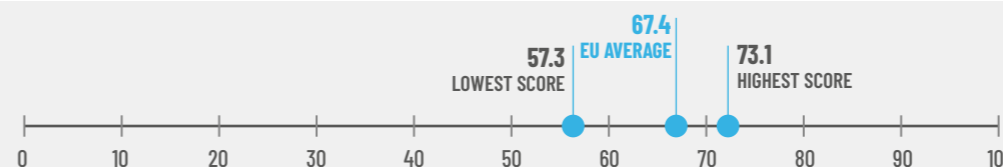
## FOOD SUSTAINABILITY INDEX PERFORMANCE



## COUNTRY SCORE



## NUTRITIONAL CHALLENGES



**83 years** life expectancy at birth **73 years** healthy life expectancy

**59%** of adults are overweight **37%** of children and adolescents are overweight

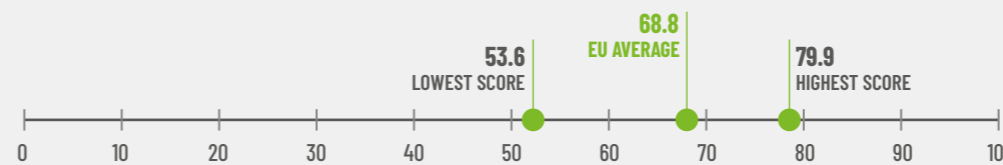
**59%** of the population reaches recommended physical activity levels

**9%** of calories from sugar

**4.42 g** of sodium per day

Food-based dietary guidelines are published on a national level

## AGRICULTURE



**6.74%** of renewable water used in agriculture

**75.1%** of fish stocks overexploited or collapsed

**1.1%** of average soil organic carbon (content in weight)

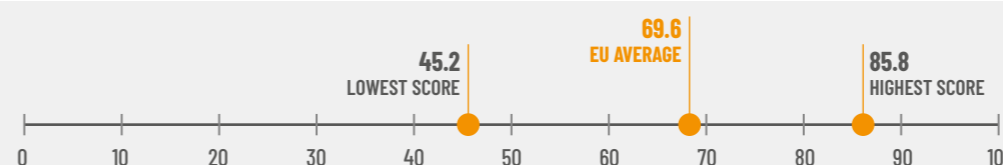
**271,576 ha** are deforested each year

**2.3 ton CO<sub>2</sub> eq.** per ha are GHG emissions from agriculture

**1.29%** of GDP government expenditure on R&D

**57 years** average age of farmers **5%** of youth (under 35) works in agriculture **38.8%** of farmers are women

## FOOD LOSS AND WASTE



**65 kg/yr** per capita food waste

Strategies: PINPAS 2016

**Legislation:** Legge Gadda no.166/2016 for facilitating food donations  
**Market instruments:** landfill tax, energy production from biomass, tax incentives for donating food surplus, and waste charges/tariffs