

# Amanda Wood, MPH, PhD

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E: amanda.wood@su.se • M: +46 (0)73 460 4657

Web: www.linkedin.com/in/amandawood3 • Twitter: @amandawoodr

I am a transdisciplinary researcher focusing on co-creating more sustainable food systems in the Nordic region and globally. With a background spanning nutrition science, public health, food policy and sustainable food systems, I am able to apply systems-thinking to solving food system challenges. I focus on producing and translating research that could be used by food system actors to spur positive transformations of food systems. This work has allowed me to develop networks across national and UN agencies, business networks and key food system actor initiatives, in addition to staying grounded in the scientific literature.

**Skills:** Qualitative analysis • systems analysis • Q methodology • stakeholder interviews • stakeholder engagement • knowledge translation

**Expertise:** sustainable food systems • food policy • food system transformation • transdisciplinary research • Nordic food systems

## Current employment

**Researcher**, Stockholm Resilience Centre, Stockholm University, Stockholm, Sweden, April 2018 to present

- Research focus
  - Interdisciplinary and transdisciplinary research to inform global and Nordic food system transformations for sustainability
- In addition to the funded projects below, I collaborate with
  - [MISTRA Food Futures](#): A sustainable and resilient food system for Sweden
  - [NOR-Eden](#) project for sustainable food systems in Norway
  - Sustainable Healthy Diets: Filling the gaps and paving the way for a sustainable future through science – focusing on Icelandic food systems.
- Research theme co-leader (2020-2022)
  - Guided the development of the Food for Resilience research theme at the Stockholm Resilience Centre

## Projects and grants

**2020 (Dec) – 2024 (Nov): Vägar till friska och hållbara nordiska livsmedelssystem - ett tvärvetenskapligt förhållningssätt för att utveckla transformation (Transformations to healthy and sustainable Nordic food systems - a transdisciplinary approach to co-develop action pathways)**

- Grant number: 2019-01579
- Funded by FORMAS (Swedish Research Council)
- Total funding of 4 493 312 SEK
- Role: PI
- This projects aims to engage food system actors in Sweden, Finland, Norway and Denmark to set targets and explore pathways towards sustainable food systems in the Nordics.

**2020 – Deep Demonstration on Resilient Food Systems and Diets**

- Grant number: EIT\_2.1.6\_201017\_P461\_1B
- Funded by EIT Climate-KIC

- Role: co-author of 'Cookbook for systems change – Nordic innovation strategies for sustainable food systems'
- This publication was a collaboration between the Nordic Food Policy Lab of the Nordic Council of Ministers, EAT and the Stockholm Resilience Centre. It describes how the mission-approach can be applied to food systems in the Nordics to help solve societies' grand challenges.

#### **2019-2020: New Zealand Planetary Boundaries**

- Funded by the New Zealand Ministry for the Environment
- Role: co-author of 'A safe operating space for New Zealand/Aotearoa'
- This report translated the global planetary boundaries to the New Zealand context. My role was to deliver a chapter that complemented this analysis by looking specifically at the food sector. I translated the global food system targets proposed in the EAT-Lancet Commission report to the food sector of New Zealand.

#### **2019–2021: Att främja ett miljövänligt och hälsosamt livsmedelssystem (Towards an environmentally friendly and healthy food system)**

- Grant number: 1012780
- Funded by the Nordic Council of Ministers
- Role: Project Manager
- Total funding of 970,000 DKK
- This project aims to better understand how food system change can be used as an entry point in the Nordic region to simultaneously address multiple challenges outlined in Agenda 2030.

#### **2019–2022: Scenarios and pathways toward sustainable land-use and food production for Western and the Nordic European countries as part of the global FABLE Consortium**

- Funded by the European Union JPI ERA-NET AXIS program
- Total funding of €1,184,850
- Role: Leader of Work Package 3: Stakeholder dialogues
- This project aims to develop national and regional pathways for healthy and sustainable food and land use systems in the Nordic countries by engaging with stakeholders from participating countries to build narrative scenarios for 2030 and 2050 food and land use systems, then quantitatively testing these scenarios using a new generation of models developed by the global Food Agriculture Biodiversity, Land and Energy (FABLE) consortium.

## **Previous experience**

**Postdoctoral Fellow**, EAT & Stockholm Resilience Centre, Stockholm University, Stockholm, Sweden, November 2016 to April 2018

**World Health Organization Intern**, Geneva, Switzerland, July 2016 to October 2016

**Graduate Teaching Assistant**, University of Auckland, New Zealand, Feb 2013 to Nov. 2013

**Guest Lecturer**, University of Auckland, New Zealand, 2013 and 2015

**Research Assistant**, INFORMAS (International Network for Food and Obesity/non-communicable Diseases, Research, Monitoring and Action Support), University of Auckland, July to November 2012

## Academic qualifications

**Doctor of Philosophy, Health Sciences**, University of Auckland, September 2012 to May 2017

**Master of Public Health**, University of Auckland, January 2011 to February 2012

**Bachelor of Health Science, Honours**, University of Auckland, 2011

**Bachelor of Science**, Indiana University, 2006-2009

## Selected scholarships, awards and fellowships

**Robert Bosch Stiftung Fellow**, Postdoc Academy for Transformational Leadership, 2018-2020.

**University of Auckland Doctoral Scholarship**, University of Auckland, 2012-2015, \$90,000 NZD.

**University of Auckland Fulbright Scholarship**, University of Auckland, 2011, \$20,000 NZD.

**University of Auckland School of Population Health BHS (Hon) Prize**, 2011.

**Fulbright Student Award**, Fulbright New Zealand, 2010, \$20,000 NZD.

## Academic publications

**Wood A**, Moberg E, Curi Quinto K, Van Rysselberge P, Rööös E. From “good for people” to “good for people and planet” – placing health and environment on equal footing when developing food-based dietary guidelines. *Under review*.

**Wood A**, Queiroz C, Deutsch L, González-Mon B, Jonell M, Pereira L, Sinare H, Svedin U, Wassénius E. Reframing the local-global food systems debate using a resilience lens. *Nature Food*. 2023; 4: 22-29.

Basnet S, **Wood A**, Rööös E, Jansson T, Fetzer I, Gordon, LJ. Organic agriculture in a low-emission world: exploring combined measures to deliver sustainable food systems in Sweden. *Sustainability Science*. 2023; 18: 501-519.

Rööös E, **Wood A**, Säll S, Hatab AA, Ahlgren S, Hallström E, Tidåker P, Hansson H. Diagnostic, regenerative or fossil-free-exploring stakeholder perceptions of Swedish food system sustainability. *Ecological Economics*. 2023; 203:107623

Bunge AC, **Wood A**, Halloran A, Gordon L. A systematic scoping review of the sustainability of vertical farming, plant-based alternatives, food delivery services and blockchain in food systems. *Nature Food*. 2022; 3: 933-941.

Hebinck A, Selomane O, Veen E, De Vrieze A, Hasnain S, Sellberg M, Sovová L, Thompson K, Vervoort J, **Wood A**. Exploring the transformative potential of urban food. *npj Urban Sustain*. 2021; 1(1): 1-9.

Moberg E, Karlsson Potter H, **Wood A**, Hansson P, Rööös E. Benchmarking the Swedish diet relative to global and national environmental targets – identification of indicator limitations and data gaps. *Sustainability*. 2020; 12(4): 1407.

Willett W, Rockström J, Loken B, Springmann M, Lang T, Vermeulen S, Garnett T, Tilman D, **Wood A**, et al. Our Food in the Anthropocene: The EAT-Lancet Commission on Healthy Diets from Sustainable Food Systems. *Lancet*. 2019; 393(10170): 447-492.

**Wood A**, Tenbensen T. A Comparative Analysis of Drivers of Collaborative Governance in Front-of-Pack Food Labelling Policy Processes. *J Comp Policy Anal*. 2017; 20(4): 404-419.

Jones A, Magnusson R, Swinburn B, Webster J, **Wood A**, Sacks G, Neal B. Designing a Healthy Food Partnership: lessons from the Australian Food and Health Dialogue. *BMC Public Health*. 2016; **16**:651.

Swinburn B, **Wood A**. Progress on obesity prevention over 20 years in Australia and New Zealand. *Obes Rev*. 2013; **14** (Suppl. 2): 60-8.

**Wood A**, Tenbensen T, Utter J. The divergence of country of origin labelling regulations between Australia and New Zealand. *Food Policy*. 2013; **43**: 132-141.

Rayner M, **Wood A**, Lawrence M, Ni Mhurchu C, Albert J, Barquera S, Friel S, Hawkes C, Kelly B, Kumanyika S, L'Abbé M, Lee A, Lobstein T, Ma J, Macmullan J, Mohan S, Monteiro C, Neal B, Sacks G, Sanders D, Snowdon W, Swinburn B, Vandevijvere S, Walker C, INFORMAS. Monitoring the health-related labeling of foods and non-alcoholic beverages in retail settings. *Obes Rev*. 2013; **14** (S:1):70-81.

**Wood A**, Utter J, Robinson E, Ameratunga S, Fleming T, Denny S. Body weight satisfaction among New Zealand adolescents: findings from a national survey. *Int J Adolesc Med Health*. 2012; **24**(2): 161-7.

## Other publications

Gordon L, Eitrem Holmgren K, Bengtsson J, Persson M, Peterson G, Rööös E, **Wood A**, Alvstad R, Basnet S, Bunge AC, Jonell M, Fetzer I. Food as Industry, Food Tech or Culture, or even Food Forgotten? A report on Scenario Skeletons of Swedish Food Futures. Stockholm Resilience Centre; Stockholm. September 2022.

Hill D (with contributing feature from **A Wood** and others). Designing mission: Mission-oriented innovation in Sweden – A practice guide by Vinnova. Vinnova; Stockholm. 2022. ISBN: 978-91-87537-95-0.

**Wood A**, Halloran A, Gordon L J. Insight paper #4 of the Nordic food system transformation series: Food system transformation in the face of uncertainty. Stockholm Resilience Centre; Stockholm. March 2021.

**Wood A**, Halloran A, Gordon L J. Insight paper #3 of the Nordic food system transformation series: Addressing the barriers to food system transformation in the Nordics. Stockholm Resilience Centre; Stockholm. March 2021.

Halloran A, **Wood A**, Aguirre F, Persson M, Weschke M, Nodland O K. Innovation for sustainable food systems: a Nordic cookbook of strategies. Nordic Council of Ministers; Copenhagen. December 2020.

Seaby Andersen L, Gaffney O, Lamb W, Hoff H, **Wood A**. A safe operating space for New Zealand/Aotearoa: Translating the planetary boundaries framework. Ministry for the Environment New Zealand; Wellington. December 2020.

Basnet S, Fetzer I, Jansson T, Gordon L, Röö s E, Ahlgren S, **Wood A**, Woodhouse A. Swedish chapter in '2020 Report of the FABLE Consortium: pathways to sustainable land-use and food systems.' IIASA and SDSN. December 2020.

**Wood A**, Halloran A, Gordon L J. Insight paper #2 of the Nordic food system transformation series: Eight opportunities for Nordic collaboration on food system challenges. Stockholm Resilience Centre; Stockholm. November 2020.

**Wood A**, Halloran A, Gordon L J. Insight paper #1 of the Nordic food system transformation series: Towards sustainable Nordic food systems – project overview. Stockholm Resilience Centre; Stockholm. November 2020.

Halloran A, **Wood A**, Sellberg M. What can the COVID-19 pandemic teach us about resilient Nordic food systems? Nordic Council of Ministers: Copenhagen. July 2020.

Ställ om snabbt till nyttigare och mer klimatsmart mat. Dagens Nyheter, Sweden. January 2020.

**Wood A**, Gordon L, Röö s E, et al. Nordic food systems for improved health and sustainability: baseline assessment to inform transformation. A report for the Swedish National Food Agency. Stockholm Resilience Centre, Stockholm, Sweden. 3 April 2019.

**Wood A**, Fox E, Kjørven O. Policy Brief: Matsystem i utviklingspolitikken: Innspill til Utenriksdepartementet (Food systems in development policy: Input to the Ministry of Foreign Affairs. Oslo, Norway. 13 March 2019.

**Wood A**. Översikt EAT-Lancetrapporten i nordisk kontext. A briefing document for the EAT-Lancet Stockholm launch. 17 January 2019.

Gordon L with EAT colleagues and EAT-Lancet Stockholm-based co-authors (including **Wood A**). Ställ om snabbt till nyttigare och mer klimatsmart mat. Dagens Nyheter. 17 January 2019. Available from: <https://www.dn.se/debatt/stall-om-snabbt-till-nyttigare-och-mer-klimatsmart-mat/>

Cairns A, Vidal A, **Wood A**, DeClerck F, Harding A. Putting food in food. Sight and Life Magazine, 2018, Volume 32 (2).

EAT, WBCSD, FReSH (**Wood A as science writer**). Science to Solutions Dialogue 2: People, Planet, Protein. Initial Outcome Paper for Discussion. May 2018. Internal document.

EAT, WBCSD, FReSH (**Wood A as science writer**). Science to Solutions Dialogue 2: People, Planet, Protein. Summary Outcome Paper for Discussion. May 2018. Available from: <https://www.wbcsd.org/Programs/Food-Land-Water/Food-Land-Use/FReSH/Resources/Science-to-Solutions-Dialogue-two>.

EAT, WBCSD, FReSH (**Wood A as science writer**). Science to Solutions Dialogue 1: Putting Food in Food. Initial Outcome Paper for Discussion. May 2018. Available from: <https://www.wbcsd.org/Programs/Food-Land-Water/Food-Land-Use/FReSH/Resources/Science-to-Solutions-Dialogue-one>.

EAT, WBCSD, FReSH (**Wood A as science writer**). Science to Solutions Dialogue 1: Putting Food in Food. Summary Outcome Paper for Discussion. May 2018. Internal document.

**Wood A**. Are there opportunities within the Government's childhood obesity plan? *Public Address (blog)*: 2 November 2015. Available from: <http://publicaddress.net/speaker/are-there-opportunities-within-the-governments/>.

**Wood A.** Beyond unhelpful dichotomies: a co-regulatory approach to protecting children from junk food marketing. *Public Health Expert (blog)*: 9 September 2015. Available from: <https://blogs.otago.ac.nz/pubhealthexpert/2015/09/09/beyond-unhelpful-dichotomies-a-co-regulatory-approach-to-protecting-children-from-junk-food-marketing/>.

## **Selected Presentations and stakeholder engagement**

*From over 60 presentations*

Invited presenter to the European Food Security Crisis preparedness and response mechanism working group of the European Commission. January 2023. Virtual presentation.

Invited presenter to the Stockholm Hub on Environment, Climate and Security high-level meeting on the Global Food Crisis. January 2023.

Invited panelist at the International Whole Grain Day, organized by the Whole Grain Initiative. November 2021. Virtual panel.

Invited inspirational speaker at the New Nordic Food Programme's workshop 'Revitalization of the Nordic Kitchen Manifesto – Creating a Dialogue about Sustainable and Healthy Food Systems.' November 2021. Virtual presentation.

Invited speaker to NEON's (Network in Epidemiology and Nutrition) lunch seminar on incorporating environmental considerations into epidemiology. October 2021. Virtual seminar.

Invited speaker and panelist at the Nordic Council of Ministers Side Event for the UN Food Systems Summit. September 2021.

Keynote speaker at the UN Food System Summit Dialogue organized by the Finnish Presidency of the Nordic Council of Ministers. June 2021. Virtual Dialogue.

Invited presenter and panelist for the Nordic Nutrition Recommendation 2022 webinar on environment-friendly food systems. May 2021. Virtual webinar.

Invited speaker to Svenska Läkaresällskapet's (Swedish Medical Association) Master Class on food, climate and health. May 2021. Virtual presentation.

Stakeholder feedback presentation on findings from the Nordic Food System Transformation Dialogues. March 2021. Virtual presentation.

Invited presenter and panelist during SIANI's annual meeting for the session 'Promoting youth in food systems – today and tomorrow'. January 2021. Virtual presentation.

Invited presenter to the Swedish National Dialogue of the United Nations Food System Summit. January 2021. Virtual presentation.

Presentation to the Senior Committee on Food of the Nordic Council of Ministers. November 2020. Virtual presentation.

Nordic Food System Transformation Dialogues – Stakeholder feedback session. October 2020. Virtual presentation.

Presentations to Researchers' Desk and Fridays for the Future on food systems and sustainability. October 2020.

Recorded presentation for EUFIC. February 2020. Event cancelled due to Covid-19.

Presentation to Senior Committee of Health, Nordic Council of Ministers. Jan 2020. Copenhagen, Denmark.

Full-day multi-stakeholder dialogues (five total) on Nordic food system transformation. October 2019-January 2020. Stockholm, Copenhagen, Oslo, Reykjavík, Helsinki.

Presentation of the Nordic food systems report in 2020 and 2019 to over 15 groups from the public, private and civil society sectors.

Presentation at Nordic Climate Week, hosted by the Nordic Council of Ministers. December 2019. Stockholm, Sweden.

Presentation at Chalmers seminar on Food, health and sustainability. October 2019. Gothenburg, Sweden.

Presentation at ICA food retailer sustainability week. October 2019. Stockholm, Sweden.

Invited lead of the 'healthy and sustainable Baltic food systems' theme at the ReGeneration 2030 Summit, a gathering of nearly 100 youth working towards achievement of the SDGs. August 2019; Mariehamn, Åland.

Joint presentation of the Nordic food systems report to the Norwegian Ministry of Health and Care Services, Ministry of Industry, Trade and Fisheries, and the Ministry of Agriculture and Food. June 2019; Oslo, Norway.

Opening presentation at the side event 'Alternative protein futures' at the EAT Stockholm Food Forum. June 2019; Stockholm, Sweden.

Invited presentation and discussion on Healthy and Sustainable Nordic Food Systems to the Nordic Council of Ministers Nordic Public Health Arena. May 2019; Reykjavik, Iceland.

Presentation and panel on Healthy and Sustainable Nordic Food Systems at Madens Folkemøde. May 2019; Stockholm, Sweden.

Organizer of the multi-stakeholder do-ologue with around 30 Swedish food system actors. April 2019; Stockholm, Sweden.

Invited presentation and discussion on Healthy and Sustainable Nordic Food Systems to the Nordic Council of Ministers Senior Committee on Food. March 2019; Copenhagen, Denmark.

Invited speaker at the World Health Organization-Nordic Council of Ministers workshop 'Towards healthy and sustainable food systems in the Baltic region.' February 2019; Riga, Latvia.

The EAT-Lancet report and Nordic food system transformations. Presentation at the EAT-Lancet Commission Stockholm launch. January 2019; Stockholm, Sweden. Available at

<https://www.stockholmresilience.org/news--events/general-videos/2019-01-18-svensk-lansering-av-eat-lancet-rapporten.html>.

Funding and Nordic food system transformation. Presentation to Formas Swedish Research Council. December 2018; Stockholm, Sweden.

Sustainable food systems in a Nordic Agenda 2030. Invited presentation to the Nordic Council of Ministers; October 2018; Stockholm, Sweden.

EAT-Lancet Commission on Healthy Diets from Sustainable Food Systems. Presentation to the SDG2 Advocacy Hub; June 2018; Stockholm, Sweden.

Nordic Solutions to Global Challenges – Healthy Diets from Sustainable Food Systems. Invited presentation (with Dr. Brent Loken) to the Nordic Council of Ministers, March 2018; Copenhagen, Denmark.

Using science-based criteria to reconfigure global food systems. Invited presentation: European Public Health Conference, Pre-Conference workshop on healthy meals: a way to environmental, economic and social sustainability; November 2017; Stockholm, Sweden.

Healthy people and a healthy planet: Linking global targets with local action. Invited presentation: Nordic Association for Food Studies Conference; September 2017: Uppsala, Sweden.

## Media

Host of Re.Think Talks podcast episode: Communicating the complex science behind the planetary boundaries. June 2021. <https://www.stockholmresilience.org/news--events/rethink-talks-podcast-series/rethink-talks/2021-06-29-communicating-the-complex-science-behind-the-planetary-boundaries.html>

Filmed lecture for UR (Swedish Educational Broadcasting Channel): Hur hållbar är svenskarnas mat? May 2021. <https://urplay.se/program/221649-ur-samtiden-samspelet-mellan-manniska-och-natur-hur-hallbar-ar-svenskarnas-ma>

Host of Re.Think Talks podcast episode: The role of food in the pandemic: food security, shocks and transformations. June 2020. <https://rethink.earth/the-role-of-food-in-the-pandemic/>

Interview with SVT Vetenskap: Så ska maten räcka till tio miljarder människor. June 2020. <https://www.svt.se/nyheter/vetenskap/forskare-matindustrin-ar-en-miljoforstorare>

Interview for Nordic FoodTech Podcast. December 2019. <https://nordicfoodtech.io/episode/stockholm-resilience-centres-amanda-wood/>

Interview with Dagens Medicin. February 2019. <https://www.dagensmedicin.se/specialistomraden/allmanmedicin/sa-ska-vi-ata-for-halsan-och-miljon/>