

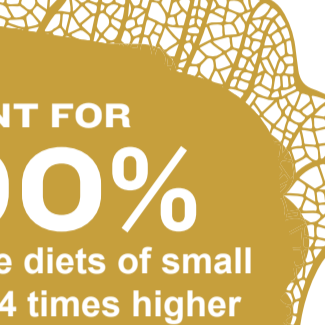
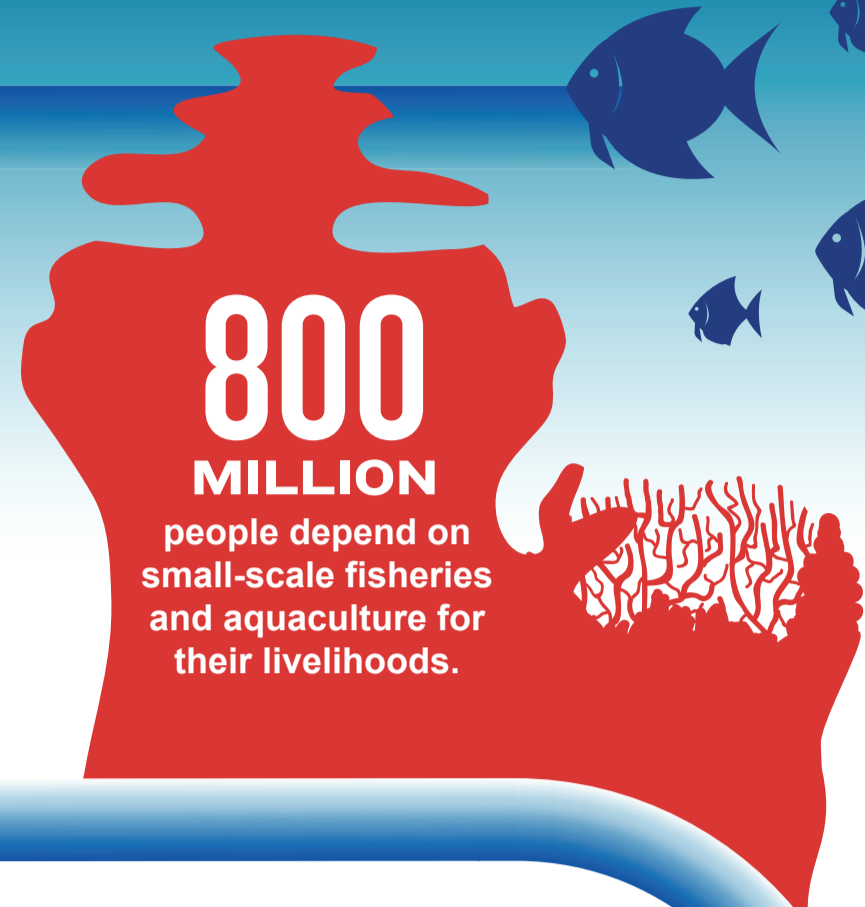
AQUATIC FOODS are essential to the SUSTAINABLE DEVELOPMENT GOALS

The world's forgotten Superfood.



No Poverty

Harvesting aquatic foods provides income and food to some of the world's most vulnerable communities, especially in the tropics, helping to reduce poverty at the local level.¹



Zero Hunger

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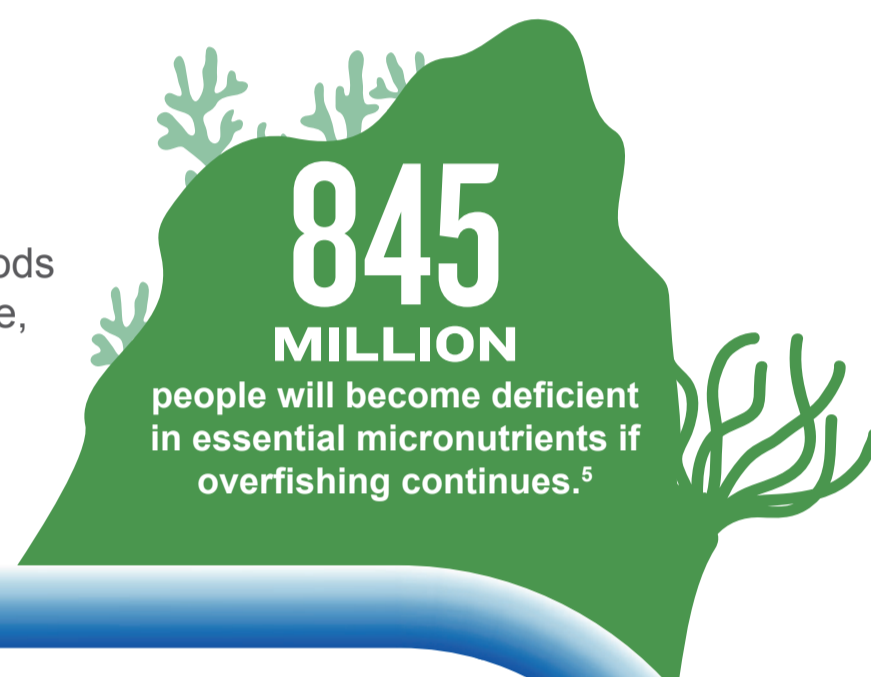
Aquatic foods provide affordable essential nutrients and protein. Fish provide 17% of the average animal protein for more than 3.1 billion people, and more than 50% in many countries in the Southern Hemisphere.²

FISH ACCOUNT FOR **50-90%** of animal protein in the diets of small island states, up to 3-4 times higher than the global average.³



Good Health and Well-being

Aquatic foods are one of nature's most plentiful superfoods and are a vital source of nutrition for over 3 billion people, providing zinc, vitamin A and omega-3 fatty acids while reducing the risks of perinatal and maternal mortality, child mortality, cognitive deficits, and more.^{4, 5}



Gender Equality

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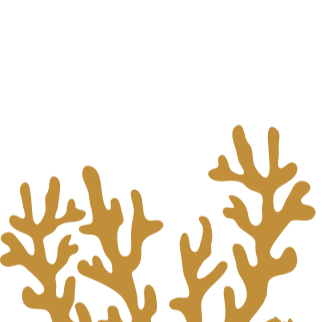
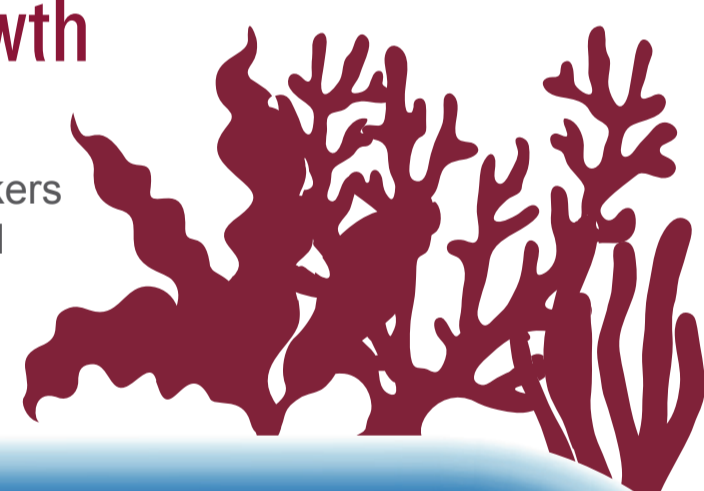
Small-scale fisheries offer important opportunities for women: In capture fisheries, women comprise nearly half of the 120 million people engaged in fishing and post-harvest activities and make up 70% of the global aquaculture workforce.⁶

50% of fishworkers are women.



Decent Work and Economic Growth

10-12% of the world's populations depend on aquatic foods for their livelihoods. 90% of fishers and fishworkers in developing economies account for half of the global catch of blue foods, boosting global food security.⁷



Responsible Consumption and Production

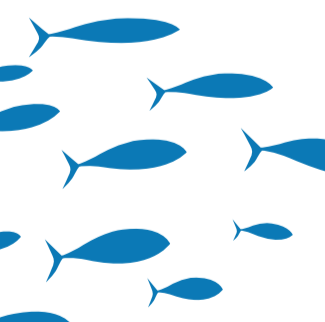
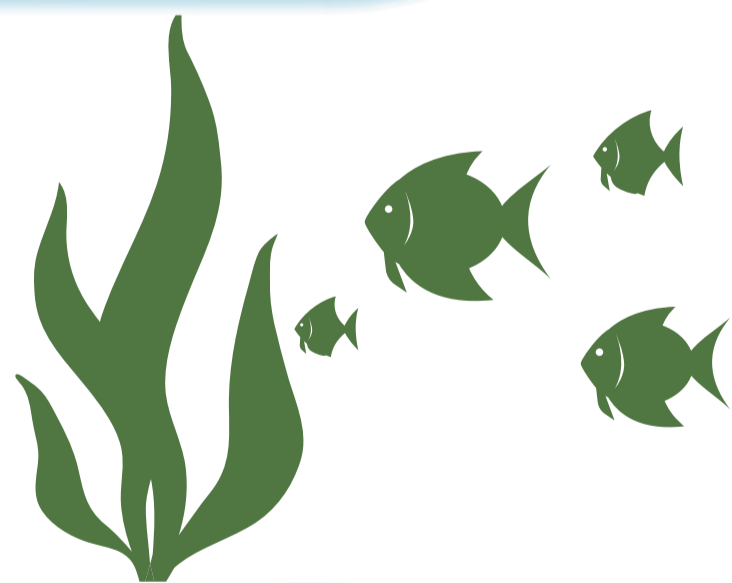
Responsible Consumption

An estimated 35% of the global harvest is wasted every year in fisheries and aquaculture.⁸ Proper management of fisheries contributes to the sustainable provisioning of food, lowering environmental costs, and improving food security.



Climate Action

Climate change is predicted to reduce the productivity of fisheries in tropical countries by up to 40%. Sustainable and climate-resilient fisheries and aquaculture management will help prevent this decline and feed the world.



Life Below Water

Life Below Water

Oceans are vital sources of nutritious aquatic foods for billions of people globally. A healthy ocean is essential to keep our climate in balance, feed a growing population, support economic development, and protect habitats and wildlife.



Partnerships for the Goals

Strong global partnerships and cooperation are required now more than ever to achieve our SDG ambitions. Investments in sustainable fisheries and aquaculture need to be better aligned with science and SDG needs.⁸

¹ Increasing the contribution of small-scale fisheries to poverty alleviation and food security, FAO Fisheries Technical Paper 481, Bene et al. Rome, 2007

² Bennett, A., Patil, P., Kleisner, K., Rader, D., Virdin, J., & Basurto, X. (2018). Contribution of Fisheries to Food and Nutrition Security. 46.

³ The Importance of Fish for Selected SIDS, GRID-Arendal (2013)

⁴ Bennett, A., Basurto, X., Virdin, J., Lin, X., Betances, S. J., Smith, M. D., Allison, E. H., Best, B. A., Brownell, K. D., Campbell, L. M., Golden, C. D., Havice, E., Hicks, C. C., Jacques, P. J., Kleisner, K., Lindquist, N., Lobo, R., Murray, G. D., Nowlin, M., ... Zoubek, S. (2021). Recognize fish as food in policy discourse and development funding. *Ambio*. <https://doi.org/10.1007/s13280-020-01451-45>

⁵ Golden, C. (2016). Fall in fish catch threatens human health. *Nature*, 534, 4.

⁶ Marie Christine Monfort. THE ROLE OF WOMEN IN THE SEAFOOD INDUSTRY. GLOBEFISH Research Programme, Vol. 119, Rome, FAO 2015. 67 pp.

⁷ FAO. 2020. The State of World Fisheries and Aquaculture 2020. Sustainability in action. Rome.

⁸ OECD (2020), "Reframing Financing and Investment for a Sustainable Ocean Economy", OECD Environment Policy Papers, No. 22, OECD Publishing, Paris, <https://doi.org/10.1787/c59ce972-en>.