

Project Manager Role Overview



Regenerative Healthcare European Association

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Who we are

RHEA (Regenerative Healthcare European Association) is a European organisation working at the intersection of agriculture, food systems, and human health. We exist to reconnect areas that are often treated separately, and to build a shared understanding of how farming practices, soil health, and food quality shape long-term health outcomes.

We are inspired by the concept of Regenerative Healthcare, coined by the Rodale Institute, which frames health as inseparable from agriculture and ecological systems. As well as the Food is Medicine (FIM) movement in the US, with food-based and preventive measures being integrated within healthcare systems. In Europe, such integration remains limited, highlighting the need for a more coordinated and integrated approach.

The term AGRI–HEALTH describes the European effort to reconnect agriculture and healthcare by making the links between food production, food quality, and health. AGRI–HEALTH builds on the foundations of Food Is Medicine and Regenerative Healthcare, and reflects a language and approach adapted to the European context.

RHEA works through a combination of community-building, education, advocacy, and research projects, initiating and facilitating the development of AGRI–HEALTH in Europe. Our work focuses on creating the conditions for this field to take shape at local and European levels, recognising the need for multi-country, multi-actor and multidisciplinary collaboration.

Connecting agriculture, food systems, and healthcare

Agricultural systems have increasingly prioritised yield, efficiency, and standardisation. Industrial conventional models are reliant on chemical inputs, monocultures, and extractive practices, underprioritising soil health and food quality. These systems feed into global food chains dominated by highly processed products designed for shelf life and palatability, with added sugars, refined ingredients, chemical additives, and limited attention to nutritional quality. In parallel, our healthcare systems are primarily structured around treating symptoms and not the root cause of disease, diagnosing and treating through drugs and procedures, with little attention to food and nutrition, and even less to how food is produced. All of those contribute to the exponential growth of Non-Communicable Diseases (NCDs), such as cancer, diabetes and cardiovascular disease, all around the globe, together with a great amount of deaths, and a skyrocketing healthcare bill.

In Europe, more than 86% of all deaths are caused by NCDs, and 70-80% of all healthcare costs – over 700 billion € – are spent on NCDs.

The integration of healthcare and agriculture, in which nutrient-dense foods grown in healthy soils are used to prevent and manage disease, has been highly understated. Across Europe, agriculture, food systems, and healthcare remain largely disconnected, despite being deeply interdependent. There's currently a weak coordination across sectors, and moving beyond siloed approaches will require integrated thinking and action.

Nutrient Density

Research has shown that today's fruits, vegetables, and grains have lower levels of nutrients, including minerals, vitamins, and polyphenols, compared to those grown decades ago. The decline in nutrient content of crops can be attributed to several factors, including agricultural practices, land and soil management, and climate change. Part of the problem is that, for the past century, policy and dominant agricultural practices prioritised quantity (yield) over quality (nutrient density).

Nutritional decline in crops, coupled with diet changes of modern lifestyles, means we are **overfed but undernourished**. Increasing evidence links micronutrient insufficiency to risk and progression of major NCDs, such as cardiovascular disease, type 2 diabetes, osteoporosis, and certain cancers.

Without healthy soils, we cannot produce healthy crops, and without healthy crops, we cannot sustain healthy humans. In Europe, 70% of the population is at risk for **hidden hunger** (micronutrient deficiency).

For RHEA, nutrient density is a strategic key point in connecting agriculture and food production with human health.

Nutrient density remains an emerging field, and while the term is increasingly being used, research is still at its early stages, with fragmented and largely uncoordinated efforts across Europe.

Projects 2026

White Paper Publication (new)

Starting in 2026, RHEA will lead the publication of a white paper focused on the European landscape of Nutrient Density research. The objective of this publication is to develop a clear overview of how nutrient density is currently understood, researched, and applied across Europe within agriculture, healthcare, and food systems.

The mapping will identify key actors, initiatives, and areas of activity, as well as gaps, barriers to adoption, and opportunities for collaboration. Given the fragmented and early-stage nature of nutrient density research in Europe, this project aims to bring information, provide scientific reference points and a clear overview of the field, as well as spark coordinated efforts across countries.

Projects 2026

European Conference (new)

Inspired by the Food is Medicine movement, the conference will bring together researchers, practitioners, healthcare professionals, farmers, policymakers, and system-level actors to explore the themes of soil health, nutrition, food is medicine, agroecology, food quality, nutrient density, health and agricultural policies.

Join our team

RHEA is a growing organisation working at the intersection of agriculture, food systems, and healthcare, often building pathways that don't exist yet. This work requires curiosity, rigour, and comfort with uncertainty, as well as the ability to collaborate with diverse actors across disciplines.

This is **a dynamic role in a women-led, grassroots, non-profit organisation**. We welcome people motivated to contribute to meaningful advances in this emerging field and who are interested in collaborating on innovative initiatives and processes that help shape the future of AGRI-HEALTH in Europe.

How to Apply

- Go to: www.rheaeu.com/hiring
- Read **this PDF** carefully
- Read the full **Job Description PDF**
- Fill out the **Application Form**

Support contact: hello@rheaeu.com

We look forward to
hearing from you.

RHEA