

Theory of Change

Mission: To reconnect agriculture, food, and health across Europe through research, advocacy, education, and collaboration — advancing regenerative healthcare for people and planet.



The need

The problem

Disconnection between agriculture and healthcare

Health and food systems in Europe are siloed, preventing coordinated responses to chronic diseases, malnutrition, and food quality decline.

Soil degradation and nutrient loss

Agricultural practices are degrading soils and reducing the nutrient density of food, contributing to poor health outcomes.

Nutritional decline

The nutritional content of crops has significantly declined over the past decades due to industrial agricultural practices, soil degradation, and crop breeding that prioritises yield over nutritional quality.

Dominance of ultra-processed food systems

Foods are modified from seed to shelf — from industrial agriculture to industrial food manufacturing, they are ultra-processed through the addition of salt, sugar, and chemical ingredients, with nutritional value consistently deprioritised in favour of efficiency, flavour manipulation, and profit.

Lack of education and institutional integration

Holistic knowledge about food, soil, and health is not yet fully integrated into medical, academic, or policy institutions.

Health inequities

Vulnerable populations are disproportionately affected by chronic diseases due to poor diets and limited access to nutritious food.

The work

Key Audience

A multiactor network working at the intersection of agriculture, food, and health.

- **Farmers and agricultural practitioners** engaged in or transitioning to regenerative practices
- **Healthcare professionals** involved in prevention, nutrition, or primary care
- **Researchers** working on health, nutrition, agriculture, and food systems
- **Universities and public institutions** involved in food, farming, or health
- **EU policymakers and institutions** influencing agricultural and health policy
- **Civil society organisations** advocating for nutrition, health equity, and sustainable food systems



Interventions

- Collaborative research with universities and scientific partners
- Public education through webinars, social media, and publications
- Advocacy and stakeholder engagement at the EU level
- Partnerships with farmers and healthcare professionals
- Participation in conferences and events across the EU

The results

Outcomes

- Educational resources and content widely disseminated across Europe
- Research collaborations in nutrient density studies
- Engagement of healthcare and academic institutions
- Adoption of food-based prevention practices in healthcare and community settings
- Advocacy actions and policy input delivered at the EU level
- Active participation of grassroots and civil society organisations
- Increased demand to grow and consume nutrient-dense foods
- Influence on professional training and university curricula

Impact

For healthcare and professionals

- More focus on prevention and food-based care
- Knowledge developed on nutrition, soil, and food systems

For Farmers

- Rising demand for nutrient dense crops supporting soil health and human health
- Closer ties between farming and public health
- Increased support for regenerative practices

For Universities & researchers

- Soil–food–health added to education
- Increased cross-discipline research and partnerships

For EU policymakers

- Stronger links between agriculture and health
- Increased funding for food-based health solutions and multidisciplinary research

For Civil society & public

- Better access to healthy food
- Support for grassroots action
- Increased knowledge in food, health and agriculture

Long term outcomes

RHEA works to establish regenerative healthcare across Europe by collaborating with a multiactor network to promote food-based prevention, improve access to nutritious diets, advance nutrient density research, and support systemic change toward health equity.