

How to build urban food systems for better diets, nutrition, and health

A policy perspective

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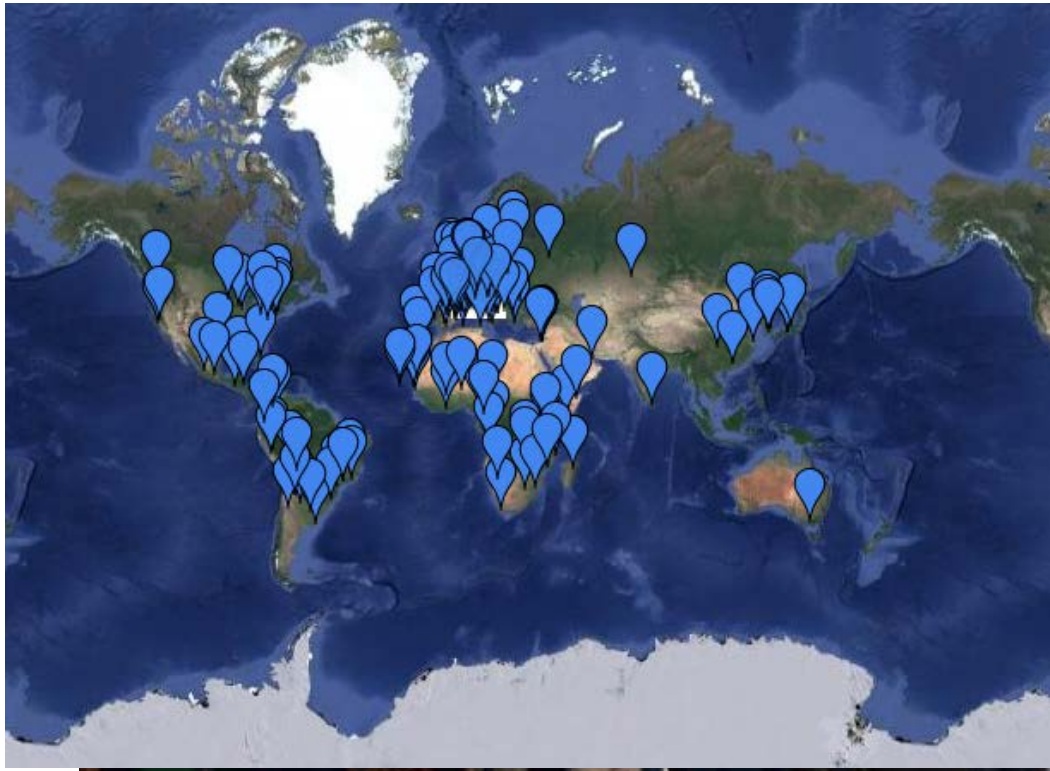
Policy action for cities and *by* cities on urban food systems

100s of cities taking action

- Food insecurity
- Obesity/NCDs
- Unsafe food
- Food waste
- Climate change
- Economic development
- Rural development

City-networks

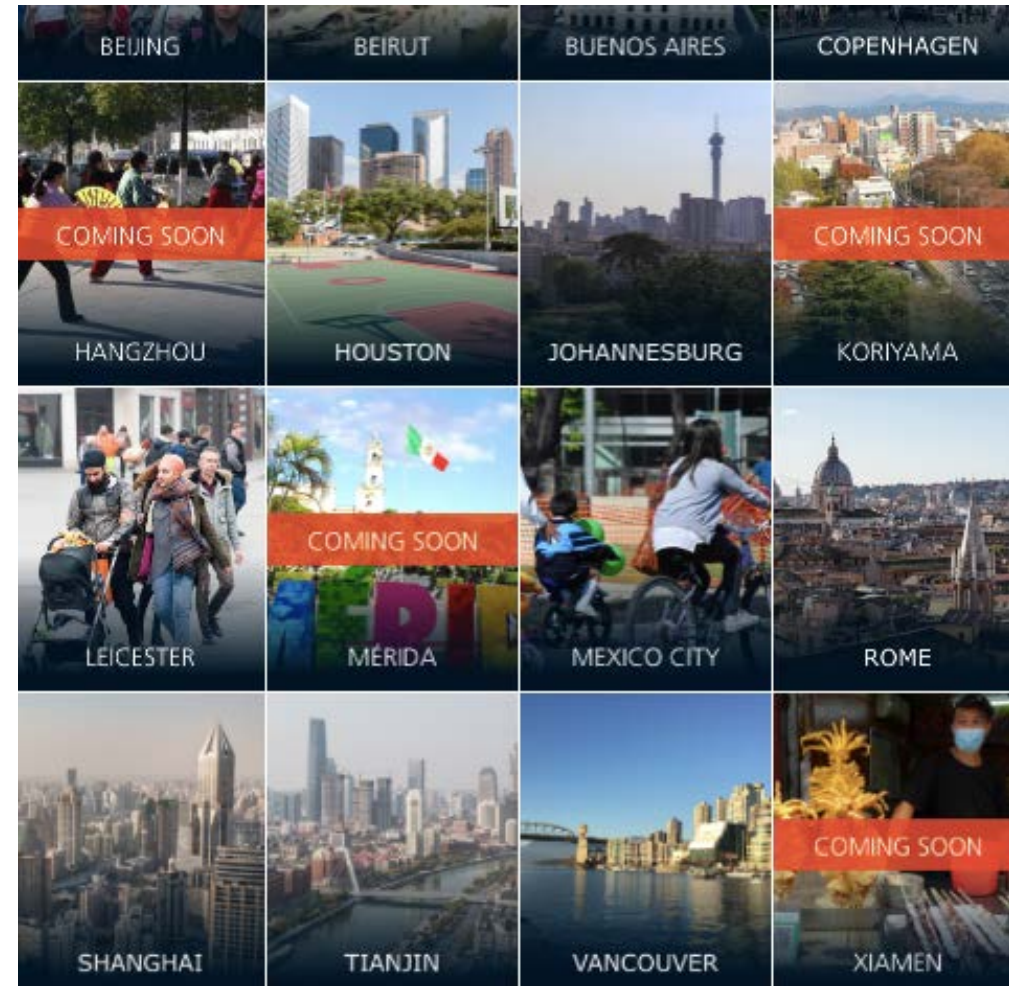
- Milan Urban Food Policy Pact
- C40 Cities
- WHO Healthy Cities Project
- 100 Resilient Cities
- Partnership for Healthier Cities
- Cities Changing Diabetes



AN INTERNATIONAL
PACT SIGNED BY 180
CITIES FROM ALL OVER
THE WORLD WITH
MORE THAN 450
MILLION INHABITANTS

cities changing diabetes

“we must set ourselves a target of reducing obesity by 25.0% globally by 2045”



What are the areas of policy action relevant to nutrition by cities? Four examples

Policy Area 1. Urban agriculture for food insecurity

- Antananavarivo, Madagascar: Micro-vegetable gardens in the city's low-income neighborhoods plus School Gardens Programme
- Arusha, Tanzania: "Arusha Edible Gardens" managed by a women's cooperative, indigenous plants, education, market
- Dakar, Senegal: Gardening on standing tables, income for vulnerable women
- Nairobi: Urban Agriculture and Promotion Act
- Quito: The Participatory Urban Agriculture Program

Policy Area 2. Food access initiatives

Curitiba, Brazil

- “Armazém da Família” (“family shop”) Programme serves 30,000 families; families enroll to access 33 stores selling foods 33% cheaper
- Family Sacolão Programme: permit holders distribute fruits and vegetables at a single price maximum (40% lower than that of conventional markets)
- “Our Fair (Feria) Programme” (markets). Fruits and vegetables sold at a single price per kilo (at least 40% cheaper) from family farmer cooperatives

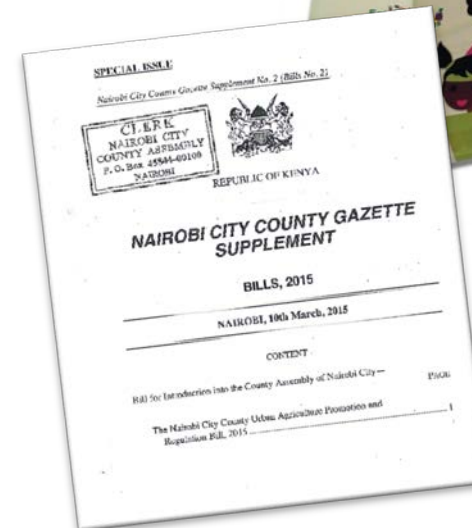
Policy Area 3. Education initiatives

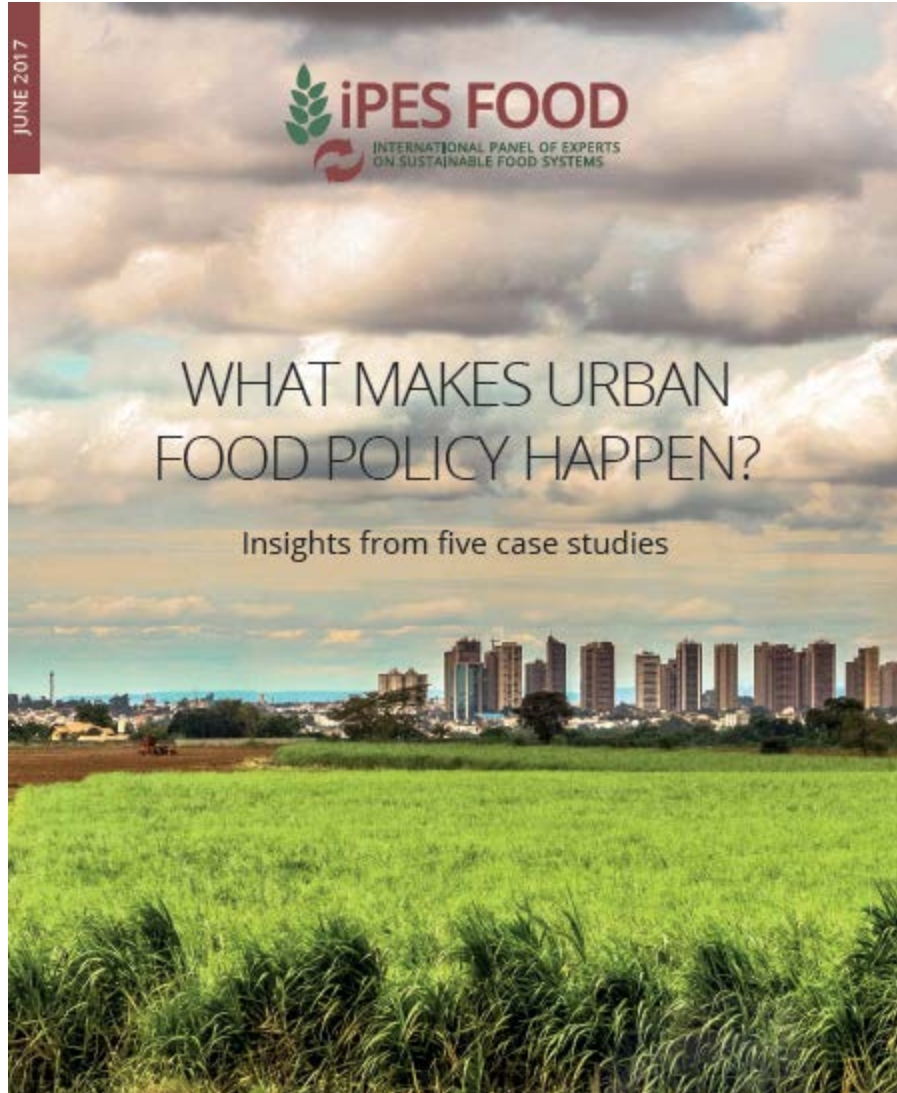
- Medellin Food Security Unit funds the food and nutrition education plan, including School Nutrition Program, in 476 educational establishments, with 293 000 children, girls and adolescents
- Tel Aviv: The Scout Food Movement – education and improving food at summer camps
- Santiago, Chile: “Gamification” programme in schools for obesity prevention

Policy Area 4. Comprehensive approaches

- Food Security Programme, Belo Horizonte, Brazil
- Healthy Weight Programme, Amsterdam, The Netherlands

What makes urban policy change happen?





Aim

To provide insights from existing urban food policies into the factors that enable policy development and delivery and how these enablers can be harnessed and barriers overcome

http://www.ipes-food.org/images/Reports/Cities_full.pdf

Five case studies

innovative, diverse, interesting political & power dynamics

- **Belo Horizonte.** One of the first integrated **food security** policies to be developed in the world lasting >20 years; established dedicated food agency within city gov
- **Amsterdam.** “Approach to **Healthy Weight**” requires all departments to contribute to obesity through their policies, plans and day-to-day working
- **Nairobi.** “Urban Agriculture Promotion & Regulation Act” established in space between new national policy and bottom-up initiatives to to promote **food security & jobs**
- **Around Toronto.** “Golden Horseshoe Food and Farming Plan” created to support **economic viability of farmers & food value chain** with inclusive governance body
- **Detroit.** “Urban Agriculture Ordinance” required negotiation over State-level legislation designed for large-scale farmers & city support for community action for **social cohesion**

How did these cities make policy change happen?

1. Cities identified, leveraged & augmented their powers
2. Cities carefully managed the institutional home, governance body & cross-government engagement
3. Cities involved multiple stakeholders - communities, civil society, food system actors –for shared ownership & support
4. Funds were obtained and used wisely
5. Political commitment was secured & maintained
6. Monitoring was utilized to identify problems & solutions, assess progress & learn

What's needed next?

Three recommendations

- Focus on food retail provisioning
- Engagement of nutrition community – current assumption that nutrition will be influenced; not explicit
- Evaluation - Shocking lack of impact evaluations; need for consistent metrics and indicators