



Milan Urban Food Policy Pact Monitoring Framework

Draft version, July 2018

Indicator 14: Number of city-led or supported activities to promote sustainable diets

MUFPP framework of actions' category: Sustainable diets and nutrition

The indicator measures the number of city-led or supported activities to promote sustainable diets. Data might be disaggregated by type of activity and target audience.

Overview table

MUFPP Work stream	Sustainable Diets and Nutrition
MUFPP action	Develop sustainable dietary guidelines to inform consumers, city planners (in particular for public food procurement), food service providers, retailers, producers and processors, and promote communication and training campaigns.
What the indicator measures	Number of city-led or supported activities to promote sustainable diets
Which variables need to be measured / what data are needed	Total number of activities, number of people participating in activities
Unit of measurement <i>(i.e. Percentages, averages, number of people, etc.)</i>	Number of city-led or supported activities
Unit(s) of Analysis <i>(i.e. people under 5 years old, etc.)</i>	Data can be disaggregation by type of activity and target audience
Possible sources of information of such data	Records from local government departments or NGOs supporting activities
Possible methods/tools for data-collection	-Analysis of records -Survey among community agencies/ NGOs
Expertise required	Data analysis, survey design and implementation
Resources required/ estimated costs	

Specific observations	The indicator can monitor activities on sustainable diets from a specific perspective that is of most interest to a given city. Cities and countries have – according to their priorities -for example focussed on the following variables of sustainable diets: seasonal, local, organic production, consuming less meat and fish; and considering packaging. In Germany, there is an additional focus on purchasing fair trade–certified produce wherever possible ¹ .
Examples of application	Some countries, such as Germany and Sweden, have developed guidelines for their citizens that integrate health and sustainability when making food choices. However, the Swedish guidelines were withdrawn following incompatibility with the European Union’s internal market.

Rationale/evidence

The choices we make about the food we eat affect our health and have major ramifications for the state of the environment. The food system is responsible for more than a quarter of all greenhouse gas (GHG) emissions, of which up to 80% are associated with livestock production. Without targeted dietary changes, the situation is expected to worsen as a growing and wealthier global population adopts diets resulting in more GHG emissions and that increase the health burden from chronic, non-communicable diseases associated with high body weight and unhealthy diets². There is no consensus on what constitutes a sustainable diet but, in general, it is one with “low environmental impacts that contribute to food and nutrition security and healthy life for present and future generations”³. By this or any other definition, no country has achieved a sustainable diet at this point.

Glossary/concepts/definitions used

Sustainable Diet: Sustainable diets are those diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimising natural and human resources⁴.

City-led or Supported Activities: Any type of event, publication or activity designed to promote sustainable diets to the local population or more broadly in collaboration with regional and/or national partners.

Preparations

The team responsible for monitoring this indicator should agree on:

1. Type of data disaggregation and categories that will be used
2. Data collection method, and
3. List of departments or community agencies/ NGOs from which to request data.

¹ Clonan, A., & Holdsworth, M. (2012). The challenges of eating a healthy and sustainable diet. *Am J Clin Nutr* September 2012. Vol. 96 no. 3 459-460. <https://academic.oup.com/ajcn/article/96/3/459/4576746>

² Springmann, M., Godfray, H. C. J., Rayner, M., & Scarborough, P. (2016). Analysis and valuation of the health and climate change co-benefits of dietary change. *Proceedings of the National Academy of Sciences*, 113(15), 4146-4151. <http://www.pnas.org/content/113/15/4146>

³ FAO. (2010). Sustainable diets and biodiversity. Directions and solutions for policy, research and action. In Proceedings of the international scientific symposium: “biodiversity and sustainable diets united against hunger”, 3-5 November 2010. Rome, Italy: FAO Headquarters.

<http://www.fao.org/docrep/016/i3004e/i3004e.pdf>

⁴ FAO. (2010). Op cit.

Sampling:

Given that sustainable diet promotion is still a new area, it is unlikely that sampling will be needed.

Data Collection and Analysis

Data disaggregation can be done by the type of activity and the type and number of audiences targeted by the activity.

Type of Activity

Indicate the number and different types of activities to promote sustainable diets:

- Reports
- Public information campaigns
- Events
- Training

Types of Audiences

- General public
- Government officials
- Health professionals
- Schools
- Others

References and links to reports/tools

Birt, C., Buzeti, T., Grosso, G., Justesen, L., Lachat, C., Lafranconi, A. & Sarlio-Lähteenkorva, S. (2017). Healthy and Sustainable Diets for European Countries.

Donati, M., Menozzi, D., Zighetti, C., Rosi, A., Zinetti, A., & Scazzina, F. (2016). Towards a sustainable diet combining economic, environmental and nutritional objectives. *Appetite*, 106, 48-57.

FAO. (2010). Sustainable diets and biodiversity. Directions and solutions for policy, research and action. In Proceedings of the international scientific symposium: “biodiversity and sustainable diets united against hunger”, 3e5 November 2010. Rome, Italy: FAO Headquarters.

Mason, P., & Lang, T. (2017). Sustainable diets: How ecological nutrition can transform consumption and the food system. Taylor & Francis.