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

<table>
<thead>
<tr>
<th>MUFFP Work stream</th>
<th>Sustainable Diets and Nutrition</th>
</tr>
</thead>
<tbody>
<tr>
<td>MUFFP action</td>
<td>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.</td>
</tr>
<tr>
<td>What the indicator measures</td>
<td>Number of city-led or supported activities to promote sustainable diets</td>
</tr>
<tr>
<td>Which variables need to be measured / what data are needed</td>
<td>Total number of activities, number of people participating in activities</td>
</tr>
<tr>
<td>Unit of measurement (i.e. Percentages, averages, number of people, etc.)</td>
<td>Number of city-led or supported activities</td>
</tr>
<tr>
<td>Unit(s) of Analysis (i.e people under 5 years old, etc.)</td>
<td>Data can be disaggregation by type of activity and target audience</td>
</tr>
<tr>
<td>Possible sources of information of such data</td>
<td>Records from local government departments or NGOs supporting activities</td>
</tr>
<tr>
<td>Possible methods/tools for data-collection</td>
<td>- Analysis of records - Survey among community agencies/ NGOs</td>
</tr>
<tr>
<td>Expertise required</td>
<td>Data analysis, survey design and implementation</td>
</tr>
<tr>
<td>Resources required/estimated costs</td>
<td></td>
</tr>
</tbody>
</table>

The views expressed in this product are those of the author(s) and do not necessarily reflect the views or policies of FAO.
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 focused 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.

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 diets. 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." 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 resources.

**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.

---

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

