Improving the food environment for better nutrition: how cities can lead the progress of the decade of action on nutrition

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Mainstreaming nutrition to support WHO’s Member States

- Shape the global narrative on nutrition
- Leverage changes in the food sector and the environment to improve and mainstream nutrition in relevant non-health sectors
- Leverage the implementation of effective nutrition policies and programmes including situations of emergencies and crisis
- Define healthy sustainable diet and guide the identification and use of effective nutrition interventions
- Mainstream nutrition in health systems
- Support establishment of country targets and monitoring systems for nutrition
The result of direct insights and experiences from headquarters, regional and country staff to address Member States’ needs and challenges
• An opportunity to work together and fight all forms of malnutrition

• Country owned and country led action to implement agenda 2030

• A time for all stakeholders to take ACTION
Means of implementation: Action networks

• informal coalitions of countries.
• advocate for the establishment of policies/legislation, allowing the exchange of practices, providing mutual support to accelerate implementation.
• established at the request of one or more countries that have made formal commitments and are prepared to implement policies.
• joint FAO/WHO Secretariat will disseminate action network information.
• Nutrition Decade champions are frontrunners and lead by example.

• Portugal: marketing foods to children
• Switzerland: reduction of sodium
• Norway: sustainable fisheries
• Chile: healthy food environments
• Nutrition labelling
• School food procurements
How: regulations vs. infrastructure development
Food environment

• zoning policies: markets, supermarkets, fast food restaurants
• urban food production
• Food distribution systems
Food offer in public institutions

• Guidelines for healthy food procurements
• Schools
• Social support systems
• Links to the local producers
Breastfeeding environments

- Breastfeeding facilities
- Breastfeeding in public
Marketing regulations

• Marketing free school environments (in schools and the surrounding)
Environments for physical activity

- Strengthen the integration of urban and transport planning policies to prioritize the principles of compact, mixed-land use, at all levels of government as appropriate, to deliver highly connected neighbourhoods to enable and promote walking, cycling, other forms of mobility involving the use of wheels (including wheelchairs, scooters and skates) and the use of public transport, in urban, peri-urban and rural communities.

- Improve the level of service provided by walking and cycling network infrastructure, to enable and promote walking, cycling, other forms of mobility involving the use of wheels (including wheelchairs, scooters and skates) and the use of public transport, in urban, peri-urban and rural communities, with due regard for the principles of safe, universal and equitable access by people of all ages and abilities, and in alignment with other commitments.

- Accelerate implementation of policy actions to improve road safety and the personal safety of pedestrians, cyclists, people engaged in other forms of mobility involving the use of wheels (including wheelchairs, scooters and skates) and public transport passengers, with priority given to actions that reduce risk for the most vulnerable road users in accordance with the safe systems approach to road safety, and in alignment with other commitments.

- Strengthen access to good-quality public and green open spaces, green networks, recreational spaces (including river and coastal areas) and sports amenities by all people, of all ages and of diverse abilities in urban, peri-urban and rural communities, ensuring design is consistent with these principles of safe, universal, age-friendly and equitable access with a priority being to reduce inequalities and in alignment with other commitments.

- Strengthen the policy, regulatory and design guidelines and frameworks, at the national and subnational levels, as appropriate, to promote public amenities, schools, health care, sports and recreation facilities, workplaces and social housing that are designed to enable occupants and visitors with diverse abilities to be physically active in and around the buildings, and prioritize universal access by pedestrians, cyclists and public transport.
UNited nations decade of action on nutrition
2016-2025

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Decenio de las naciones unidas de accion sobre la nutricion
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