FOOD SYSTEMS FOR SUSTAINABLE HEALTHY DIETS
Why do we care about diets?

Six of the top 11 risks factors driving the global burden of disease are linked to diet.

![Bar chart showing the global burden of disease linked to diet vs not linked to diet for various risks factors.](chart.png)
About 2 billion people in the world experience moderate or severe food insecurity: They are forced to compromise on the quality and/or quantity of their diet leading to multiple forms of malnutrition.

**FOOD SECURITY**
Adequate access to food in both quality and quantity

**MODERATE FOOD INSECURITY**
People experiencing moderate food insecurity face uncertainties about their ability to obtain food, and have been forced to compromise on the quality and/or quantity of the food they consume

**SEVERE FOOD INSECURITY**
People experiencing severe food insecurity have typically run out of food and, at worst, gone a day (or days) without eating
The vision

Food systems that enable Sustainable Healthy Diets
Sustainable Healthy Diets are dietary patterns that promote all dimensions of individuals’ health and wellbeing; have low environmental pressure and impact; are safe, accessible, affordable and equitable; and are culturally acceptable.

The aims of Sustainable Healthy Diets are to achieve optimal growth and development of all individuals and support functioning and physical, mental, and social wellbeing at all life stages for present and future generations; to contribute to preventing all forms of malnutrition (i.e. undernutrition, micronutrient deficiency, overweight and obesity); to reduce the risk of diet-related non-communicable diseases (NCDs); and support the preservation of biodiversity and planetary health.

(Expert consultation on Sustainable Healthy Diets - 19 August 2019)
Food Systems

The entire range of actors and their interlinked value-adding activities involved in the production, aggregation, processing, distribution, consumption and disposal of food products.

Food systems comprise all food products that originate from crop and livestock production, forestry, fisheries and aquaculture, as well as the broader economic, societal and natural environments in which these diverse production systems are embedded.

(The State of Food Security and Nutrition in the World, SOFI, 2019).
Food System Framework for Diets and Nutrition

(Adapted from the High Level Panel of Experts on Food Security and Nutrition. HLPE 2017)
Exploring diets

Consumption data for:
- Individual quantitative food consumption
- Data on Minimum Diet Diversity (MDD) for Young Children and Women of Reproductive Age

Consider represented food groups and implications on nutritional needs:
- Refer to Food Based Dietary Guidelines (FBDG) when available

Assess multi-dimensional factors that underlie current diet imbalances

Find available resources at the end of the presentation
Political, programme and institutional actions

Food supply chains
- Storage and distribution: Transporters, Agribusiness, Distributors
- Processing and packaging: Packing plants, food and beverage industry, small and medium enterprises
- Retail and markets: Retailers, Vendors, Food Outlet Owners, Traders, Restaurants, Wholesalers

Food environments
- Food availability and physical access (proximity)
- Economic access (affordability)
- Promotion, advertising and information
- Food quality and safety

Consumer behaviour
- Choosing where and what food to acquire, prepare, cook, store and eat

Diets
- Quantity
- Quality
- Diversity
- Safety

Nutrition and health outcomes

Impacts
- Social
- Economic
- Environmental

(HLPE 2017)
A Food System Approach for Sustainable Healthy Diets

Three examples:

• Intensify **Value Chains** of foods that contribute to Sustainable Healthy Diets
• Reduce **Food Losses and Waste**
• Promote **School Food and Nutrition** strategies that contribute to Sustainable Healthy Diets
Example 1 – Value Chains

**Food Supply Chains:**
- Production of foods underrepresented in local diets
- Bio-diversification
- Processing and/or fortification
- Value-chain, logistics and market linkages for small producers
- Retail

**Food Environments:**
- Fiscal and pricing policies
- Food quality and safety
- Packaging
- Regulation of aggressive marketing

**Consumer behaviours:**
- Education for behavioural change
Example 2 – Reduce Food Losses and Waste

Food supply chains:
- Harvesting, post-harvest handling and storage
- Processing and packaging
- Food safety (cross-cutting)

Food environments:
- Stringent quality and safety standards and assurance
- Labelling of processed foods

Consumer behaviour:
- Strengthen consumers’ knowledge, attitudes and skills on waste reduction
Example 3 – School Food and Nutrition

**Food Supply Chains:**
- Smallholder friendly procurement
- Market diversification and value-chains for foods underrepresented in local diets

**Food environments:**
- Nutrition guidelines and standards for school food
- Regulation of sale and marketing of high fat, sugar and salt (HFSS) foods

**Consumer behaviour:**
- School-wide, integrated, action-based food and nutrition education
- Empower school actors to be agents of change

Find available resources at the end of the presentation
Widespread multi-sector, multi-level action is needed

What are the implications?

Harmonize data and analyses for policy making

**Promote policy coherence** (e.g. use FBDG to align policies and balance trade offs)

**Engage with food systems actors** (e.g. SMEs, consumer’ associations, cooperatives)

**Overcome implementation challenges** (e.g. set collaborative frameworks to deal with different actors and agendas, invest in capacities)

**Promote finance coherence** (e.g. leverage public financing, private investments, blended funding)

Fragmented view of food systems

Find available resources at the end of the presentation
Knowledge platforms

FAO platforms Sustainable food value chains:

FAO website Quality and Origin Programme:

FAO Quality and Origin Program web site:

Food-based dietary guidelines platform
Knowledge platforms

FAO-IFPRI G20 platform on food loss and waste measurement and reduction
www.fao.org/platform-food-loss-waste

SAVE FOOD global initiative
www.fao.org/save-food

SAVE FOOD: Global Initiative on Food Loss and Waste Reduction
Community of Practice on Food Loss Reduction
E-leaning modules

Agreeing on causes of malnutrition for joint action
elearning.fao.org/course/view.php?id=192

Nutrition, Food Security and Livelihoods: Basic concepts
elearning.fao.org/course/view.php?id=194

Improving Nutrition through Agriculture and Food Systems
elearning.fao.org/course/view.php?id=307

How to conduct a Nutrition Situation Analysis
elearning.fao.org/course/view.php?id=393
Resources

Quality and Origin:

RBA’s Sustainable Food Value chains for Nutrition:

Home Grown School Feeding (HGSF)
www.fao.org/3/ca0957en/CA0957EN.pdf
www.fao.org/3/a-i7636e.pdf
www.fao.org/3/a-i7475e.pdf
Resources

Toolkit on nutrition-sensitive agriculture and food systems

Key Recommendations for Improving Nutrition through Agriculture and Food Systems
www.fao.org/3/a-i4922e.pdf

Designing nutrition-sensitive agriculture investments- Checklist and guidance for programme formulation
www.fao.org/3/a-i5107e.pdf

Compendium of Indicators for Nutrition-Sensitive Agriculture
www.fao.org/3/a-i6275e.pdf

Nutrition-sensitive agriculture and food systems in practice. Options for intervention
www.fao.org/3/a-i6983e.pdf
Resources

Compendium of actions for Nutrition (CAN)
www.reachpartnership.org/documents/312104/fa572e1e-b8a9-48bf-89c0-cd3afb203c60 (full)

Compendium of actions for Nutrition (CAN)
https://www.reachpartnership.org/documents/312104/55b65120-a73d-4621-93fa-8ea071b13b0b (summary)
Food Supply Chains:
- Production of foods that are underrepresented in local diets (e.g. fruits and vegetables, legumes, small-scale animal food sources)
- Bio-diversification (e.g. indigenous resources, bio-fortified crops, neglected and underutilized species)
- Processing and/or fortification to enhance nutrient value (e.g. fortification of cereals with iron)
- Value-chain logistic and market linkages for small producers (e.g. short value chains, urban-rural linkages)
- Retail sector (e.g. 4P of marketing – price/product/placement/promotion)

Food environments:
- Fiscal and pricing policies (e.g. incentives/disincentives)
- Food quality and food safety
- Front of package labelling
- Regulate aggressive marketing practices

Consumer behaviours:
- Consumer education for behaviour change
Manage quality in food supply:
- Harvesting, post-harvest handling and storage.
- Processing and packaging.
- Food safety as a cross-cutting measure

Food environments to reduce food losses:
- Revise stringent quality standards to maximize the availability and affordability of foods.
- Labelling of processed foods
- Assure the quality and safety of food.

Consumer behavior to reduce waste:
- Strengthen consumers’ knowledge, attitudes and skills for waste reduction through education
  ie. valuing imperfect food, meal planning skills.
Glossary – School Food and Nutrition

**Food Supply Chains:**
- Guidance on the design and implementation of smallholder friendly school procurement mechanisms
- Support for market diversification/nutrition-sensitive value-chain development

**Food environment:**
- Nutrition guidelines and standards for school food (including schools meals and snacks, foods available and sold in and around the school)
- Regulation of sale in schools and marketing directed to schoolchildren of food products rich in fat, sugar and/or salt.

**Consumer behavior:**
- Action-based food and nutrition education integrated across the whole school
- Strategies to empower school actors (parents, teachers, principals, youth, health services, food vend) to be agents of change in their local food systems