

SE30: Healthy diets from sustainable food systems - the foundation for human, social, and economic capital development in Africa

The side event focused on healthy diets from sustainable food systems – the foundation for human, social, and economic capital development in Africa, featuring AU 2022 year of action for nutrition. The session highlighted experiences in transforming food systems to deliver healthy and sustainable diets specifically in Switzerland and Ghana, thus emphasized the importance of youth participation in food systems transformation. The panel members discussed how food systems transformation was prioritized in their countries, how importance was given to evidence-based decision-making for improving diets, and how giving voices to the youth can impact food system transformation for healthier and more sustainable diets. The speakers also highlighted their experience in putting policies in place regarding restrictions of the selling of unhealthy foods in schools, mitigating conflicts of interest vis a vis private sector involvement and the importance of considering the linkages between climate and nutrition in promoting healthy and sustainable diets.

The speakers include Stineke Oenema (Executive Director, UN Nutrition), Angela Martins (Acting Director, department of Health, Humanitarian Affairs and Social Development, AU Commission), Pio Wennubst (Ambassador and Permanent Representative, Mission of Switzerland to the United Nations Organizations, Rome), Mark Athuahene (Health officer, Ministry of Health, Ghana), Mike Khunga (Civil Society Organization Nutrition Alliance, Malawi), Marzella Wustefeld (WHO). The panel was moderated by Bibi Giyose, AUDA – NEPAD.