

Agriculture-Nutrition linkages in an urbanizing world

Challenges & Opportunities for African cities

Context

- Urbanization is redefining the region, economically; socially; politically and demographically
- Trends : more and more people living in cities
 - 40% in 2009
 - Projection for 2050 : 60%

General Challenges

- Both rural and urban being poor
- Growing inequality (e.g. Joburg)
- Increasing vulnerability of the urban poor (rapid and unplanned urbanization)
- Inadequate protection from a variety of threats (price shocks; natural disasters,...)
- Rising trend of Non-communicable diseases

Urbanisation and local agriculture challenges

- Health : quality of food (pesticides, mycotoxins...)
- Environment : degradation /reduction of biodiversity; pollutions
- Socio-eco: disparities, food prices, seasonability of food

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Challenges & Opportunities for African cities

Key areas of action

- **Governance (Urban policies; public protection)**
- **Poverty reduction and employment (job security, welfare)**
- **Basic services (education, health)**
- **Food security**
- **Environment (Green development, waste disposal ,...)**

Example of solutions & opportunities in urban areas

1. **Strengthen urban and peri-urban agriculture and forestry (advantages : short chain for fresh food, employment, regular access to food,..)**
2. **Provide Hygiene and environmental guidelines**
3. **Strengthen rural-urban linkages : Integration of cities and countryside in the food system through national and regional governance structures and platforms**

Key points discussed

- **Pockets of very serious vulnerabilities => deep study of these areas**
- **This transition towards urbanization (people moving from rural to urban areas) has a big impact on people diets and health**

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Double burden of malnutrition

Definitions and concepts

- **Under-nutrition (hunger)** / Linked to poverty, ignorance, political instability,..
- **Over-nutrition** / result of excessive food intake



Double burden = Co-existence of Under-nutrition and Over-nutrition

- **Nutrition transition due to various factors** (Economic growth, Urbanization, Demographic changes, Change in the food systems and food habits, in lifestyle, cultural factors and level of knowledge on food and nutrition)
- ⇒ **Health outcomes & impacts** (e.g. dietary related non-communicable diseases / Coupled with stunting and micro-nutrient deficiencies in the vulnerable groups)

Key points discussed

- **Need to analyse now and learn lessons from others / anticipate possible solutions**
- **Ignorance of obesity**
- **Issues linked to processed foods / MARKETING**
- **Importance of nutrition education (healthy vs bad diets)**

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Food Safety Health and Food Security

Magnitude of food safety problem

- **Many different contaminations** : Anthrax; Typhoid Fever and Botulism; Chemical contamination of seed beans and maize , salmonellosis due to fish mouse, Mushroom poisoning; Outbreaks of diarrhea ; Acute aflatoxicosis
- **Many sources of food contamination**

Key recommendations - Role of consumer to prevent food safety

1. Keep clean
 2. Separate raw and cooked
 3. Cook thoroughly [**loss of vitamins ? But less risks => need for balanced diet, get vitamin through other foods**]
 4. Keep food at safe temperatures
 5. Use safe water and raw materials
- ✓ **A comprehensive, coherent and coordinated strategy is needed to make progress towards, food security, food safety, nutrition, and health**
 - ✓ **Include food safety in Food and Nutrition policies and Strategies**
 - ✓ **Establish a diversity of approaches to enhance consumer awareness and participation in food safety activities**

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1. **What are the salient issues / challenges for promoting healthy and diverse diets in urban contexts? (How to..)**
 - **Lack of understanding of the situation in cities (double burden of malnutrition) and of potential solutions**
 - **Lack of nutrition education in urban areas (difficult to bring people together) => focus in rural areas**
 - **Low income / purchasing power (e.g. fruits and vegetables are very expensive) and nutritious food not a priority**
 - **No capacities for storage / buy per day**
 - **Lack of availability of healthy and nutritious food (part. in semi-arid cities)**
 - **No strict regulations which results in import of non-nutritious food (e.g. with high rates of sugar, salt, fat...)**
 - **Poor marketing of nutritious food while excessive marketing on junk and unhealthy food**

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2. **What are possible strategies and practical solutions which have a high potential for promoting healthy diets in urban contexts ?**
 - **Policies, regulations framework, standards, control , incl. territorial policies and planning**
 - **Banning / labeling of food**
 - **Dialogue between different sectors to respond to these issues (Public and Private Sector)**
 - **Role of mass media for creating awareness – especially on specifics for urban areas**
 - **Right messages / education ; school as a good entry point**
 - **Empowerment of consumers & consumers associations**
 - **Promote value-addition in the food supply chain**
 - **Learn lessons from other countries, beyond Africa ; e.g. in terms of regulations and well-functioning food supply chains in urban context**