Healthy food environments for children

Child Friendly Cities Summit
Cologne, 2019
The State of the World’s Children 2019
Selected key messages
Millions of children are eating too little of what they need, and millions are eating too much of what they don’t need

Food systems must put children’s nutrition at the heart of their work

When healthy options are affordable, convenient and desirable, children and families make better food choices

Cities are taking action

- Community gardens
- School curricula
- Restrict advertisements for unhealthy foods
- Urban farms
- Fresh food markets
- Empowering microentrepreneurs through financing of healthy food vendors
Cities are taking actions (con’t)

Over 200 signatories and growing
Developing monitoring framework and indicators
Awards for best practice

50 cities in Food Systems Network with EAT
-Last week 14 mayors committed to Good Food Declaration
Making urban food environments fit for children

All children have the right to adequate nutrition and good health to reach their full potential within their cities and communities. Urban food environments need to provide children, their families and communities with permanent access to nutritious food that is healthy, affordable and sustainably produced.
Session Overview

Part 1: Setting the Scene: Transforming urban environments for children – latest reports and examples from cities

Part 2: Strengthening advocacy, governance and actions with youth to improve the healthiness of urban food environments

Part 3: How cities can take concrete actions
Urban Food Environments Matter For Child Nutrition and Health

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What do urban food environments look like now?
It’s hard to eat well with so many intrusions
How do children experience urban food environments?

“Mum buys us groceries at discount supermarkets, choosing what is available at sale prices. We carry these on the bus home.”

“I am a fussy eater so Mum no longer tries to give me fruits and vegetables and gives me the processed snacks I ask for. These are cheaper and more convenient for Mum to buy”
"I go with my Mum to the local discounted supermarkets for groceries. Sometimes all three as Mum looks to see what is on promotion and buys lots to freeze for later. I like to go as I see cartoons I know on snacks and can ask Mum to buy them for me."

HANNAH

IN PARKS AND LEISURE

- 5:00pm: Sometimes I get to go to the playground in the park if I have to use the washroom we drive home since there are none close to the children’s playground.
- I would love to go to dance lessons and sports after school - especially dance - but Mum says I have to wait till we have more money saved.

WEEKENDS

- Some weekends we use the local swimming pool. I would love to go more often but Mum says it is expensive.
- I usually go with Mum to the High Street - she will buy a treat at a takeaway at the end of all her errands.
- As a treat we go to the cinemas to see a movie – Mum buys me popcorn and a drink since it is cheap with the entrance ticket - I love it.

ON THE HIGH STREET

- 3:30pm: My Mum or Grandmother picks me up from school.
- 4:00pm: We go by the high street on route home. I go with my Mum to the local discounted supermarkets for groceries. Sometimes all three as Mum looks to see what is on promotion and buys lots to freeze for later. I like to go as I see cartoons I know on snacks and can ask Mum to buy them for me.
- We often go by the convenience store for a drink - my Mum looked for a water fountain but there aren’t any around so we buy juice instead.

AT HOME (PM)

- 5:30pm: After I get home, I watch my favourite shows on TV - mostly videos online while mum does cooking and cleaning. Between videos I often see videos showing sweets that Mum and I can get in the grocery store.
- 7:00pm: We eat dinner together, often using ready meals or frozen food Mum takes out of the freezer.
- Mum and I eat at the dining room table in the TV room - if Dad finishes his construction shift on time he sometimes gets home in time to join.
- 8:30pm: I go to bed after having a bath.

AT HOME (AM)

- 6:00am: I wake up.
- 6:30am: Mum and Dad have to leave early for work so one of them drops me off at my Grandmothers on route to work.
- 6:45-7:45am: My Grandmother needs to get ready so I watch TV for an hour before breakfast my get ready.

TRAVELLING THROUGH THE WEEKENDS

- 3:00pm: At the end of the day I often get a treat from the tuck shop at school.
We usually go to our favourite chicken shop to hang out, the owners are friendly, let's us stay as long as we please and unlike other places we don't feel judged or labelled. I usually get meal deal to eat – it is cheap around £2-3 and tasty.
What is a healthy food environment?

Available
Affordable
Appealing
Aspirational

Source: EAT-Lancet Commission, 2019
So, just imagine something different
Policies & interventions are available to create this healthier city
So, let’s imagine a different *city* for children
And put into place the actions to create this city

**AMBITION 6**

MAKE FREE ‘LONDON WATER’ AVAILABLE EVERYWHERE

We want to live in a city where we are always close to fresh, free water that we really want to drink.

**OUR CALLS TO ACTION**

- We call on the Mayor, water companies and the advertising industry to incentivise children to drink water by reframing London’s free drinking water as a ‘London Water’ brand, co-designed with London’s children.

- We call on the Mayor, the food service industry, schools and public institutions to scale up and extend existing initiatives to make drinking water widely, freely and conspicuously available from public drinking fountains, all restaurants and public buildings, and in ‘water only’ schools.
Co-created with children
And then evaluate the impact in the context of children’s lives
Thank you!

https://www.london.gov.uk/what-we-do/health/londons-child-obesity-taskforce
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