Urban Food Environments Matter
For Child Nutrition and Health

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Child Friendly Cities Initiative Summit, Cologne, October 17 2019
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?

“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”

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

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**HANNAH**

**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.
- 5.00pm: At the end of the day I often get a treat from the tuck shop at school.

**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.

**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.

**TRAVELLING THROUGH THE DAY**

- 6.45am: My Grandmother needs to get ready so I watch TV for an hour before breakfast my get ready.
We usually go to our favourite chicken shop to hang out, the owners are friendly, let 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.

“I’m Jodie, I am 15 years old.
I live in inner South London in a two-bedroom Council flat with my mum and nephew.
My Mum works as an office cleaner and is not home most nights so I look after my 13-year-old nephew.

We usually go to our favourite chicken shop to hang out, the owners are friendly, let 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

1. Policies for labelling
2. Policies for shops
3. Policies for schools and other public institutions
4. Policies for price
5. Policies for marketing
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