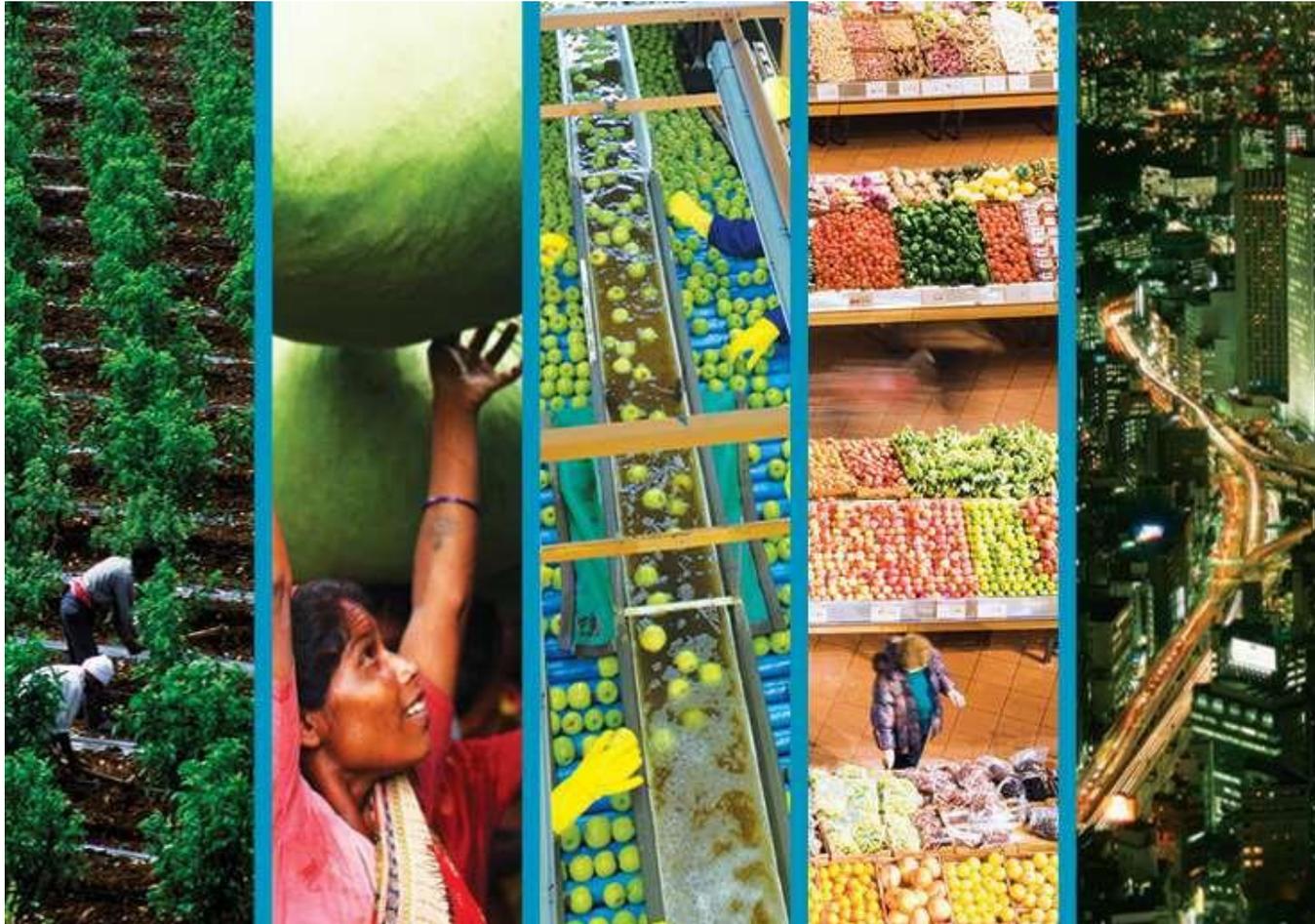


Urban Food Security and Nutrition in an Urbanized World



Marie Ruel
IFPRI

*“Urbanization, Food Systems and
Sustainability in the Global South”*

Waterloo, July 3-4, 2018

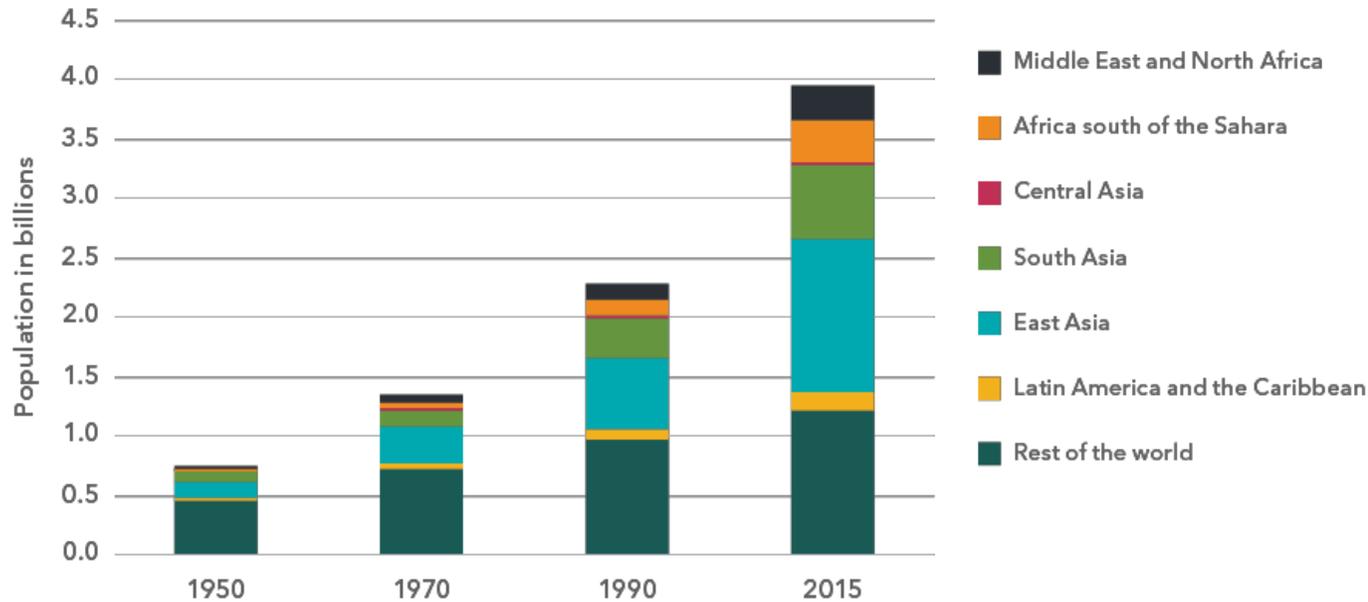
The Challenge



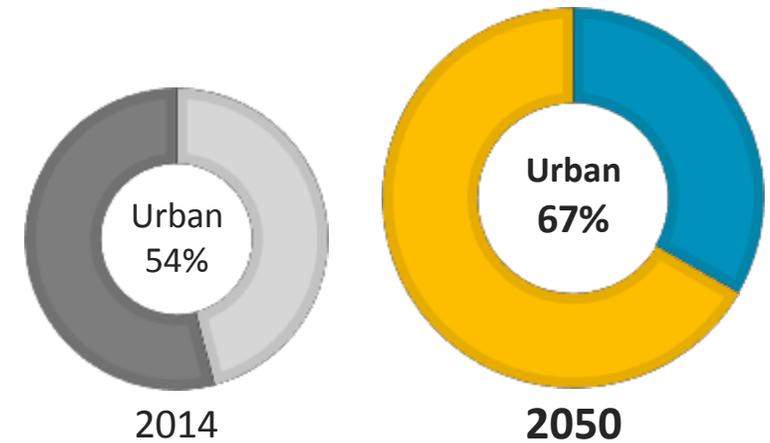
Urbanization continues to accelerate



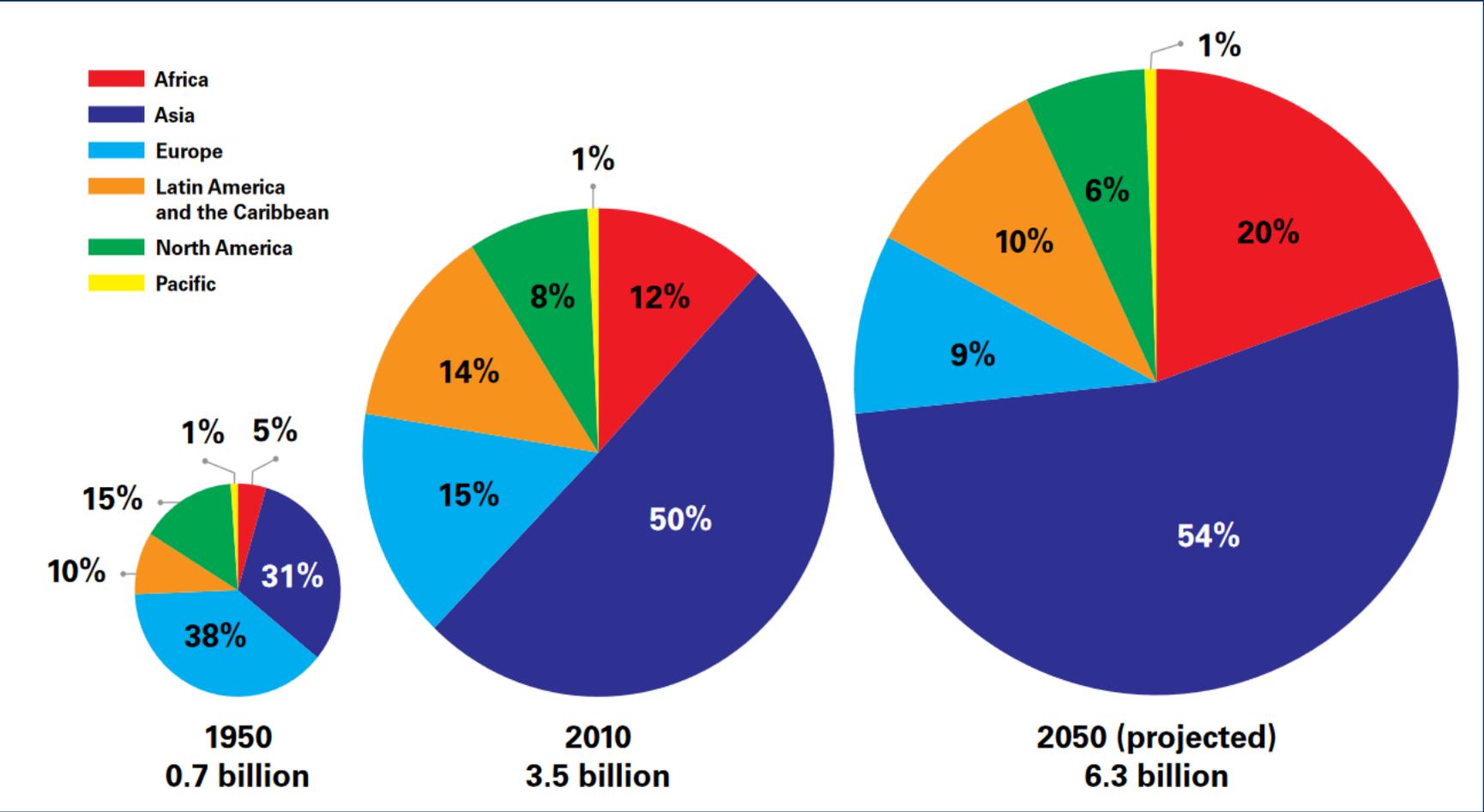
Growth of urban population in major regions



Projected urban share of global population

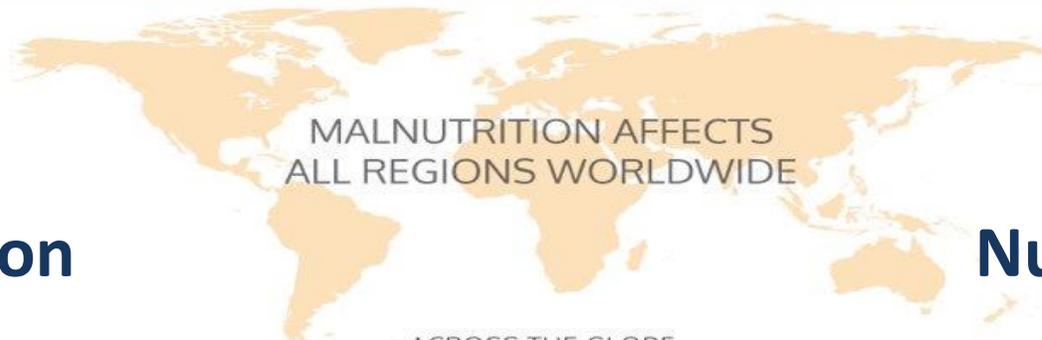


Projected urban population growth until 2050



Source: UNDESA 2015

WHERE



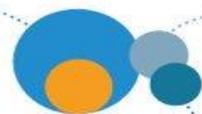
MALNUTRITION AFFECTS ALL REGIONS WORLDWIDE

Excess Consumption

Nutritional Deficiencies

ACROSS THE GLOBE

1.9 BILLION
ADULTS, 18 years and older, are overweight



264 MILLION
WOMEN of reproductive age are affected by iron-amenable anaemia

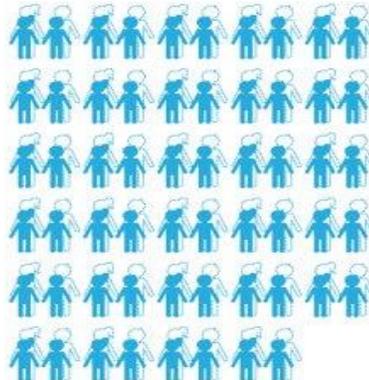
>600 MILLION
of these are OBESE

462 MILLION
ADULTS are underweight

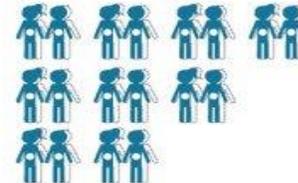
42 MILLION
children under the age of 5 years are **overweight or obese**



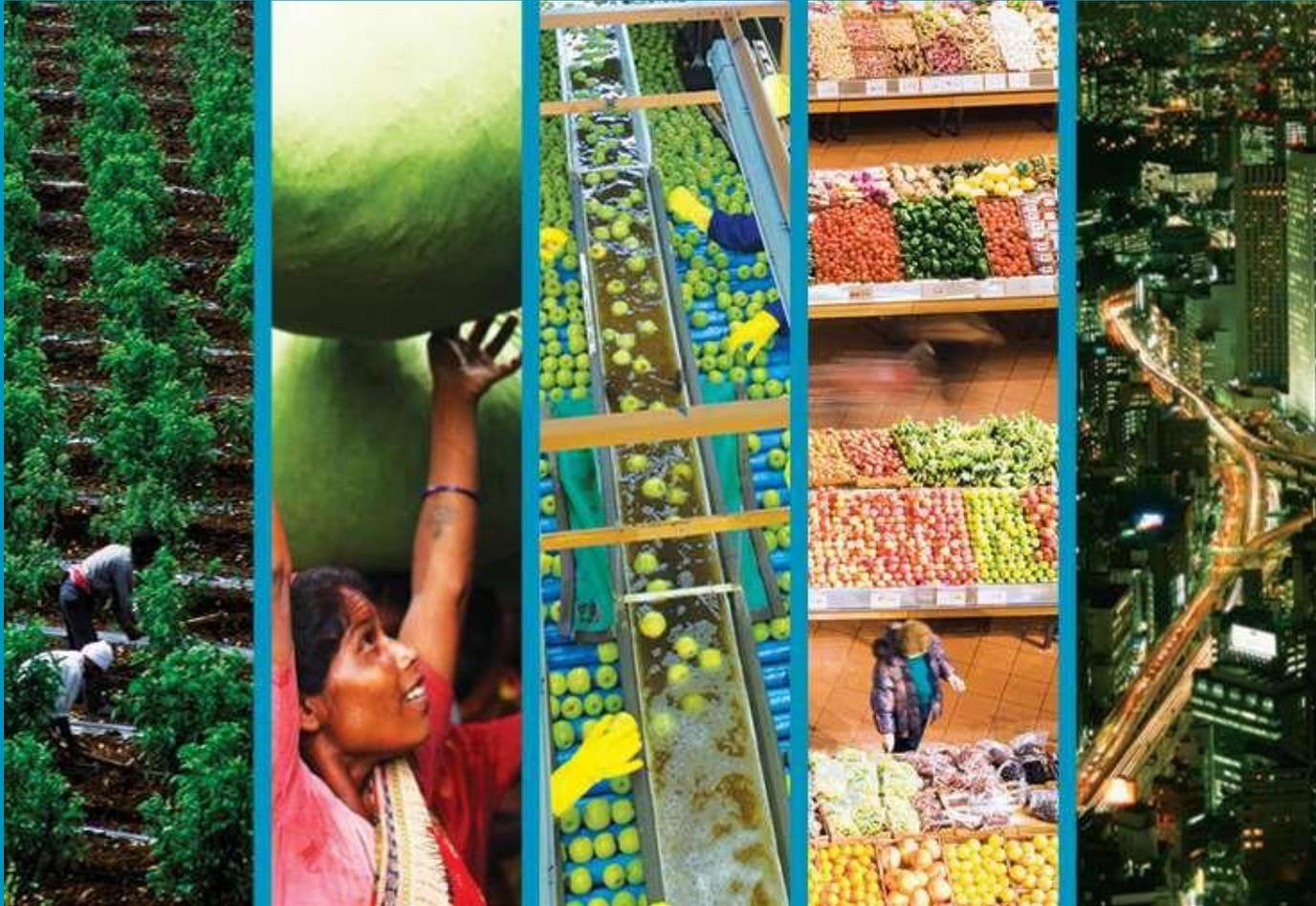
156 MILLION
children are **stunted** (too short for age)



50 MILLION
children are **wasted** (too thin for height)



Food and Nutrition Security under Rapid Urbanization




IFPRI **GLOBAL
FOOD POLICY
REPORT**

2017

2017 GFPR Overview

Food and Nutrition Security under Rapid Urbanization



Urban Malnutrition



Nutrition Transition



Rural-Urban Linkages



Value Chains



Informal Markets

Malnutrition

The burden of malnutrition is shifting from rural to urban areas



- Urban poor suffers from **all forms of malnutrition** (incl. micronutrient deficiencies – but lack of data)
- **Stunting** in urban areas: 1 in 3 children
urban share increased from 23% (1985) TO 31% (2011)
- **Overweight/obesity:**
 - children: prevalence 1.08> in urban than rural areas
 - women: prevalence of overweight> in urban areas
- Large **economic disparities** in urban areas

Urban livelihoods

Growing cities – unique opportunities & challenges



- **Dependence on cash** – need employment and income
 - yet many work in informal sector, with unstable/unsecure low income
- **Food is plentiful but healthy diets are often unaffordable for the poor**
 - cheap options are energy-dense/poor nutritional value
- **Time is limited:** need convenient, fast, processed or prepared food
- **Access to social safety nets is limited** (compared to rural poor)
- **Physical activity is reduced:** increases overweight, obesity/NCDs risks
- **Access to health, water, sanitation & hygiene services limited**
- **Exposure to environmental health hazards is high**

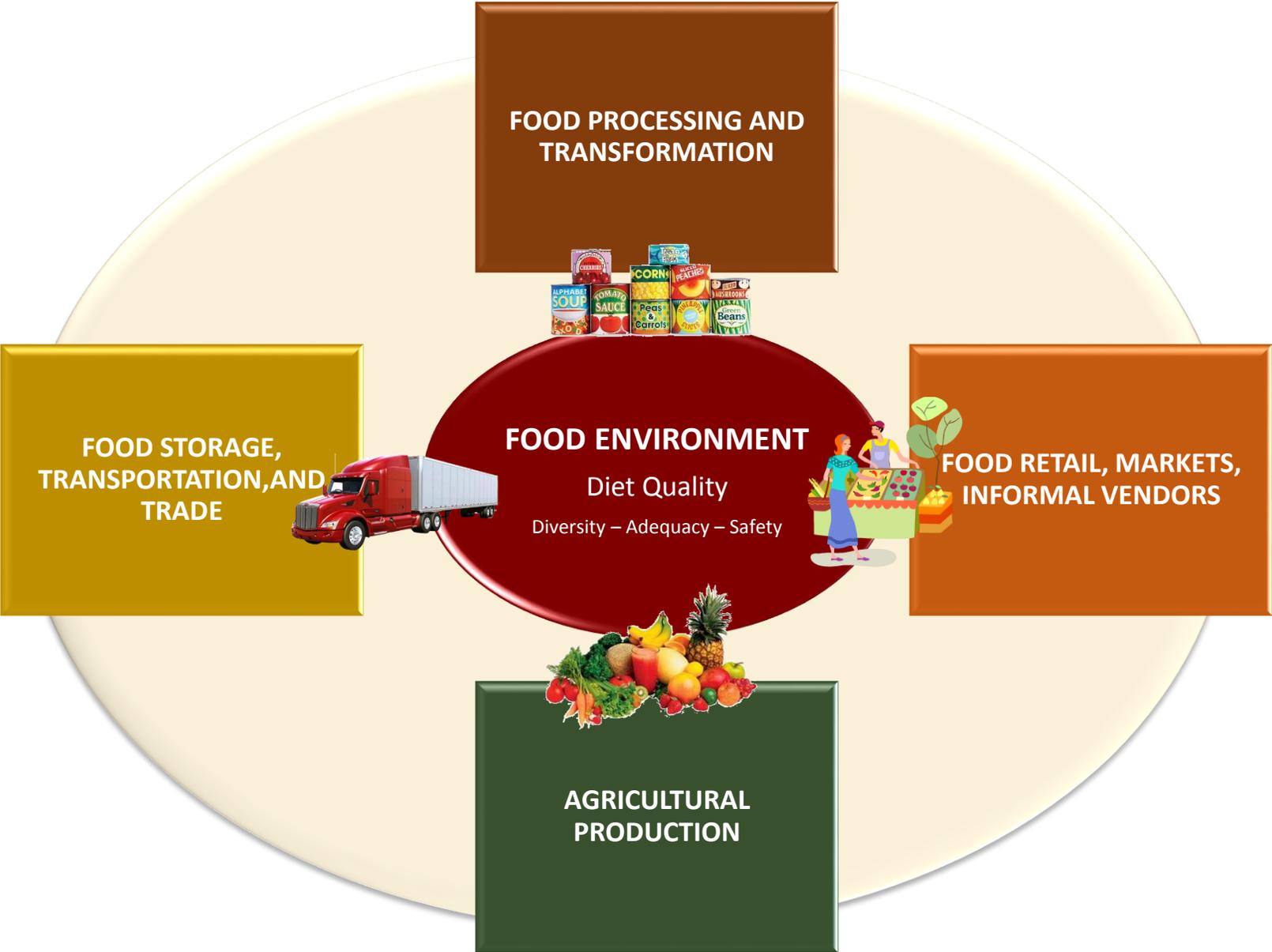
Changing diets

The nutrition transition is accelerating in cities

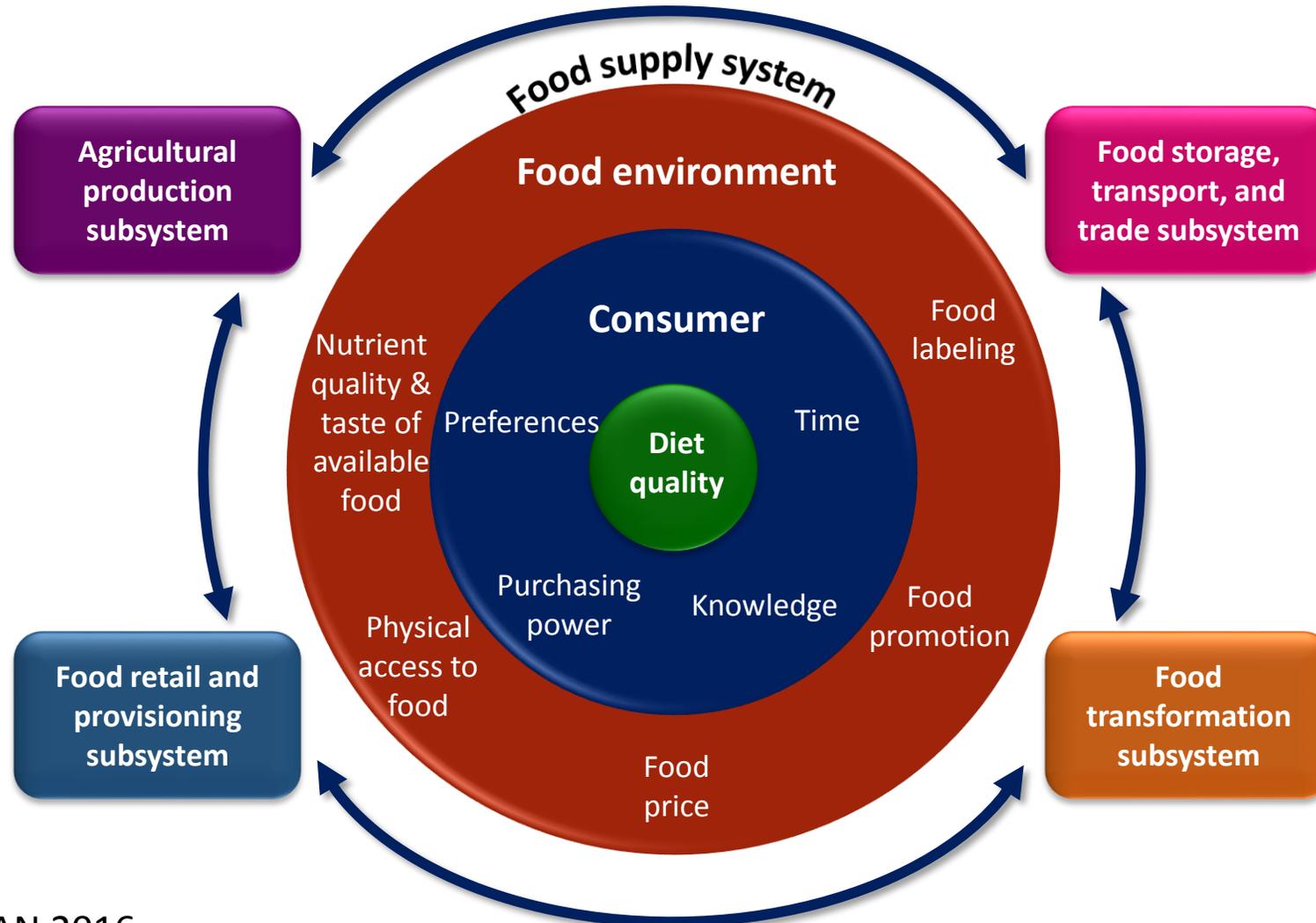


- **The “nutrition transition” is characterized by:**
 - changes from diets rich in coarse grains, staple cereals, and pulses to increased consumption of animal source foods, refined cereals, added sugars, saturated fats, processed and ultra-processed foods
- **Urban food environments offer diversity in food supply and range of purchasing options: retail stores, markets, informal sector**
 - but healthy diets are often unaffordable for the poor
- **For the urban poor, the most accessible, affordable, convenient diets are often the most unhealthy**

FOOD SYSTEMS AND DIETS



Food systems, food environments & diets

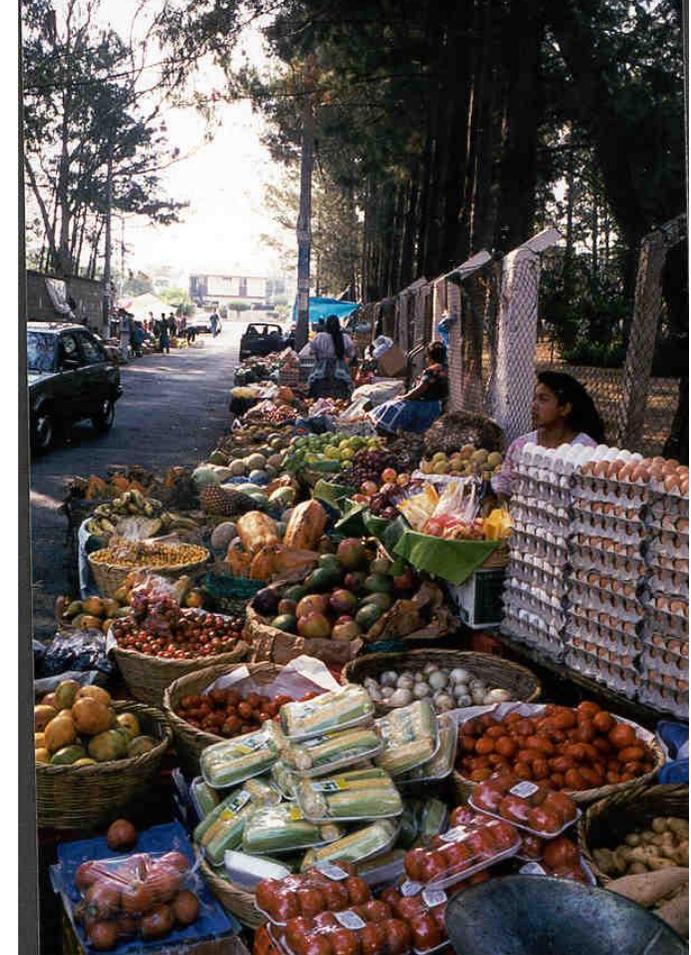


Policy and research needs

- What is the extent, nature, distribution of poverty, food insecurity, malnutrition, and diet-related NCDs in urban areas?
- What is the quality of urban diets, nutrient gaps, and their key drivers (at individual, household, food environment level)
- How can food systems and food environments be leveraged – and how can programs and policies be designed – to support the urban poor in achieving optimal health, nutrition and high-quality diets?

Policy and research needs

- How can we incentivize food retailers and services to support an enabling environment for good nutrition?
- What is the role of behavior change communication?
- What can we learn from experiences with policies to address the nutrition transition such as:
 - Food-labeling requirements to inform consumers (e.g. warning labels on fat, sugar, salt) in Chile, Ecuador
 - Taxes on less healthy foods & beverages
 - School meal programs
 - Restrictions on marketing to children (e.g. Mexico, Korea, Taiwan, China)



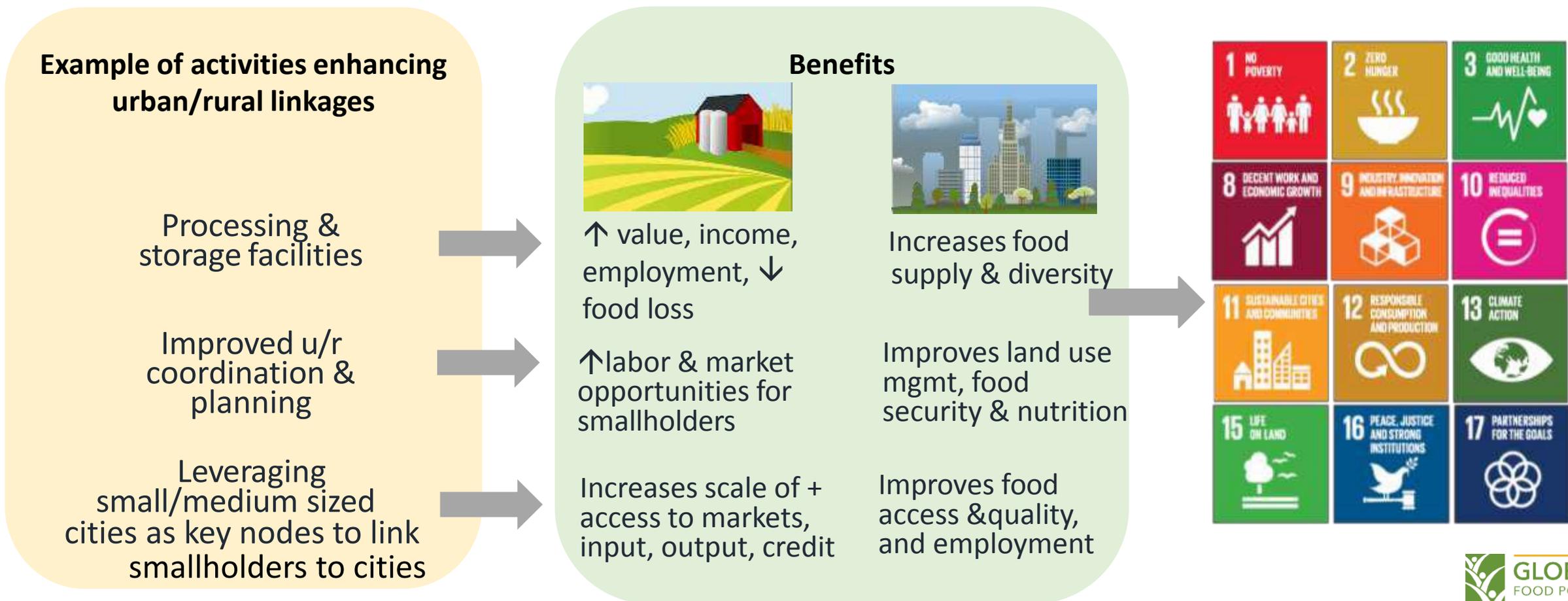
Rural-urban linkages

Benefits for rural producers and urban consumers



- Urban growth increases food demand and spurs diet changes, which creates opportunities for rural producers
- Rural-urban linkages can help boost economic development, food security, and nutrition
- Investments in rural infrastructure and intermediate towns can build connections and create hubs of economic activity and benefit smallholders and cities

Strong links for achieving improved food systems



Policy and research needs



- How can urban/rural policy coordination be improved?
- How can value chains be made more inclusive and efficient?
- How can small- and medium-sized towns best be leveraged to facilitate social and economic links?
- How can rural investments be better targeted?
- What policies and programs on social protection can improve resilience in rural and urban areas?

Informal markets

Key to food security and nutrition in African cities

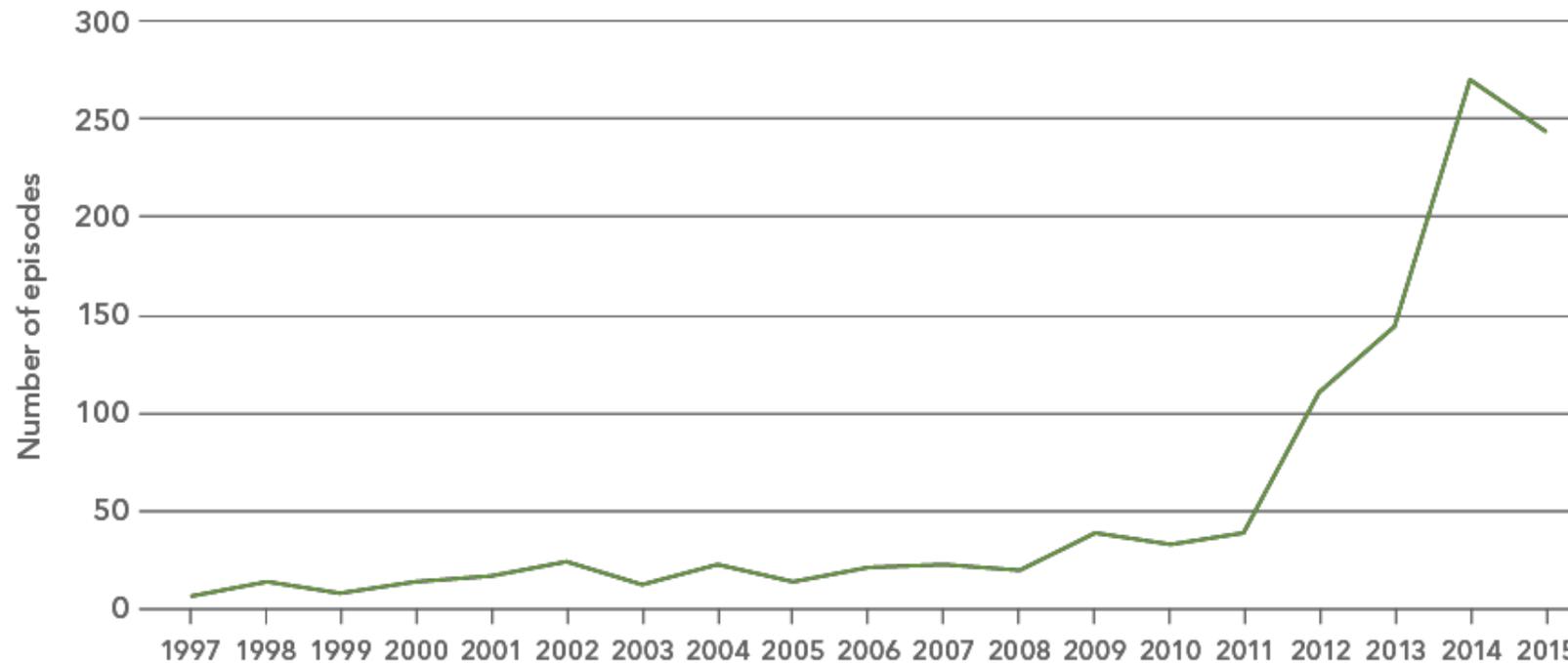


- **In Africa, Informal economy constitutes 72% of non-ag jobs**
 - Trade is a key subset of these jobs
 - Critical source of food security for urban poor; and of growth of agro-processing sector
- **Urban poor consumers rely heavily on informal markets for accessible, affordable food (esp. eggs, meat, fish, milk)**
- **Policies face institutional, administrative, political challenges**
 - Lack of local mandate for food security
 - Lack of policy integration across sectors & ministries

Governance of informal markets

Governments often focus on control, regulation, or eradication of urban informal food economy

FIGURE 1 Episodes of violence against informal workers in Africa



Source: Author's calculations based on the Armed Conflict Local and Event Data Project (ACLED), www.acleddata.com.

Notes: "Informal" refers here to street hawkers, vendors, marketers, and traders. "Africa" refers to countries south of the Sahara. The events are gathered from media reports in cities and secondary towns.

Informal markets

Policy and research needs

- What is the contribution of informal markets/street vending to food purchases of urban poor; and to food security of vendors? Is food high-quality, healthy, safe?
- How can market infrastructure improvements and training help address food safety and food/diet quality concerns?
- What types of tools can institutionalize regular engagement between local governments and informal workers?
- How can the informal economy be actively incorporated into discussions of urban food security?
- How can cooperation between sectors and ministries be promoted to improve governance of the informal sector?



Urbanization presents opportunities for both rural and urban areas to end food insecurity and malnutrition

