

Better nutrition. FOR CITIES.



What is Urban Governance for Nutrition?

Over half of the world's population live in cities. By 2050, it is expected that almost 7 out of 10 people will reside in cities, with 90% of this growth occurring in Africa and Asia. Urbanisation is linked to increasing rates of overweight and obesity, yet undernutrition is also prevalent in cities. These areas are confronted by an increasingly complex challenge to address malnutrition in all its forms.

There is an urgent need to support cities in shaping a world that is free of malnutrition, in the face of climate change and rapid urbanisation. To encourage healthy diets, city governments must positively influence the urban food environment – where people interact with food and how they choose what they will, or can, eat. For this, governments can use tools already available to them, including taxes, subsidies, planning ordinances, public procurement requirements, information campaigns and marketing regulations. Governments can, and should, work together with businesses, civil society groups, academia and others to develop action plans to improve urban nutrition.

Urban food environments impact the affordability, access, availability and desirability of healthy and unhealthy foods. Urban Governance for Nutrition is the process of making and implementing decisions that shape sustainable food systems to deliver better nutrition for people in cities. As nutrition is impacted by a number of issues and sectors; a range of stakeholders, including the private sector and civil society, need to be involved in urban governance.

Cities face an increasingly complex challenge to address malnutrition in all its forms.

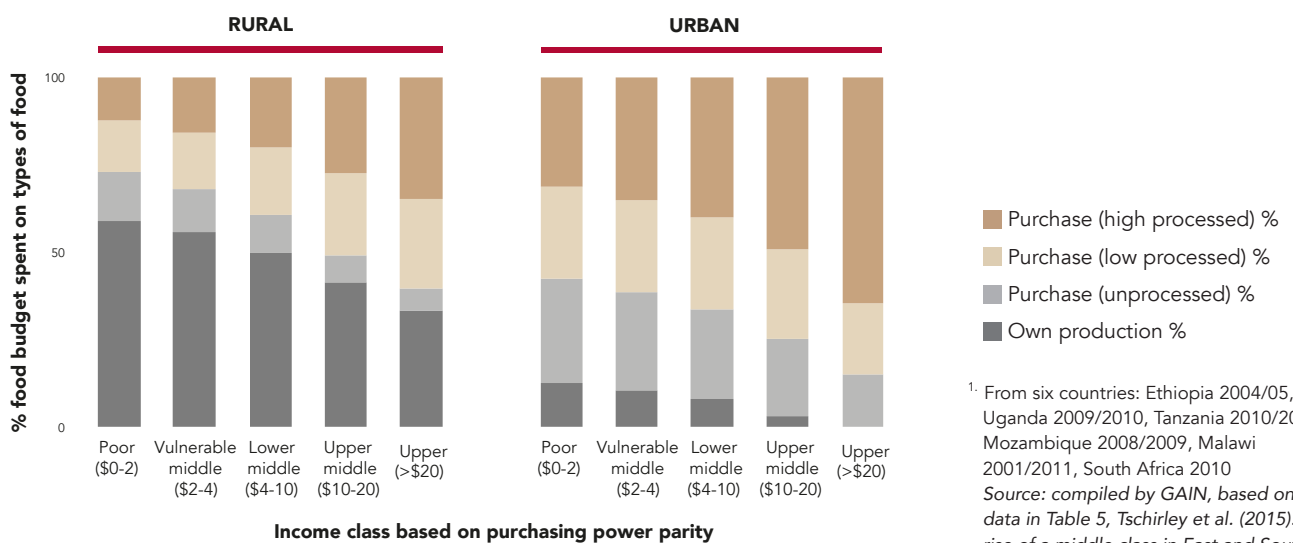


Figure 1: proportion of food budgets spent on purchased and own-produced food¹

¹ From six countries: Ethiopia 2004/05, Uganda 2009/2010, Tanzania 2010/2011, Mozambique 2008/2009, Malawi 2001/2011, South Africa 2010
Source: compiled by GAIN, based on data in Table 5, Tschirley et al. (2015). The rise of a middle class in East and Southern Africa: Implications for food system transformation. *J. Int. Dev.*, 27, 628–646.

What is GAIN doing?

The Global Alliance for Improved Nutrition (GAIN) brings diverse stakeholders together to develop policies and actions that help to equitably and sustainably shape urban food environments to deliver healthy diets. We are currently working with city governments in Indonesia and Tanzania. For example, in Surabaya, Indonesia, we support a multi-stakeholder forum with the development and implementation of its Food and Nutrition Action Plan. In the world's second-fastest growing city, Dar es Salaam in Tanzania, we are studying food environment and green environment issues and working with policymakers to identify relevant actions. We are also currently designing new projects in India and Tunisia.

In addition to our in-country work, GAIN develops resources and advocates for greater awareness on the importance of urban diets. GAIN is developing an adaptable approach to help improve urban governance. To encourage more city governments to engage in improving nutrition, we are collating existing city actions that governments can adapt to meet local needs. We are also working with different partners, such as the Milan Urban Food Policy Pact and the RUAF Foundation. Finally, together with the Food and Agriculture Organization (FAO) of the United Nations, we are developing practical guidance for city policymakers, and are working on options to support street food vendors to provide nutritious and safe food for urban communities.



Through our Urban Governance for Nutrition Programme, we aim to:

1. Promote the **inclusion of nutrition** in city governance and urban food system activities;
2. Support the **fundamental role of city governments** and the use of **governance** to address urban malnutrition;
3. **Test** our approach in a range of cities to develop good practices; and
4. Leverage GAIN's experience with the **private sector** and **alliance building** to promote **multisectoral** engagement and alliances for better urban nutrition.

Further information

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#UrbanNutrition

GAIN is developing a tailored approach for **improving urban governance**, adaptable to different city contexts.

