

Case History and Experiences from Mediterranean Regions

Diets and Sustainability in a
Changing World

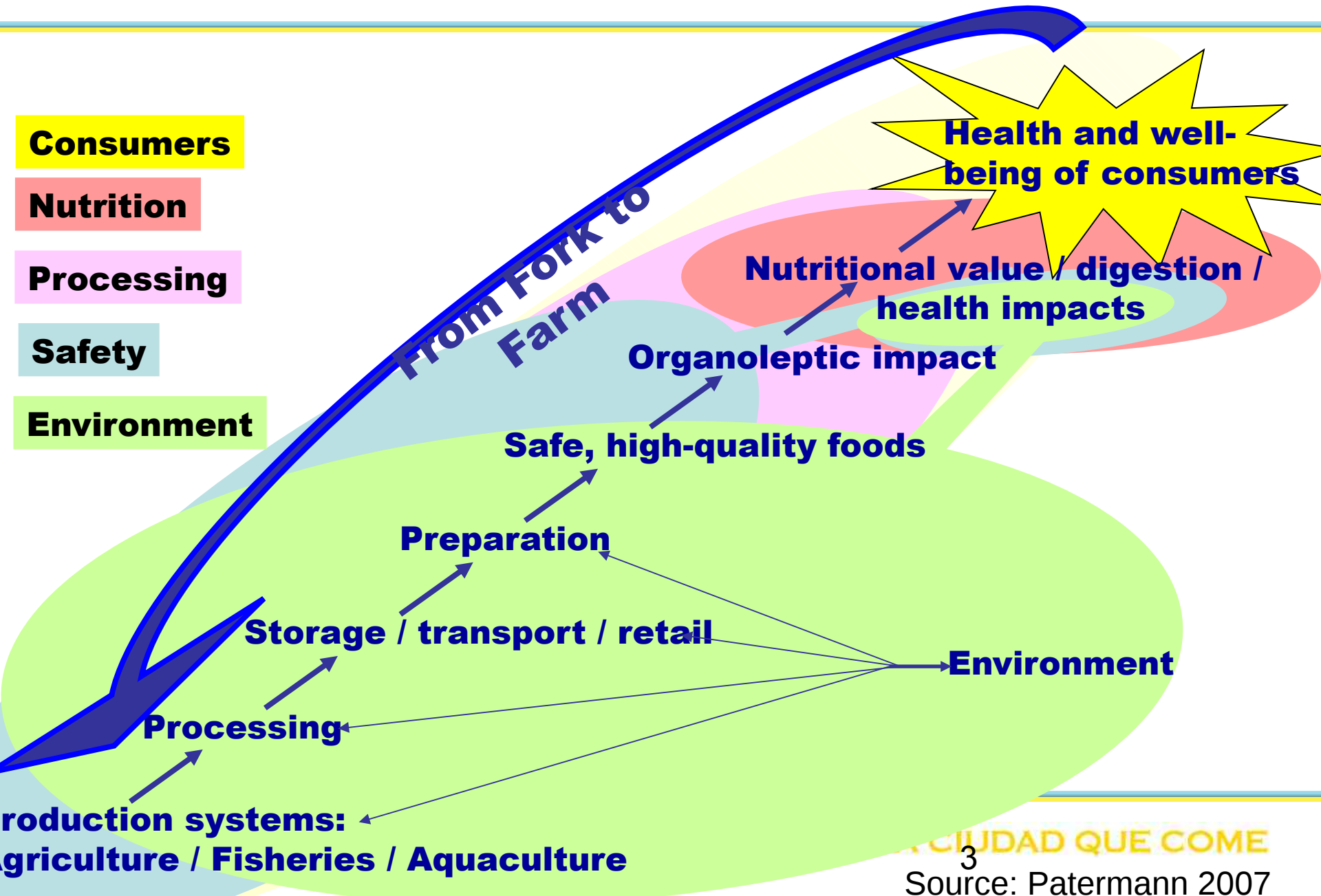
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SUMMARY

- The food Chain
- The interdependence between Environment, Food and Health - and Sustainability
- The Egyptian dietary system, changing eating habits
- Egypt and the global crises
- Household food security in Egypt
- Some recent socio-economic indicators
- Control of obesity as an example calling for integrated concerted action
- Feeding the cities
- Some of the actions already initiated and the underlying governing principles and ingredients essential for success
- Post Revolution Egypt a call for innovation and change through a partnership with the EATING CITY program

Fork to Farm

- Consumers**
- Nutrition**
- Processing**
- Safety**
- Environment**

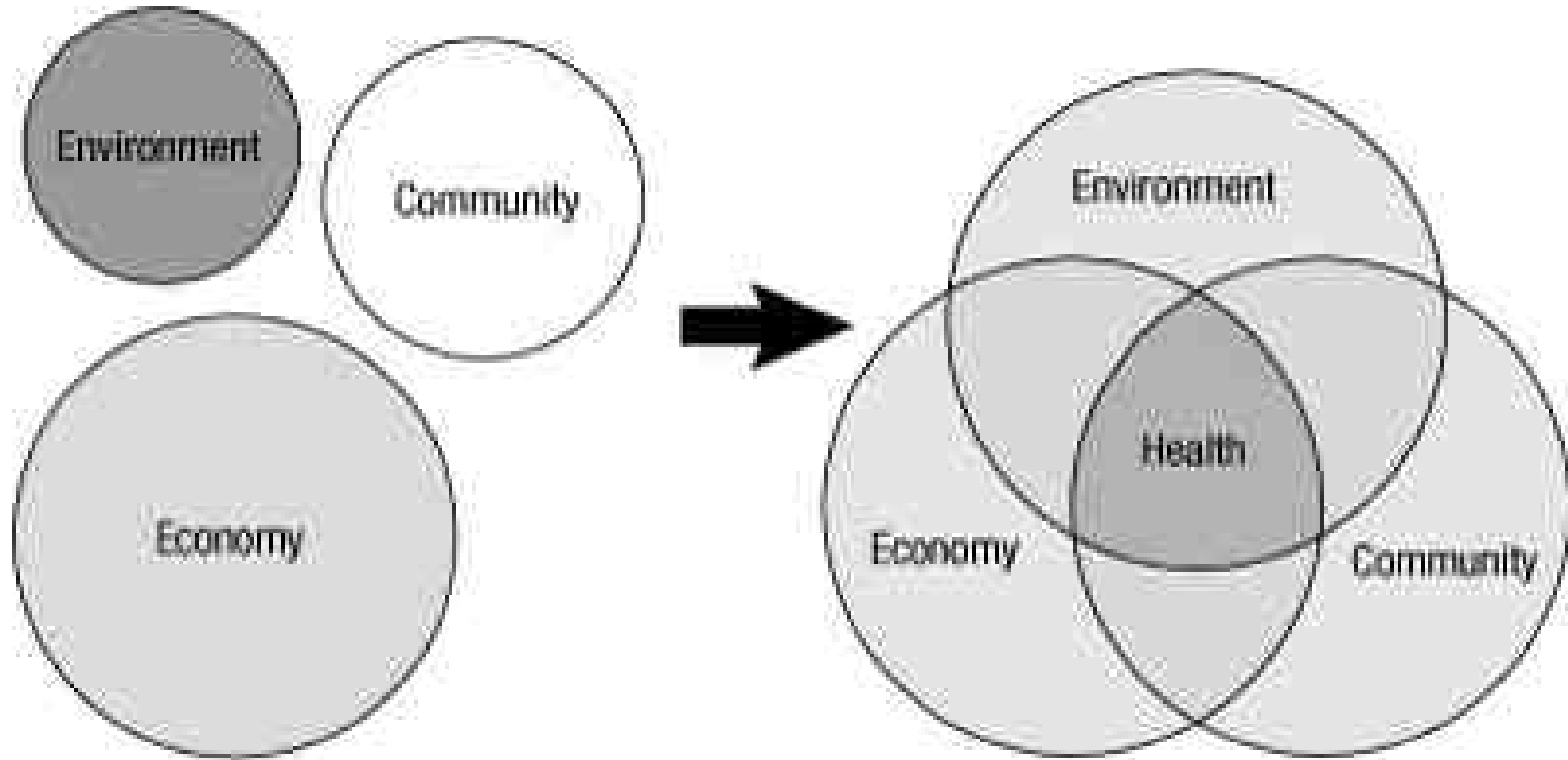


Health nutrition and the environment

The finality of the global efforts for protection of the planet's natural resources and the adoption of sustainable human development strategies is the health, wellbeing and social functioning of the human beings inhabiting this planet. Health, nutrition and environment cannot be treated as separate sectoral concerns or interventions.

Food and Nutrition is a discipline in which more than one sector make up the food value chain and contribute towards the availability, access and utilization of balanced diets.

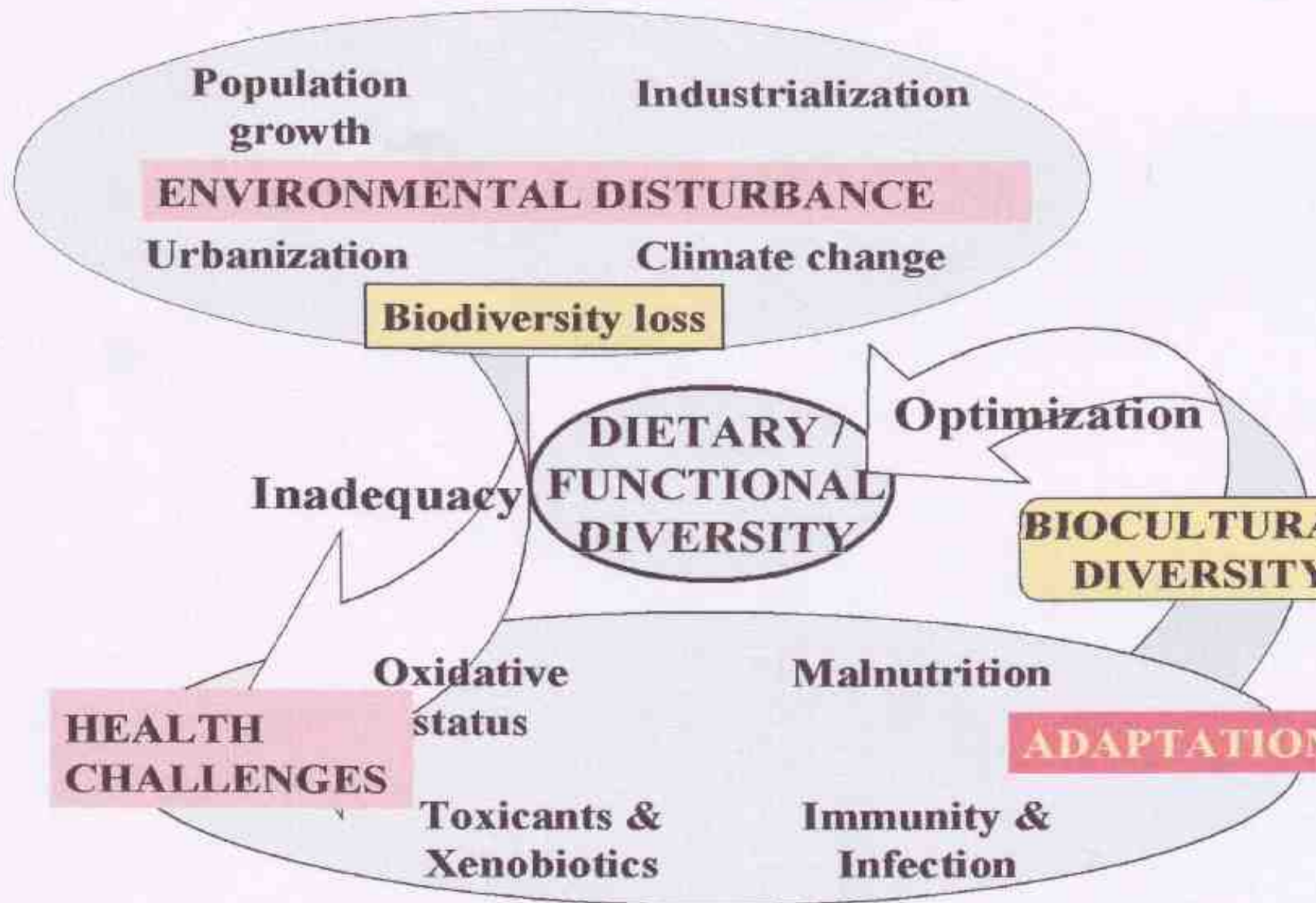
The ecosystem approach to sustainable development gives equal importance to environment management, economic factors and community aspirations and allows dealing with the subject in a holistic manner (J. Lebel, 2002)



The traditional approach

The ecosystem approach

Figure 1: Model of Biodiversity, Diet and Health in the Context of Glo



Source: Timothy Johns. 2001

Policy implications for realizing sustainable development objectives in the interdependent domain of food/nutrition, health and environment

- Initiate and maintain a policy level dialogue between all concerned partners/sectors for joint formulation of integrated strategies that respond to the imperatives of local contexts
- Investigate the need for institutional reform that is needed to support the implementation of integrated approaches identified problems that cut across sectors and a financial management, reporting and accountability model for multiple partner programmes. That is, putting to practice good governance of true collaboration between all stakeholders in a manner that creates synergy between their respective contributions.

Egypt and the global economic crisis

- The Growth rates for 2009 are estimated to slow down to around 4.5 percent.
- The financial crisis has heightened Egypt's vulnerabilities and exposed weaknesses in its competitiveness.
- The crisis contributed to an inflation rate that reached an unprecedented level at 23.6 percent in August 2008.
- Overall food inflation reached 35.5 percent.
- Consumer prices for wheat flour, rice and maize increased by more than 100 percent those for vegetable oils increased by 70 percent.
- As global commodity prices started to fall, Egypt's inflation rates gradually started to come down.
- The overall inflation rates stood at 11.8 percent in April 2009.

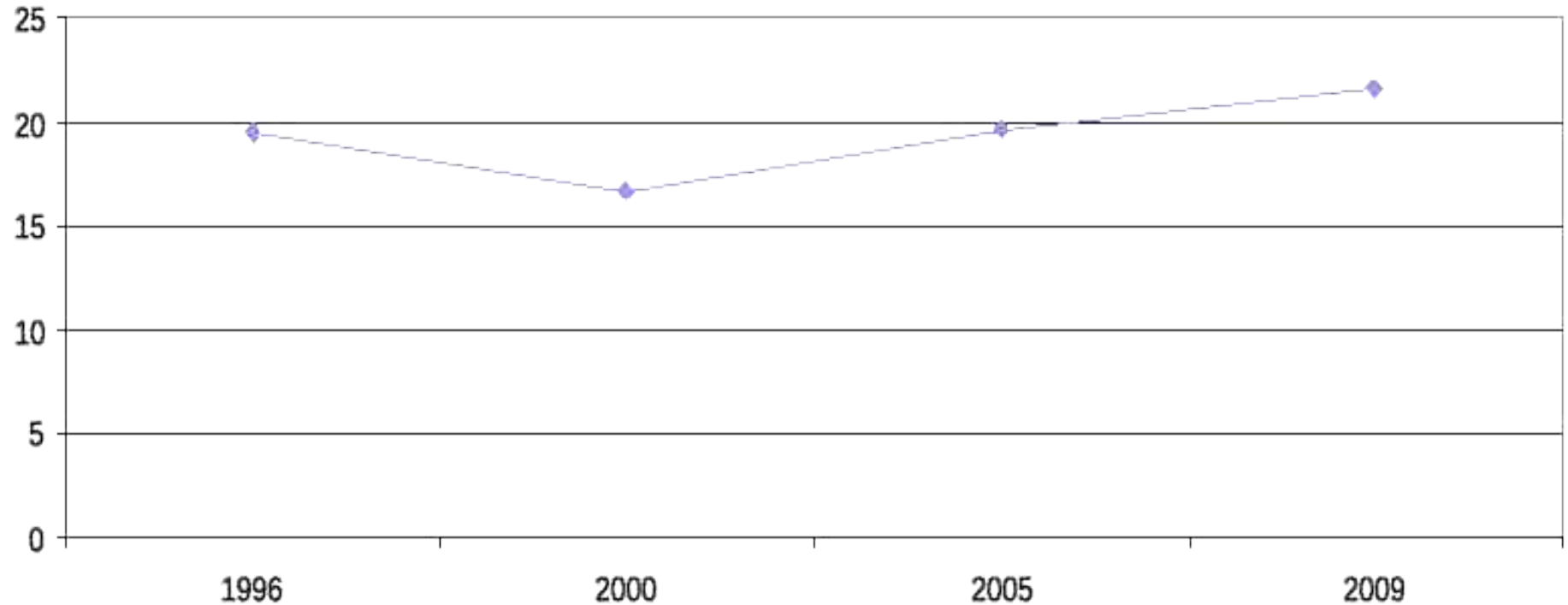
Household food security

- In Egypt, household food security has been gravely affected by the **increase in food and fuel prices** that is superimposed on **increasing poverty and unemployment rates**. Rising food prices have hit the country at a time when the rates of malnutrition reported in the Egypt DHS in 2003, 2005 and now again in 2008 are on the rise.

Household food security (contd.)

- Already **affected by the socio-economic** impact of **avian influenza** the segments of the population with limited incomes are suffering the most, in particular the children. Manifestations of malnutrition (and obesity) are emerging, in the wake of **loss of dietary diversity** and **reduction in food intakes** (loss in quality and quantity), progressive **environmental pollution**; increase in **food borne risks**; poor sanitation and environmental hygiene.

Percentage of persons living in poverty, 1996-2009



Source: Authors calculations using Household Income, Expenditure and Consumption Surveys, 1995-96, 1999-2000, 2004-05 and 2008-09 (Child poverty and disparities study, 2010)

Profile of poverty in Egypt

source: "Child poverty and disparities in Egypt , CEFRS - UNICEF study, 2010

- For every ten poor persons in Egypt:
- --eight live in rural areas,
- --seven live in Upper Egypt,
- --three work in agriculture,
- --eight live in a household with an illiterate head,
- --three are illiterate and three have basic or secondary education, and,
- --four live in households with more than three children.

Health, nutrition and environmental security across the human life cycle

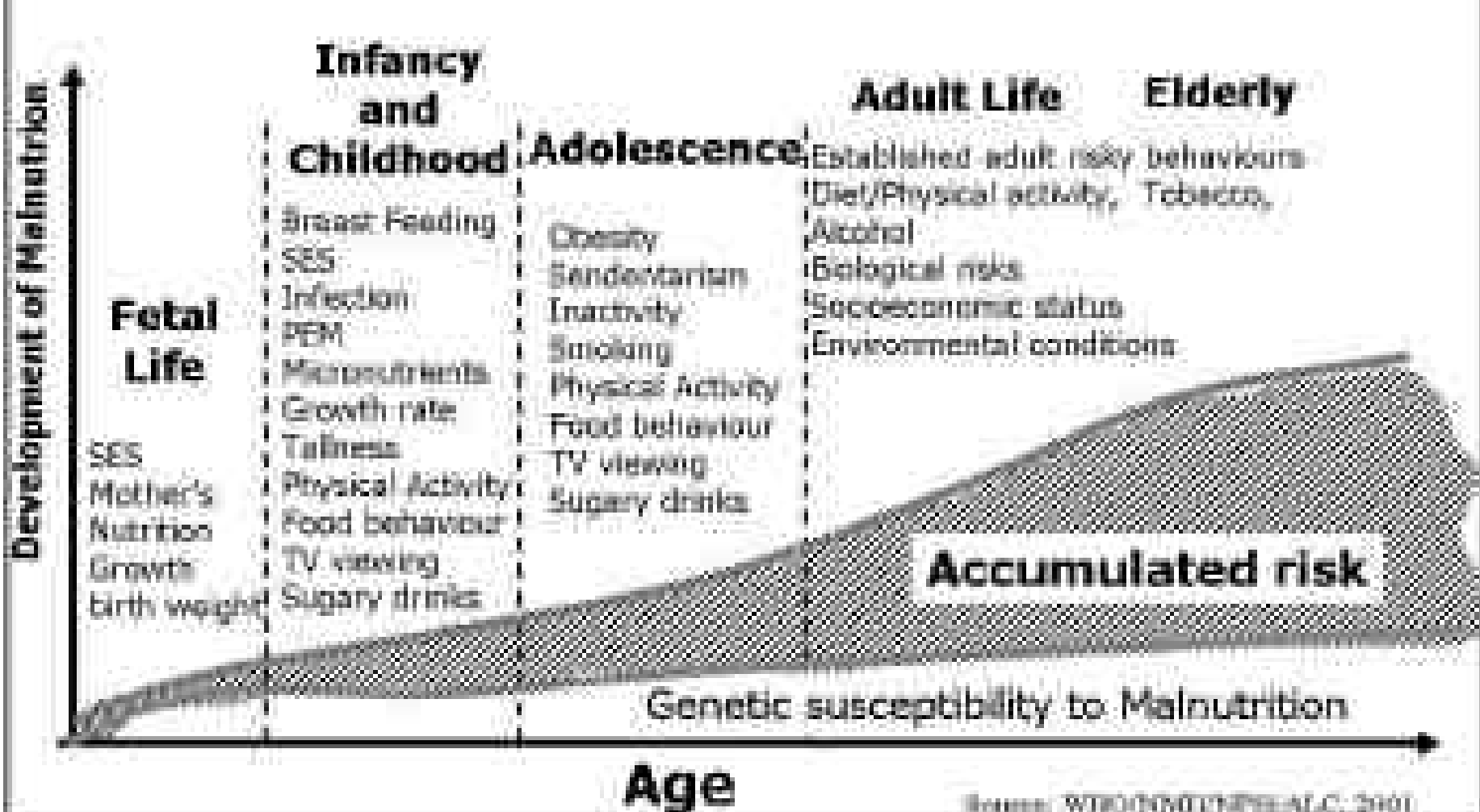
The interdependent relation between environmental ecosystems impacting on human health and sustainable development call for the adoption of integrated multidisciplinary and multi-sectoral approaches that cut across complex interdependent factors and necessarily call for a **working partnership between the involved sectors/services, example:**

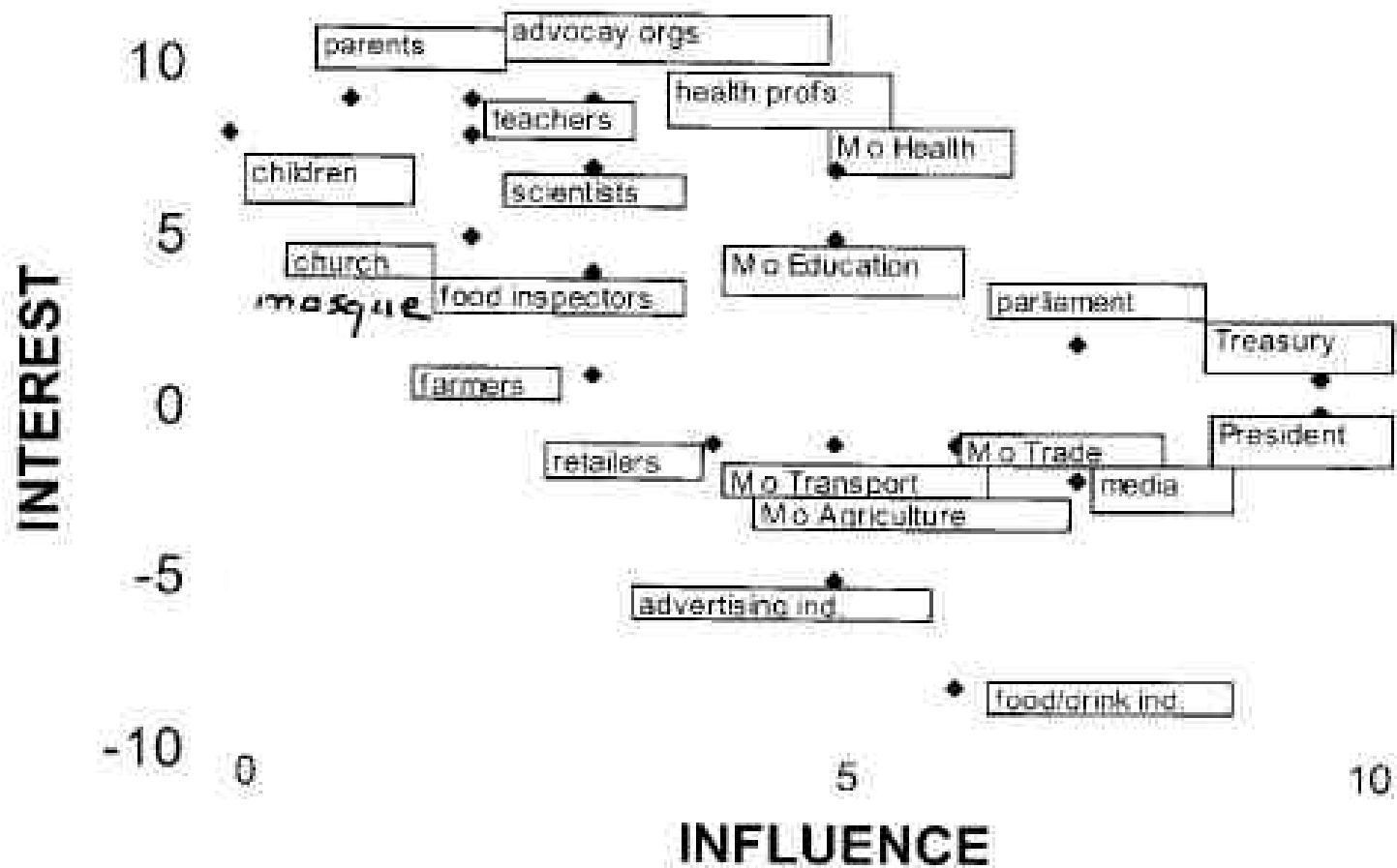
Nutrition, involves several sectors that contribute to the food value chain, and

Obesity, a problem that cannot be solved without the coordinated inputs from many sectors and services

Source: Ricardo Uauy, "The role of the international community: forging a common agenda in tackling the double burden of malnutrition". SCN News, no. 32, 2006

NUTRITION for LIFE LONG HEALTH





Child obesity: Scatter Plot of Stakeholders

Source: Lobstein T, SCN News no. 29, 2005.

FEEDING THE CITIES

Feeding the Cities

- Over half the world's people live in cities.
- Supplying them with safe and affordable food strains the food supply and distribution chain to the breaking point.
- The difficulties of matching supply and demand and problems with transport, refrigeration and markets lead to losses and further raise prices.
- Urban food production helps, but farmers lack sufficient land, water and knowledge.
- Experts from all sectors – transport, agriculture, nutrition and public health are needed to ensure that enough safe, affordable, good-quality food reaches urban residents

Potential role of urban authorities (FAO)

Accept responsibility for food production and distribution, and:

- Involve transport planners, soil scientists, livestock specialists, nutritionists and public health professionals in urban planning.
- Design and locate markets in consultation with users and plan for minimal environmental impacts.
- Establish microcredit programmes for traders, including street food vendors, to finance improved hygiene and storage.
- Ensure that urban farmers have access to land, security of tenure, extension services, credit and assistance for purchasing seeds and other inputs.

Some principles governing approaches for Egypt

- Connect sustainable food systems to health and well-being
- Ensure sustainable food consumption patterns, and
- Encourage environmentally responsible practices that conserve natural resources, minimize the quantity of waste generated, and support the ecological sustainability of the food system: namely during the process of food production, food transformation, distribution, access, and consumption.

Some of the actions already initiated

- Protect & promote Egypt's balanced food heritage
- Reduce national food deficits (national agricultural policy)
- Turn consumer into a consumer-producer – urban food production & gardens
- Increase self sufficiency for key foods
- Diminish all types of wastage across the food chain
- Raise household food security
- Include food and nutrition in poverty alleviation programs
- Equitable access to food through efficient social protection system
- Improve food safety concerns across the food supply chain
- Improvement of the food supply chains and food retail system
- Establish a strategic alliance with the food industry and with mass catering
- Design and implement innovative nutrition education programs

Facilitating factors

- Information generation to support policy/strategy formulation Identification of indicators for monitoring and evaluation
- Policy level dialogue between the stakeholders
- Involvement of the populations and civil society
- Institutional reform to allow for effective collaboration across and between sectors and other partners
- Joint conception/planning of integrated strategies
- Food security concerns (in quantity and quality) to be developed in function of the imperatives of local contexts

Ingredients essential for success

- Harmonization of a supportive legal framework
- Integrated Policies, and appropriate institutional reform
- Information systems accessible to all partners,
- Transparency, accountability and good governance,
- Coordination mechanisms

THANK YOU