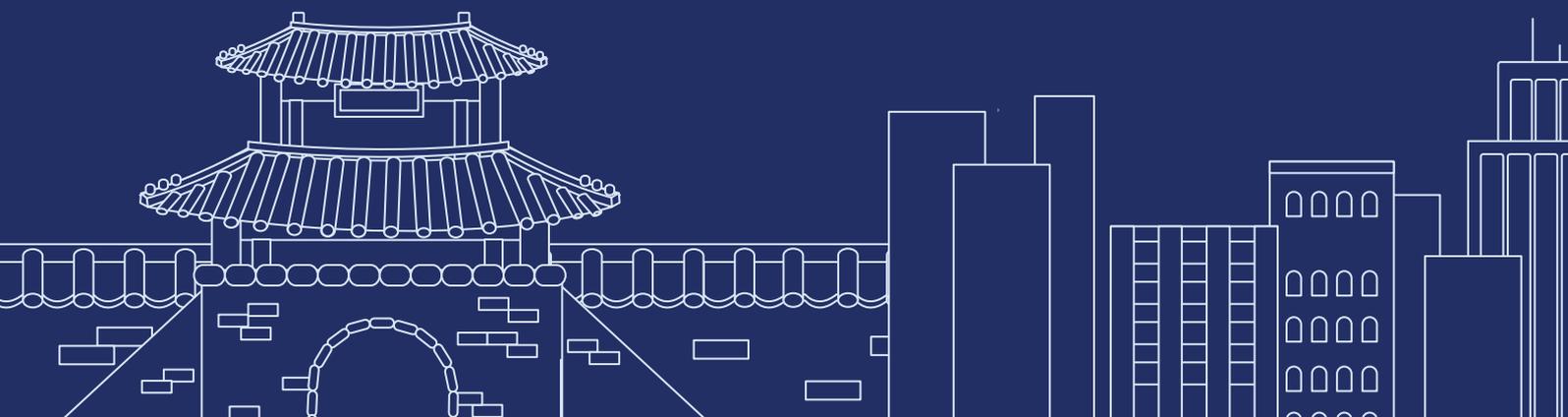




The 7th Seoul Urban Food International Conference

Creating Healthy Food Environments for Future Cities

Program Book



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Creating Healthy Food Environments for Future Cities

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The 7th Seoul Urban Food
**International
Conference**

Creating Healthy Food Environments for Future Cities

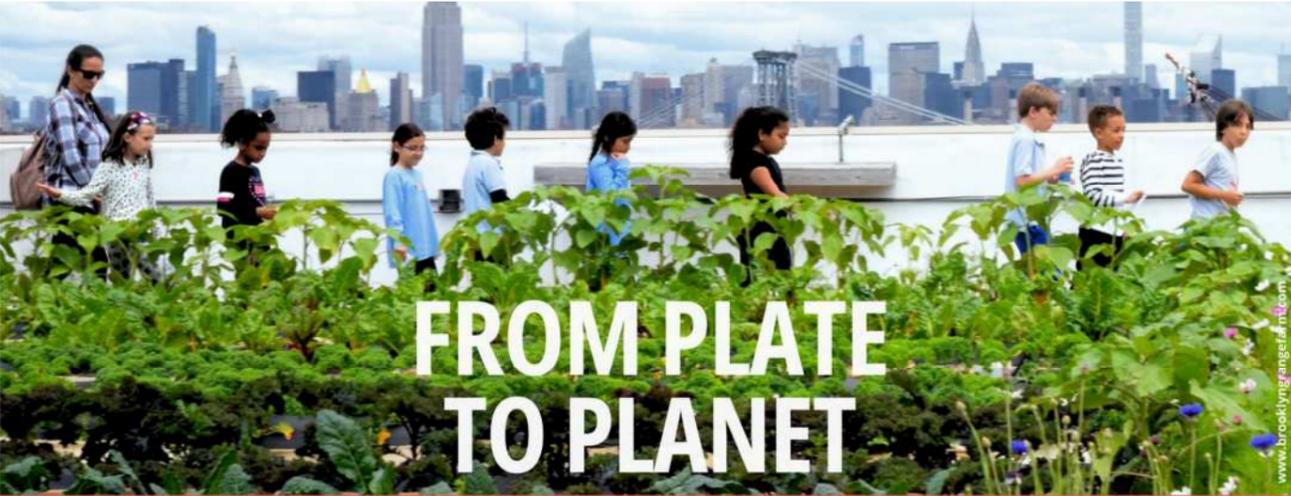
Keynote Speech

**From plate to planet:
how local governments are driving
sustainable food actions around the world**

Chantal Wei-Ying Clément

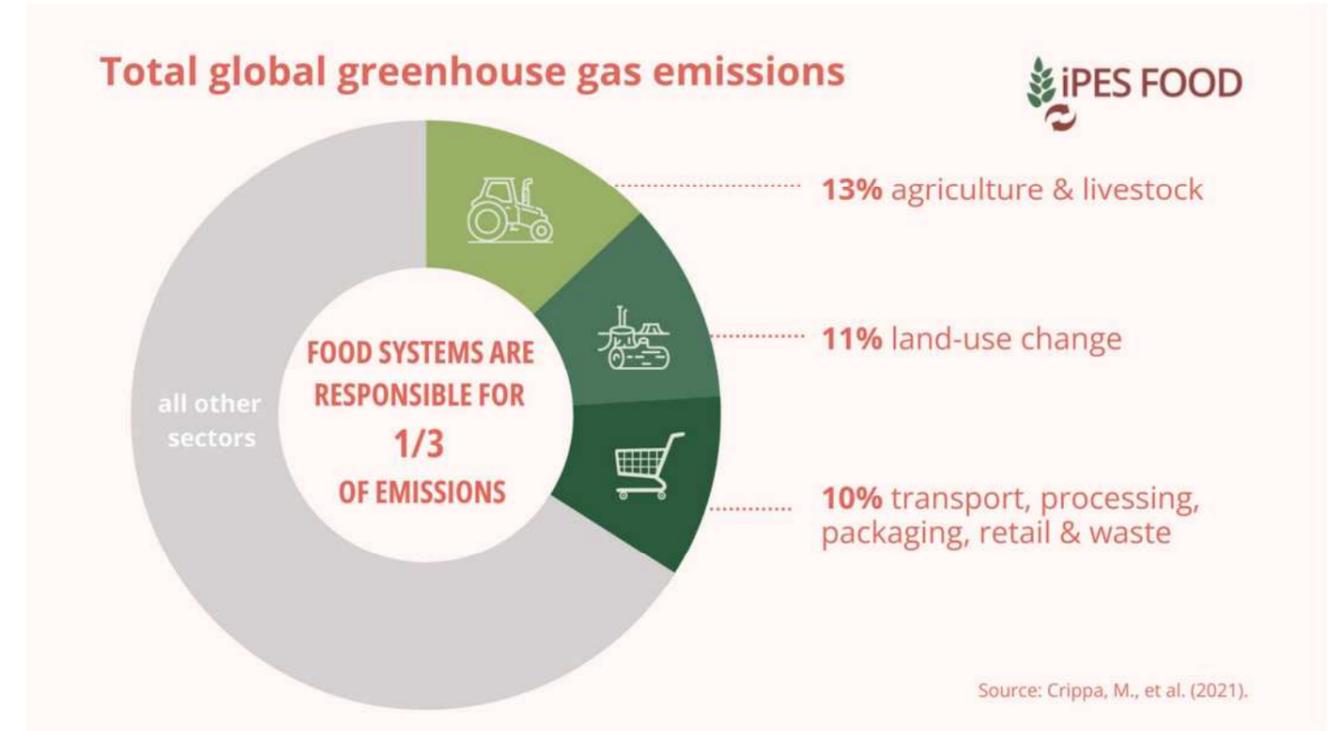
Deputy Director, IPES Food





FROM PLATE TO PLANET

How local governments are driving action on climate change through food



THE GLASGOW FOOD & CLIMATE DECLARATION



120 local & regional governments committed to addressing climate change through their food systems

Industrial food systems also responsible for...



-  Exploitation & precarity of farm & food workers
-  Unhealthy diets, diet-related diseases & food insecurity
-  ... and national policies are not moving in the right direction. Almost **90%** of global agricultural subsidies (USD 540 billion) are harmful to people & the planet.

Food system actions could drive major reductions in GHG emissions



18% by shifting to well-managed production practices

8% by transitioning to sustainable diets & halving meat production & consumption

8% by halving food loss & waste



BUT CITIES ARE TAKING ACTION TO CREATE CHANGE THROUGH...



Cross-departmental & participatory planning



Supporting short supply chains & sustainable farming



Supporting the shift towards healthy diets



Leveraging the power of public procurement



Reducing food waste

Commitments by local governments go **35%** above & beyond the pledges made by national governments



CROSS-DEPARTMENTAL & PARTICIPATORY PLANNING



- action around food must be cross-cutting and involve all relevant departments
- policies developed in collaboration with city residents allow actions to respond to local needs & interests
- best practices included consultations, surveys, 'learning sessions' for municipal officials



SUPPORTING SUSTAINABLE FARMING, URBAN AG AND SHORT SUPPLY CHAINS



Actions to encourage sustainable local production include:

- setting up farmland protection programs & limiting urban development
- offering technical assistance to urban & peri-urban farmers to transition to sustainable farming & connect them with local consumers & businesses
- ensuring the necessary infrastructure is in place for farmers to sell & process their produce





IMPROVING ACCESS TO HEALTHY FOODS



Actions to improve access to healthy foods include:

- permits, financial & tax incentives for vendors to sell fresh produce in underserved neighborhoods
- matching national benefits for low-income groups for use at local farmers' markets
- restricting advertising of unhealthy foods in public spaces, particularly for children



REDUCING FOOD WASTE



To promote public health & environmental sustainability, cities have also encouraged food waste reduction schemes through:

- composting programs for farmers markets, businesses & households
- linking community gardens & urban ag with organic waste programs
- waste reduction strategies & challenges

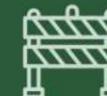


LEVERAGING PUBLIC PROCUREMENT



Public procurement can be a major catalyst for change. For example:

- Mouans-Sartoux (France) serves 100% organic food in its school cafeterias, of which more than 70% is produced locally
- Copenhagen (Denmark) mandates that 90% of food served in schools & hospitals should be organic & locally sourced



CHALLENGES



- National & international policies often conflict or are uncoordinated with local progress
- Cities face limited resources & capacity

To counter this:

- Instill long-term culture of sustainability within the municipal administration
- Demonstrate benefits of investing in healthy, sustainable food system actions through robust monitoring & evaluation strategies





THANK YOU!

WEBSITE

www.ipes-food.org

X

@IPESFood

LINKED-IN

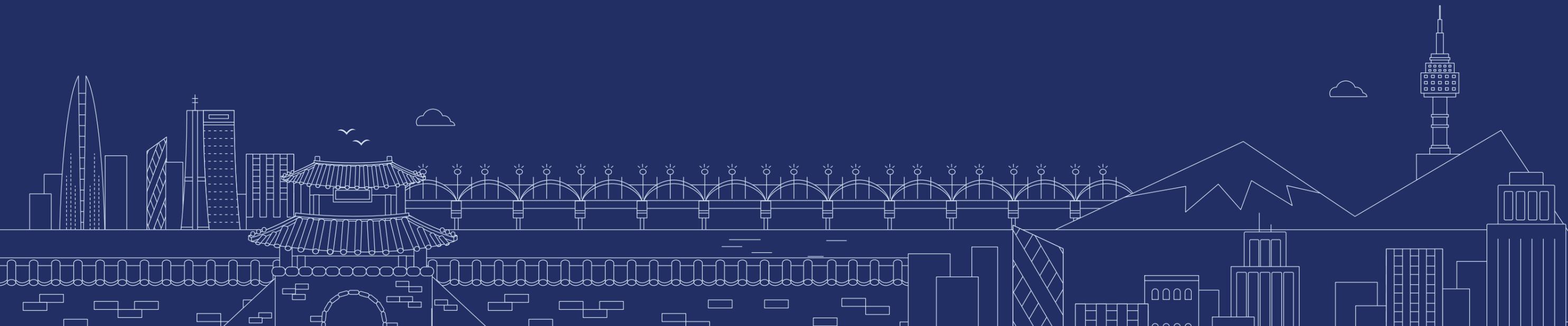
@IPES-Food

Presentation 1.

FOOD POLICY of Seoul Metropolitan City

Yang Gwang Suk

Director of Food Policy Division,
Seoul Metropolitan Government





SEOUL METROPOLITAN GOVERNMENT

Creating a Healthy Lifestyle for Citizens

FOOD POLICY of Seoul Metropolitan City

Sep. 2024

Yang Gwang-Suk
Director of Food Policy Division

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SEOUL MY SOUL

01 Health Status - Global



동행·매결
특별시민

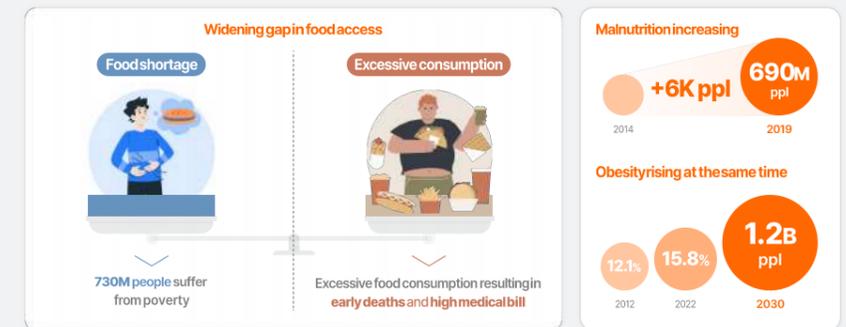
01 Health Status - Global

Seoul's Food Policy 2024

Deepening double burden from nutritional imbalance

SEOUL MY SOUL

Both obesity (overweight) and malnutrition are increasing rapidly in all age groups across the globe



Lack of affordable access to a healthy diet

Affecting 1/3 of the global population

More than 2.8B couldn't afford a healthy diet in '22

Source | Global Nutrition Report 2024 (FAO)

3

동행·매결
특별시민

01 Health Status - Global

Seoul's Food Policy 2024

Urban food consumption

Cities expected to take up **70%** of the global food consumption by '50

Sustainable dietary habits

To **enhance health** and support **sustainability**, the world needs to adopt **healthy dietary habits**



4

02 Health Status - Seoul

Dietary analysis

- 1 Daily intake by food group
- 2 Issues

Nutrition policy

High sugar intake

DU(으)L DALDAL 9988



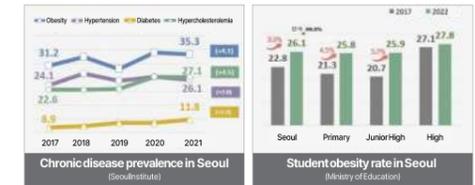
02 Health Status - Seoul

Dietary analysis

Nutrition policy
High sugar intake
DU(으)L DALDAL 9988

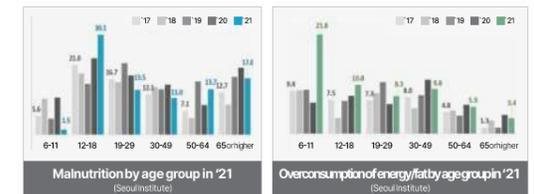
1) Diet-related chronic diseases rising

- Increase in obesity, hypertension, diabetes, hypercholesterolemia
- Increase in overweight students in primary/secondary schools across Seoul



2) Malnutrition rises together with overconsumption of foods

- Citizens suffering from malnutrition or overconsumption of energy/fat all increased

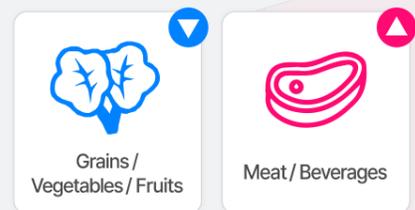


02 Health Status - Seoul

Dietary analysis

Nutrition policy
High sugar intake
DU(으)L DALDAL 9988

2012~2021 Daily intake by food group in Seoul



Seoul citizens are eating **less plant-based foods** (grains, vegetables, fruits, etc) taking **more meat and beverages**

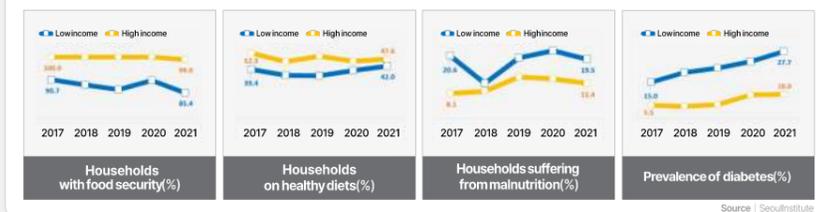
02 Health Status - Seoul

Dietary analysis

Nutrition policy
High sugar intake
DU(으)L DALDAL 9988

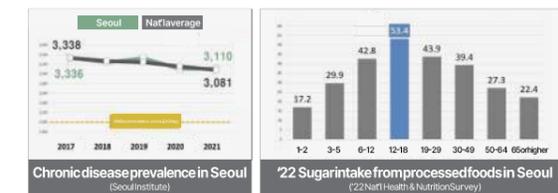
3) Socio-economic gap in nutrition

- Low-income households having relatively poor health/dietary status



4) Sugar & salt intake

- High sodium intake
- Concerns over higher sugar intake from processed foods in the age group of 12~18 years





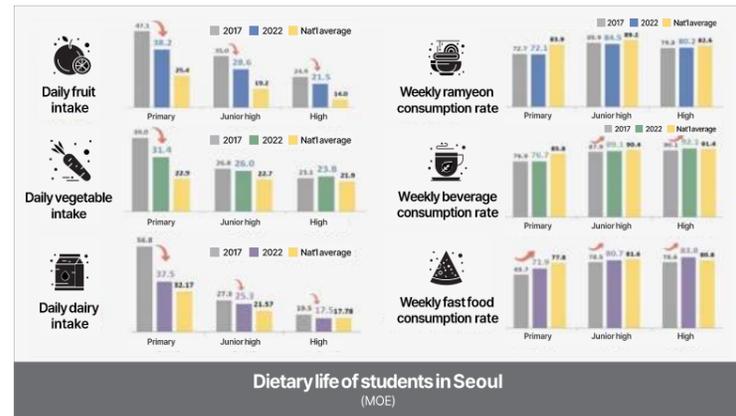
02 Health Status - Seoul

Dietary analysis

Nutrition policy
High sugar intake
DU(☺)L DALDAL 9988

5) Dietary issues of adolescents

- Bad dietary habits increased among adolescents
- More adolescents skipping breakfast, eating less fruits and vegetables than recommended



Nutrition policy

1 School lunch support

Expand free, environment-friendly school lunch for our future generations



Simplification of food system



02 Health Status - Seoul

Dietary analysis

Nutrition policy
High sugar intake
DU(☺)L DALDAL 9988

Tailored to the health status of Seoul citizens

Nutrition policy

VISION
Seoul, a city where all citizens can practice healthy dietary habits

KEY PRINCIPLES

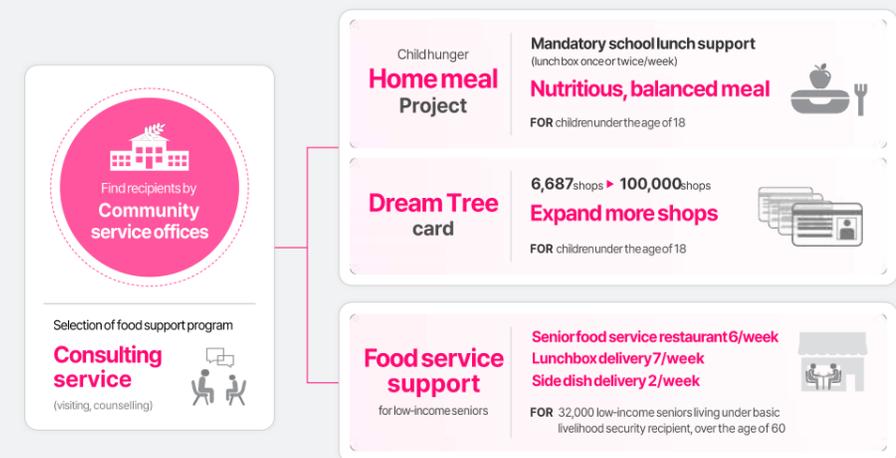
- ◆ Create an enabling environment where Seoul citizens can implement healthy dietary habits
- ◆ Establish a virtuous cycle where citizens can manage their nutritional status well throughout their lifecycle from growing well to preventing/managing chronic diseases
- ◆ Build infrastructure for evidence-based nutrition policy with real impact



Nutrition policy

2 Child hunger

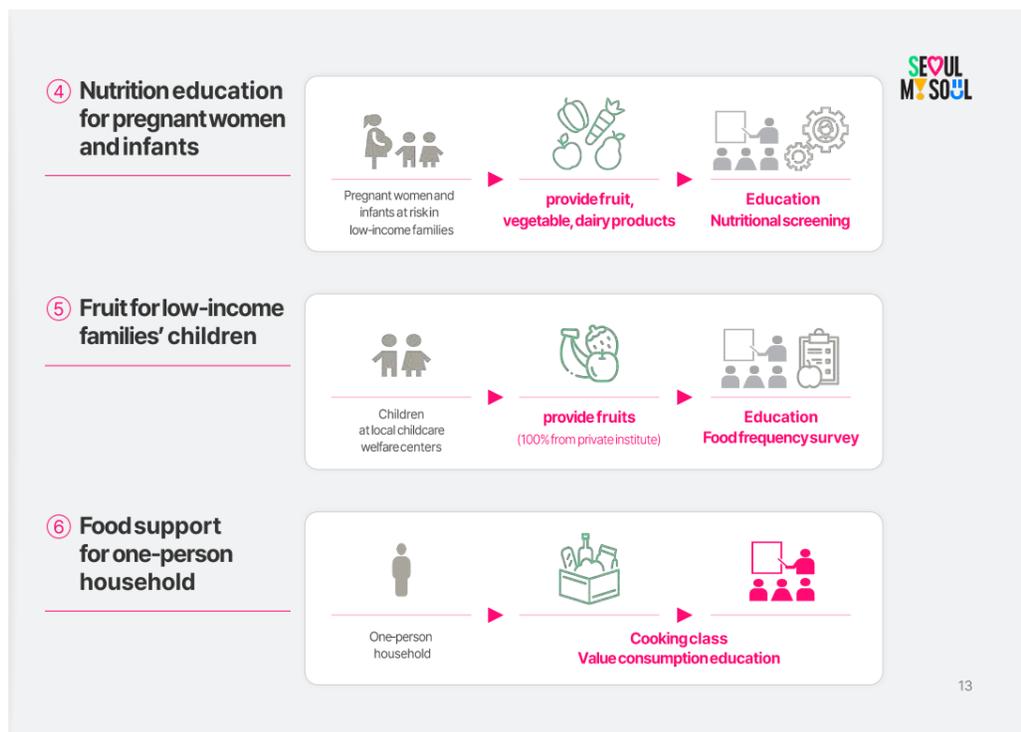
3 Support Meal for low-income seniors





Nutrition policy

Seoul's Food Policy 2024



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02 Health Status - Seoul

Dietary analysis
Nutrition policy
High sugar intake
DU(으)L DALDAL 9988

Seoul's Food Policy 2024



VISION

Healthy Lifestyle for Seoul Citizens
DU(으)L DALDAL 9988 designed for Seoul citizens

MISSION

- Choose **water** first when selecting beverages
- Check the **sugar content on the nutrition label** (within 50g per day)

GOAL

- More citizens consuming sugar at recommended levels
71.7%(^{'21}) >>> **75.5%**(^{'26})
- Wider usage of nutritional labels on processed foods
35.1%(^{'21}) >>> **35.9%**(^{'26})
- More citizens adopting healthy lifestyle
35.1%(^{'21}) >>> **50%**(^{'26})

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02 Health Status - Seoul

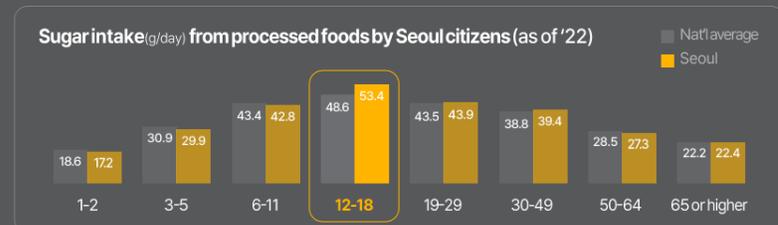
Dietary analysis
Nutrition policy
High sugar intake
DU(으)L DALDAL 9988

Seoul's Food Policy 2024

POINT High sugar intake

Seoul's survey on sugar intake from processed foods found
Seoul citizens aged **12~49** **65 or higher** eat more sugar than the national average

For youths aged 12~18, the sugar intake (53.4g/day) from processed foods was significantly higher than the national average (48.6g/day) with the biggest gap, and exceeds the WHO recommended limit (50g/day)



Source | Sugar intake by Seoul citizens (Research on the National Health & Nutrition Survey by the Seoul Institute)

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02 Health Status - Seoul

Dietary analysis
Nutrition policy
High sugar intake
DU(으)L DALDAL 9988

Seoul's Food Policy 2024

POLICY DIRECTION

- Promo.** Create a social boom by launching and branding the project
- Environ.** Provide an environment where children/adolescents can choose healthier foods
- Support** Support programs tailored to each target and increase the adoption of a low-sugar diet
- Partn.** Build public-private governance that connects schools, public agencies, businesses and communities

STRATEGY

- For the vulnerable Support tailored programs
- For healthy diets Create an environment
- See, hear, taste Promote programs targeting citizens
- For governance, Build public-private partnership

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03 Action Plans for Health

For adolescents

- 1 Provide programs tailored to those exposed to health risks
- 2 Create an environment for healthy diets

For general public

- 1 Provide programs tailored to those exposed to health risks
- 2 Create an environment for healthy diets

For all citizens

- 1 Promote health programs targeting all citizens
- 2 Build governance for the public-private partnership



Action Plans for Health

Adolescents

General public

All citizens

2) Create an environment for healthy diets

2) High sugar foods removed from school cafeterias

ACTIVITY Parents monitoring committee regularly to ensure high-sugar foods not sold in the school cafeteria



3) Low-sugar products placed on "Golden Zone" in CVS near schools and private academies

TARGET Schools, private academies, convenience stores

ACTIVITY Place low-sugar products (e.g. sugar-free beverages, water, etc) in the Golden Zone (the most visible spot on the shelves) and high-sugar products on the lower shelves



4) The sugar content selection in the beverages and inspection on high-sugar products near schools

TARGET Small- and medium-sized coffee shops which don't offer nutritional information in detail

ACTIVITY

- Design a guideline on sugar content selection for beverages popular among children/adolescents
- Sign a pact with F&B franchises to voluntarily comply with the low-sugar guideline

Action Plans for Health

Adolescents

General public

All citizens

1) Provide programs tailored to those exposed to health risks

"DU(으) L DALDAL Expedition" for children and adolescents

TARGET 30,000 parents with children/adolescents (4th grade in primary to 3rd grade in junior high)

ACTIVITY Parents check low-sugar diets of their children and leave records for 66 days and give rewards (e.g. benefit points) for missions achieved at each stage



2) Create an environment for healthy diets

1) At schools - Increase schools advocating for less sugar

TARGET 100 primary/secondary schools

ACTIVITY "50g Sugar Per Day" campaign to create an environment where students are encouraged to lower their sugar intake



Action Plans for Health

Adolescents

General public

All citizens

1) Provide programs tailored to those exposed to health risks

Manage metabolic syndrome with "Doctor on Your Wrist 9988"

TARGET Seoul citizens aged 20~69

ACTIVITY Connect "Doctor on Your Wrist 9988" with MyData on metabolic syndrome* to encourage citizens proactively manage their health through daily activities

*10 types of data including blood pressure/sugar, HDL, LDL, triglyceride, etc





03

Action Plans for Health

Adolescents
General public
All citizens

Seoul's Food Policy 2024

2 Create an environment for healthy diets With public agencies



1) Ads on unhealthy foods limited in public facilities

TARGET Public facilities (transport, etc) owned/managed by Seoul City
List up products banned to be advertised and enforce the regulation

2) High-sugar products not allowed in meetings rooms of public agency bldg

TARGET Public agencies and facilities owned/ managed by Seoul City
ACTIVITY Include the info (high-sugar products not allowed) in the meeting room booking system and encourage related public entities to join the campaign

3) Sugar Out Day for public entities

TARGET Shops and cafes in public agency buildings in Seoul
ACTIVITY Offer discounts (benefit points) when buying low-sugar or unsweetened beverages on **Sugar Out Day**
* Budget for discounts funded by Seoul City



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03

Action Plans for Health

Adolescents
General public
All citizens

Seoul's Food Policy 2024

2 Create an environment for healthy diets Nursery / workplace



1) Healthy meals/snacks for nursery/kindergarten

ACTIVITY

- Share a guideline on limiting processed foods (drinks) with facilities largely used by toddlers/children
- Support low-sugar recipes and recommend using fruits or onions instead of added sugar in school meals
- Limit processed foods in the snack menu and encourage to include traditional tea (barley tea)

2) Experience program for families

TARGET Children and their (grand)parents at nursery/kindergarten
ACTIVITY

- Teach negative effects of eating too much sugar and sugar intake status
- Educate/experience low-sugar diets
- Offer a cooking class based on low-sugar recipes



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03

Action Plans for Health

Adolescents
General public
All citizens

Seoul's Food Policy 2024

2 Create an environment for healthy diets

3) Develop a guideline for high-sugar products targeting grownups

HOW Develop a guideline and a policy framework based on discussions with experts and the gov't
WHAT Plan to obligate the nutritional label on high-sugar products and show visual information based on sugar content level



Visible information on sugar content for high-sugar foods

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03

Action Plans for Health

Adolescents
General public
All citizens

Seoul's Food Policy 2024

1 Promote programs for citizens to see, hear, and taste



1) Platforms to engage citizens

HOW Run online channels (blog, SNS, YouTube) to offer information on how to improve dietary habits
WHAT

- Offer info on how to reduce sugar for citizens to implement in daily lives
- Inform how to check the nutritional info of sweetened drinks, diets and recipes, easy to implement to lower sugar intake

2) Produce awareness-raising videos (entertainment/documentary) and public ads

Produce contents that show how too much sugar accelerates skin aging and leads to obesity



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03
Action Plans
for Health

- Adolescents
- General public
- All citizens

2 Build governance for public/private partnership



1) MOU signing with food companies and relevant agencies



04 Environmental status
- Global & Domestic



03
Action Plans
for Health

- Adolescents
- General public
- All citizens

2 Build governance for public/private partnership



2) Roll out a campaign/challenge for citizens
by forming partnership with consumer groups and businesses

TARGET Consumer groups, financial agencies(SH Bank, etc), beverage franchise, health app(walking, diet)

- ACTIVITY**
- Dul DALDAL 9988 and challenge
 - Facilitate collaboration by offering rewards(points) when a given mission is achieved



3) Online consulting/comm.

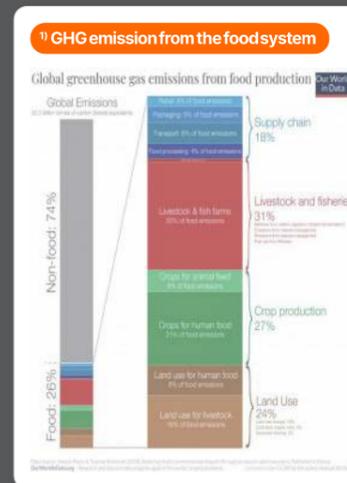
ACTIVITY Operate online channels to answer questions from citizens on how to identify high-sugar products, eat natural sugar, and practice low-sugar lifestyle



04
Environmental
Status
- Global & Domestic

Food system (production-disposal) generates 26% of the total greenhouse emissions

Environmental impact from the foods/diets chosen by citizens becoming more critical



05 Action Plans for Green Planet

Vegetarian diet

Encourage Seoul citizens to eat more fruits/vegetables

Seoul Diet for the Future (Mirae Bapsang)

Educate/promote greener diets at different stages of lifecycle



Action Plans for Green Planet

Vegetarian diet

Seoul Diet for the Future

Publicize Seoul Diet for the Future

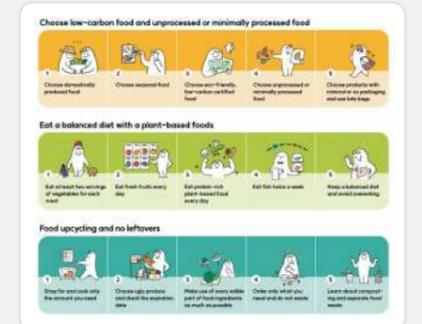
Seoul Diet for the Future (Mirae Bapsang)

Seoul's guideline to enhance **nutritional balance** and reduce **carbon emissions**



Mirae means **Future**,
BapSang means **meal or Diet**

It means...
that we are to think about **future for our own health and future generations.**



Practical guideline by stage on how to purchase-eat-dispose foods (15 guidelines in 3 stages)

Action Plans for Green Planet

Vegetarian diet

Seoul Diet for the Future

Encourage Seoul citizens to eat more fruits/vegetables

- Standards** Develop standards and guidelines for vegetarian food stores
- Education** Offer awareness-raising education for the relevant targets
- Info provision** Conduct a status study on vegetarian stores and provide online maps
- Vegetarian diets** Offer vegetarian menus at public agency cafeterias
*Host "Vegetarian Day" twice a month or more for group meals at public entities
- Promotion** Run offline events engaging citizens



Action Plans for Green Planet

Vegetarian diet

Seoul Diet for the Future

Seoul Diet for the Future

Offer nutrition education/promotion across the lifespan to raise awareness

- Programs connected to the curricular of **kindergartens, primary schools, colleges**
- Introduce the experience programs for **adults**
- Organize a contest/challenge for **citizens**
- Host a promotional event based on **irSeoul Diet for the Future.J** when selling agricultural products



For Kindergartens



For Primary schools



For adults



Contest/Challenge



Promotional Event



Achieve a Sustainable Food City **SEOUL!**

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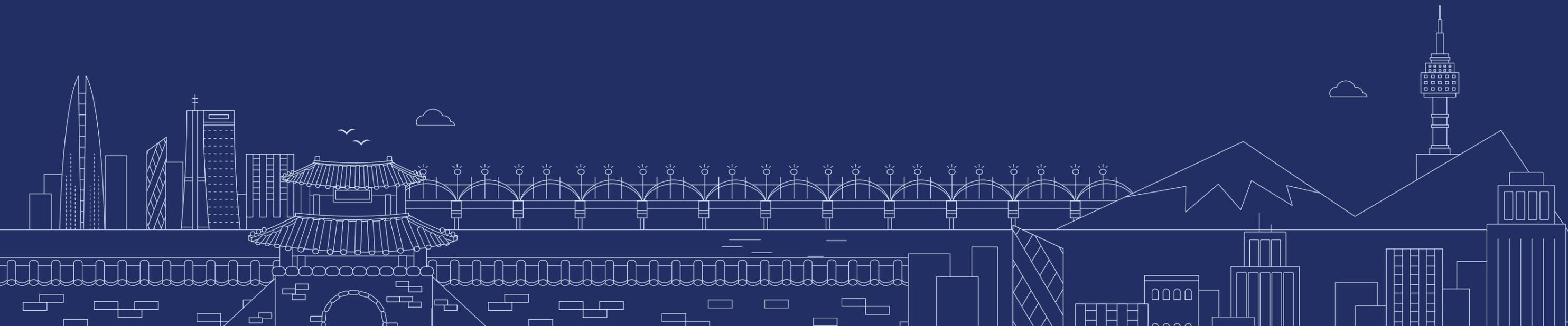


Presentation 2.

**Providing Safe Food and Creating the
Healthy Food Environment
for Future Healthy Cities**

Katrin Engelhardt

Scientist of Department of Nutrition Food Safety, WHO





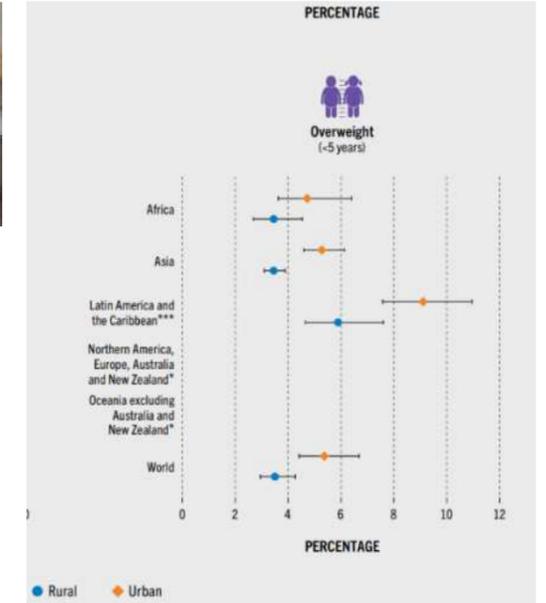
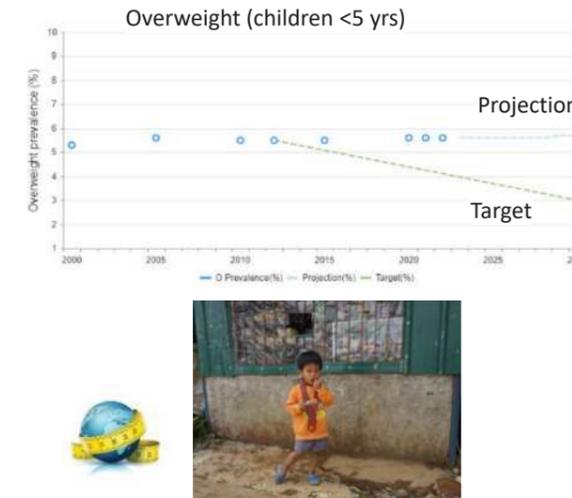


A decade ago... WHO Global Targets

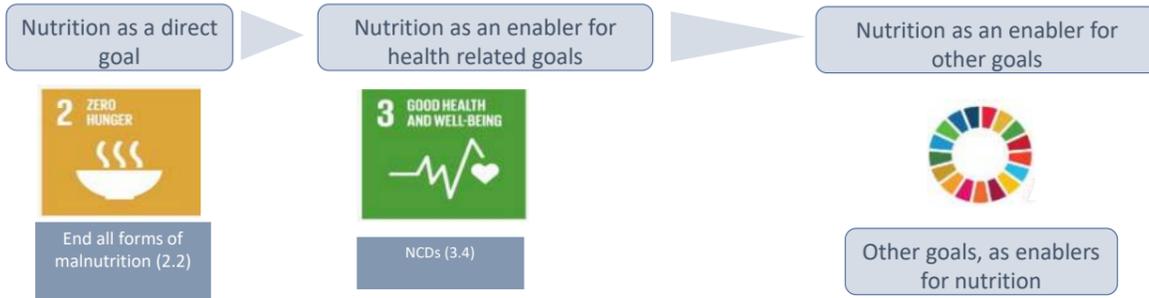
WHO Member States have endorsed:

- six global nutrition targets and
- nine voluntary NCD target

Three of which are diet-related (obesity/ salt intake and hypertension).



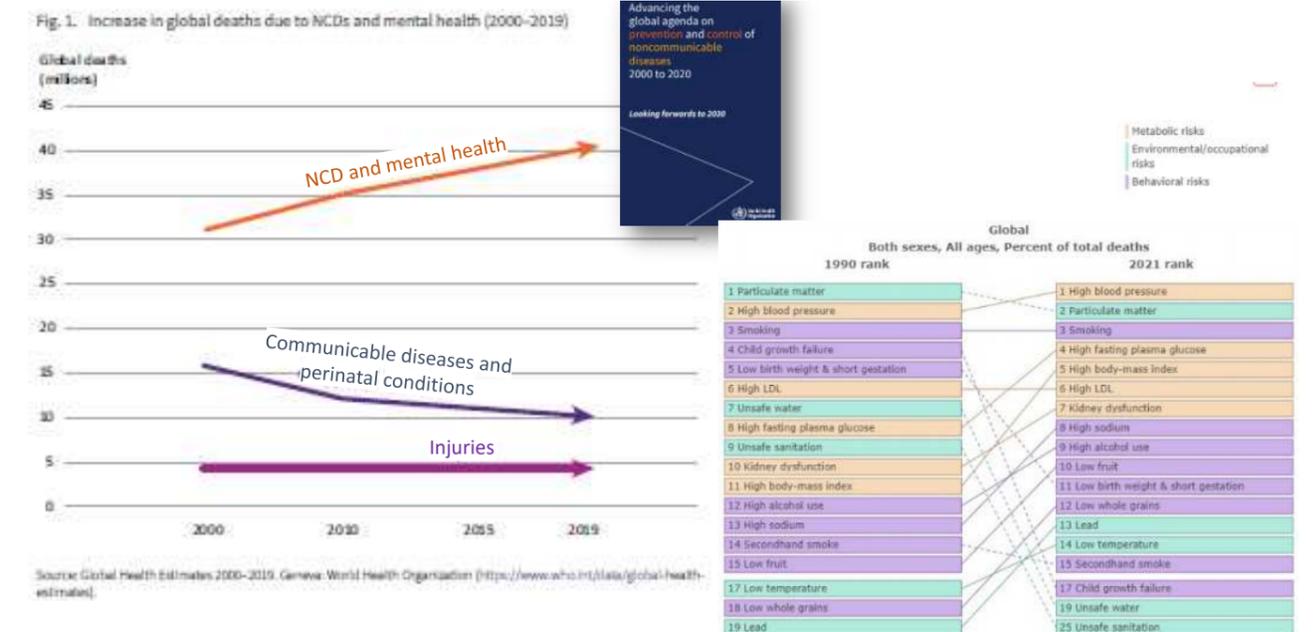
[Global Nutrition Targets Tracking Tool \(who.int\)](https://www.who.int/global-nutrition-targets-tracking-tool)



2.2 By 2030, **end all forms of malnutrition (stunting, wasting, overweight)** in children under 5 years of age; address the nutritional needs of adolescent girls, pregnant and lactating women and older persons

3.4 By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and wellbeing

3.4.1 Mortality rate attributed to cardiovascular disease, cancer, diabetes or chronic respiratory disease



iris.who.int/bitstream/handle/10665/370425/9789240072695-eng.pdf?sequence=1



Take fat intake for the prevention of unhealthy weight gain in adults and children

Take saturated fatty acid and trans fatty acid intake for adults and children

Saturated fat ↓
Unsaturated fat ↑
Trans fat ↓
Free sugars ↓
Sodium ↓
Vegetables and fruit ↑

Non-sugar sweeteners ⚡

ESSENTIAL NUTRITION ACTIONS

World Health Organization

Take fat intake for the prevention of unhealthy weight gain in adults and children

Take saturated fatty acid and trans fatty acid intake for adults and children

Saturated fat ↓
Unsaturated fat ↑
Trans fat ↓
Free sugars ↓
Sodium ↓
Vegetables and fruit ↑

Non-sugar sweeteners ⚡

ESSENTIAL NUTRITION ACTIONS

World Health Organization

Take fat intake for the prevention of unhealthy weight gain in adults and children

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Saturated fat ↓
Unsaturated fat ↑
Trans fat ↓
Free sugars ↓
Sodium ↓
Vegetables and fruit ↑

Non-sugar sweeteners ⚡

ESSENTIAL NUTRITION ACTIONS

World Health Organization

A decade ago...
Commitments to take action



WHO Member States have endorsed:

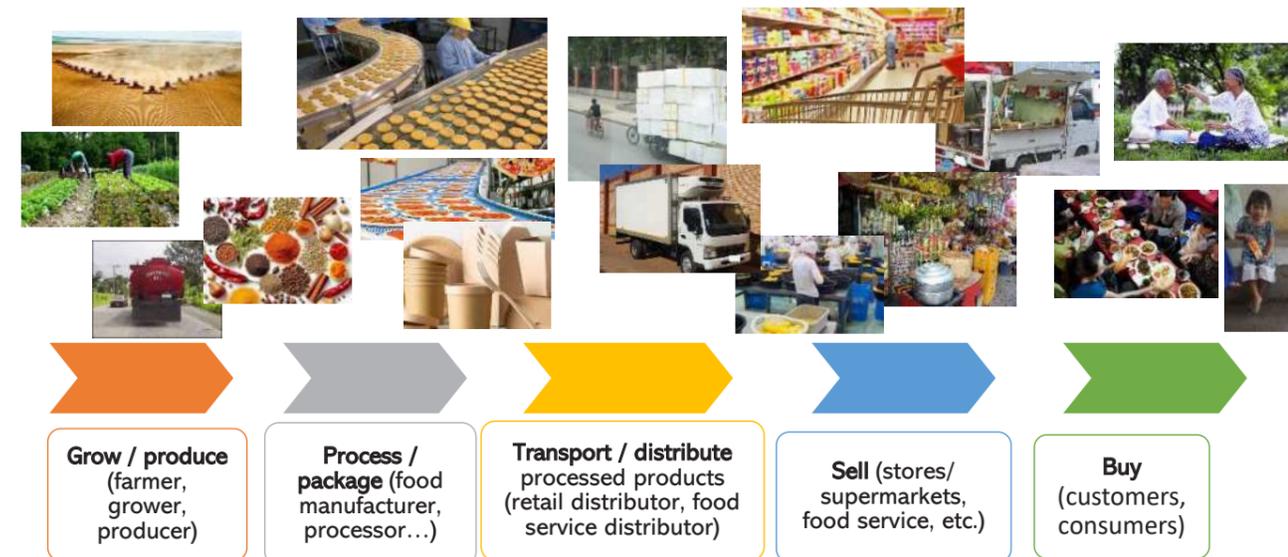
- Global Strategy on Diet, Physical Activity and Health
- Global Action Plan on the Prevention and Control of NCDs
- Comprehensive Implementation Plan on Maternal, Infant and Young Child Nutrition

Tackling NCDs
Best buys and other recommended interventions for the prevention and control of noncommunicable diseases
Second edition

Number	Intervention
H1	Reformulation policies for healthier food and beverage products (e.g. elimination of <i>trans</i> -fatty acids and/or reduction of saturated fats, free sugars and/or sodium)
H2	Front-of-pack labelling as part of comprehensive nutrition labelling policies for facilitating consumers' understanding and choice of food for healthy diets
H3	Public food procurement and service policies for healthy diets (e.g. to reduce the intake of free sugars, sodium, unhealthy fats, and to increase the consumption of legumes, wholegrains, fruits and vegetables)
H4	Behavioural change communication and mass media campaigns for healthy diets (e.g. to reduce the intake of energy, free sugars, sodium, unhealthy fats, and to increase the consumption of legumes, wholegrains, fruits and vegetables)
H5	Policies to protect children from the harmful impact of food marketing on diet
H6	Protection, promotion and support of optimal breastfeeding practices (see page 7)
H7	Taxation on sugar-sweetened beverages (SSB) as part of comprehensive fiscal policies to promote healthy diets (see page 10)

[technical-brief-unhealthy-diet.pdf \(who.int\)](#)

Methods for WHO CHOICE: [Health Financing and Economics \(who.int\)](#)



Simplified food supply chain



Partnership for Healthy Cities

Shanghai Consensus on Healthy Cities

Supporting Healthy Diets and Safe Foods in Urban Food Environments: Information Brief

a guide to healthy food markets

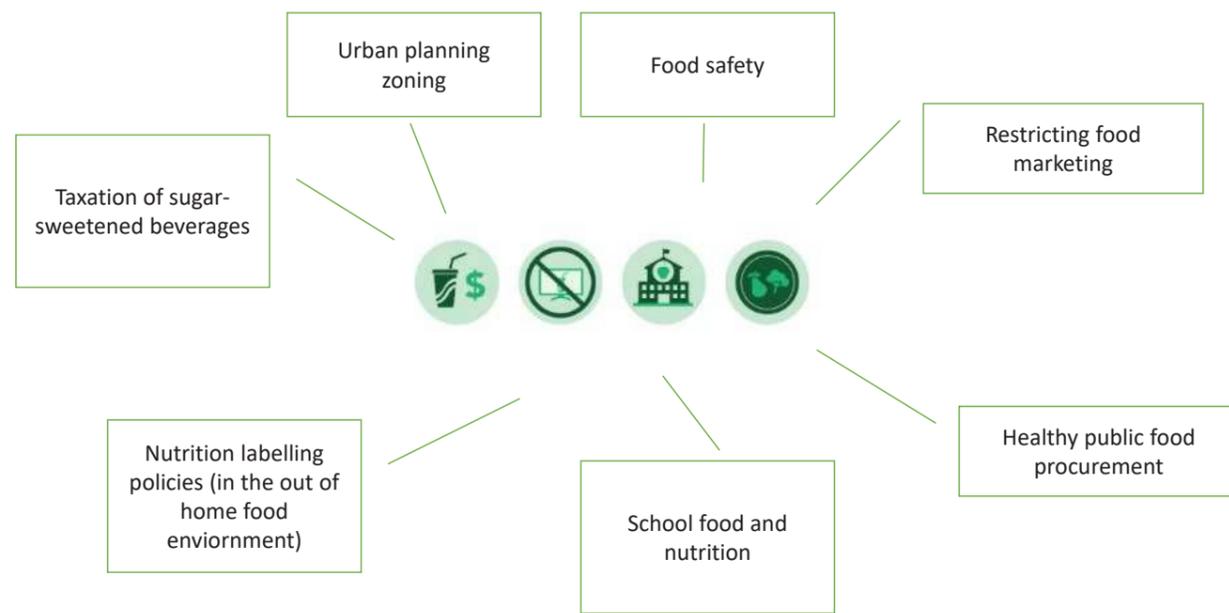
Five Keys for Safer Traditional Food Markets

Buenas prácticas en mercados tradicionales de alimentos

FEEDcities project

Urban Health Initiative
a model process for catalysing change

World Health Organization



Strengthening accountability: city indicators

City-level monitoring guidance for the prevention and control of noncommunicable diseases and injuries

World Health Organization

4.4. Promoting healthy diets

Intervention: Policies to protect children from the harmful impact of food marketing

<p>Indicator HD1. Existence and enforcement of policies to restrict marketing of unhealthy foods and non-alcoholic beverages</p>	<p>Suggested data sources</p> <ul style="list-style-type: none"> National, subnational, and city-level legislations, policies City reports
<p>Intervention: Develop and implement nutrition standards for foods and beverages served and/or sold in public settings as well as in close proximity to settings where children gather</p>	<p>Suggested data sources</p> <ul style="list-style-type: none"> National, subnational, and city-level legislations, policies City reports

“Regulate the bad, and enable the good” [in the process of food system transformation for better health]

- Leverage the power of companies to do good for health
- Minimize the power of companies to do harm to health
- Public actors leading by example
- Reorientate the public sector levers that harm health
- Protect the public sector from undue influence



Source: adapted from: Commercial and Economic Determinants of Health Unit, Department of Health Promotion, WHO/HQ

City-level monitoring guidance for the prevention and control of noncommunicable diseases and injuries

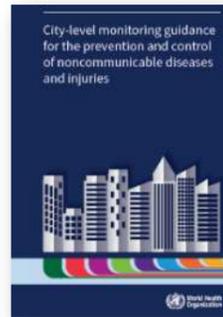
World Health Organization

Intervention: Develop and implement policies and programmes to improve the healthiness of foods and beverages being sold and served at restaurants and other food outlets

<p>Indicator HD3. Existence and enforcement of policies and programmes to improve healthy eating in restaurants, food outlets and vending machines</p>	<p>Suggested data sources</p> <ul style="list-style-type: none"> National, subnational, and city-level legislations, policies, programmes City reports
<p>Intervention: Develop and implement policies designed to limit the relative density of food outlets selling predominantly unhealthy foods and beverages compared to outlets selling predominantly healthy foods and beverages</p>	<p>Suggested data sources</p> <ul style="list-style-type: none"> National, subnational, and city-level legislations, policies City reports

Intervention: Ensure free safely managed drinking-water is available in all public settings

<p>Indicator HD5. Existence and enforcement of policies to ensure free safely managed drinking-water is available in all public settings</p>	<p>Suggested data sources</p> <ul style="list-style-type: none"> National, subnational, and city-level legislations, policies City reports
---	---



Intervention: Taxation on sugar-sweetened beverages as part of fiscal policies for healthy diets	
Indicator HD6. Access to and use of price data on sugar-sweetened beverages (SSBs)	Suggested data sources <ul style="list-style-type: none">• City plans, programmes, reports• Surveys
Intervention: Regularly monitor and report on dietary risk factors including salt intake, fruit and vegetable intake and obesity	
Indicator HD7. Mean population salt intake	Suggested data sources <ul style="list-style-type: none">• Population-based or school-based surveys
Indicator HD8. Prevalence of low fruit and vegetable intake in adults	
Indicator HD9. Prevalence of overweight and obesity in adolescents and adults	



Thank you

Key messages

- Identify appropriate entry points according to urban policy powers and responsibilities (to regulate the bad and enable the good)
- (Continue to) bridge siloed approaches -> increase collaboration within local governments: public health officials, urban planners, urban agriculture, etc.
- Align urban food policies with dietary guidance
- Strengthen accountability

Presentation 3.

Milan Urban Food Policy Pact

Filippo Gavazzeni

Head of the MUFPP Secretariat



Promoting healthier eating habits in cities

Filippo Gavazzeni
Head of the Milan Urban Food Policy Pact Secretariat



JOINT COMMITMENT OF MAYORS

Launched by the **Mayor of Milan** as legacy of **Expo Milan 2015 "Feeding the Planet"**, it is a global joint cities declaration to promote Urban Food Policy.

Milan Pact defines **sustainable food systems** as inclusive, resilient, safe, diverse and healthy and promote a set of **37 recommended actions** to define food policies clustered in 6 categories:



Our network

WORLDWIDE - 290 cities, 488 mln citizens



- NORTH & CENTRAL AMERICA**
29 cities, 45 mln citizens
- EURASIA & SOUTH WEST ASIA**
36 cities, 67 mln citizens
- EUROPE**
109 cities, 75 mln citizens
- AFRICA**
41 cities, 63 mln citizens
- ASIA PACIFIC**
42 cities, 167 mln citizens
- SOUTH AMERICA**
33 cities, 70 mln citizens



MUFPP Steering Committee



ASIA PACIFIC

42 Signatory Cities

11 Countries

Steering Committee representatives:
Seoul & Bandung



THE MUFPP CATEGORIES

2. Sustainable Diets and Nutrition

- 7. **Promote sustainable diets** through relevant education, health promotion and communication programmes, with special attention to schools, care centres, markets and the media
- 8. **Address non-communicable diseases associated with poor diets and obesity**, giving specific attention where appropriate to reducing intake of sugar, salt, trans fats, meat and dairy products and increasing consumption of fruits and vegetables and non-processed foods.
- 11. **Explore regulatory and voluntary instruments to promote sustainable diets** involving private and public companies as appropriate, using marketing, publicity and labelling policies; and economic incentives or disincentives; streamline regulations regarding the marketing of food and non-alcoholic beverages to children in accordance with WHO recommendations.



Sustainable Diets and Nutrition

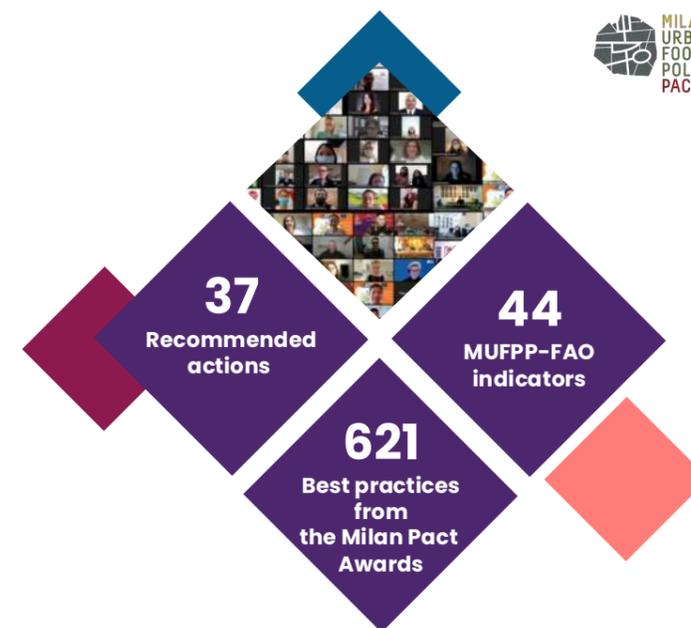
THE MUFPP CATEGORIES

- 1. Governance
- 2. Sustainable Diets and Nutrition
- 3. Social & Economic Equity
- 4. Food Production
- 5. Food Supply chain and Distribution
- 6. Food Waste



KNOWLEDGE

- Events
- Webinars
- Field visits
- Advocacy
- Networking
- Trainings
- Projects



Upcoming Regional Forum



*Nourishing growing cities:
enhancing school meals and
supporting local communities*

Asia Pacific Regional Forum
Bangkok, 3-4 DEC 2024

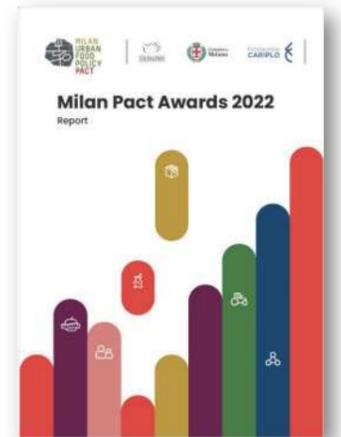
MILAN PACT AWARDS



251 PRACTICES
133 CITIES



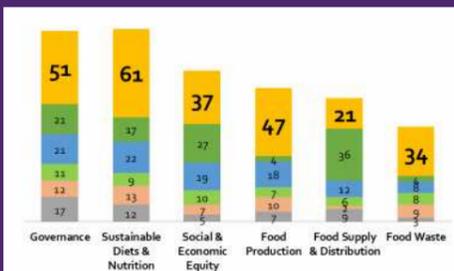
Download it here



REPORT

MILAN PACT AWARDS 2022

621 practices



CITIES FEEDING THE FUTURE

initiative within the School Meal Coalition lead by the Municipality of Milan.

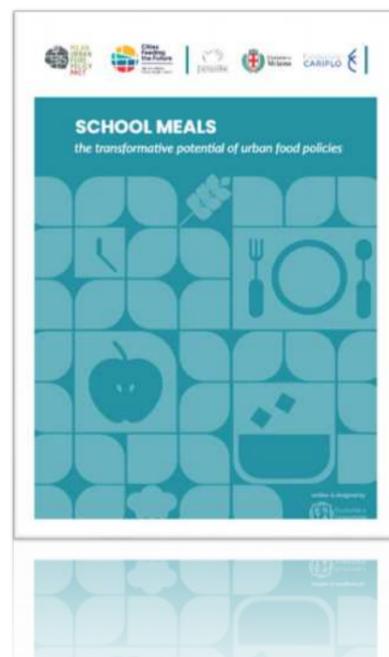


School Meals report

The transformative potential of urban food policies



Download it here



QUEZON CITY

Anti-Junk Foods and Sugary Drinks (ordinance 2579)

- **Limit** the intake of free sugars
- **Prohibit** the selling, marketing, advertising, sponsorship and promotion of junk foods
- **Impose** penalties for offenders



MILAN

Initiatives in Milan school canteens

- primary schools in Milan on a voluntary basis can replace the snack purchased by families for the morning break **anticipating the distribution of fruit**, usually consumed at the end of the meal
- **Mid-morning Fruit** carried out in **689 classes**
- since 2017 **no-added salts** in school meals for **nurseries**



TUNIS

Reduction of salt in bread in Tunis city

- average intake of **>11 grams** a day per person in Tunisia
- **Bread** is identified as the **most consumed staple food consumed** and **most important source of salt intake**
- initiative to **reduce the average salt content in the bread-making process by approximately 30%** (9 months)
- Involvement of **100 bakers**, with an impact on around **308,000 consumers**



SAN FRANCISCO

Sugary drinks distributor tax (SF Soda Tax)

- 1 cent per ounce fee on the initial distribution of drinks with added sugar
- It's not a sales tax
- generates a revenue of \$15-16 million each year
- this revenue directly supports programmes or enables the issue of grants to support the communities most impacted by sugary drinks



LONDON

Junk food ads ban

- Online adverts will be restricted from promoting products high in fat, salt and sugar
- Junk food adverts will not be broadcasted in TV before 9 pm, being considered material unsafe for children.
- Over 1/5 English children are overweight or living with obesity before they start primary school (5 years old)



SIGNING THE MUFPP

HOW TO SIGN THE PACT

- Subscription form signed by Mayor/Highest Authority
- Identification of a focal point

OPPORTUNITIES

- Access to the MUFPP library of knowledge
- Join webinars, events, city to city exchanges
- No fees at any stage of the process



MUFPP Secretariat
mufpp.secretariat@comune.milano.it
www.milanurbanfoodpolicypact.org



Presentation 4.

**How Does Buruan SAE Providing Safe Food
and Creating the Healthy Food Environment?**

Gin gin Ginanjar

Head of Food Security and Agriculture Department
The City of Bandung, West Java, Indonesia





How Does Buruan SAE Providing Safe Food and Creating The Healthy Food Environment For Future, Healthy Cities in Bandung City?

Gin Gin Ginanjar
Chief of The Agency of Food Security and Agriculture,
Bandung City

September 26th 2024
The 10th Global Conference of
the Alliance for Healthy Cities



How Buruan SAE Use Healthy Resources in Implementation



Compost Process

Step 1
Collect fruit waste (dried leaves and cut them into small pieces).



Step 2
Mix the chopped organic waste (3:1 ratio)



Step 3
Prepare EM4 to break down organic matter bacteria



Step 4
Mix with EM4 until the waste becomes wet



Step 5
Store Compost in a small container



Step 6
re-mix the compost waste with a splash of water once every 2 weeks.



Step 7
The compost is ready to use



Buruan SAE Initiative to Make a Botanical Pesticide



Step 1
Clean the shallots and garlic from their skins to ensure they are not infected with pests and diseases.



Step 2
Pound all ingredients until the extract in each ingredient comes out



Step 3
Put the extract into a container with a lid and add 1 liter of water.



Step 5
The plant-based pesticides can be used by spraying



Step 4
The plant-based pesticides solution is ready for use after a 7-day fermentation period.



Plant-based pesticides

made from garlic and shallot



Liquid Organic Fertilizer

made from pineapple fruit waste



Step 1
Prepare tools and materials



Step 2
Slice the pineapple pulp waste into small pieces for easier decomposition



Step 3
Combine the sliced pineapple flesh with the rind in a container with a lid.



Step 6
Open and close the container once every 3 days to reduce the gas content.



Step 5
Put the mixed the fruit waste into the container for the fermentation process



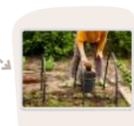
Step 4
Dissolve sugar into coconut water as a food source for microorganisms and then mix it with water.



Step 7
after fermenting for 2 weeks. liquid organic fertilizer can be used



Step 8
mix the concentrate with 100ml/1L water before watered to plants



How Buruan SAE control of fleas, caterpillars, ladybugs, grasshoppers, using vegetable pesticides.



- Ingredients**
- Papaya Leaves 3 sheets
 - Garlic 3 clove
 - soursop leaf 30 sheets
 - tablespoons of dishwashing soap (just don't use detergent) as a solvent and amplifier
 - aloe vera sheet or 1 tablespoon of cooking oil for adhesive
 - Water 3 liter

Ways of making:

- Ingredients Papaya leaves, kenikir flower leaves, soursop leaves, (if there is aloe vera) can be mashed or mashed in a blender.
- Once smooth, put it in a bucket containing 5 liters of water
- Add 1 tablespoon of dishwashing soap
- Also add 1 tablespoon of cooking oil if you don't have aloe vera
- Stir all the ingredients, Once mixed, store for 1x24 hours in a shady place away from sunlight and keep out of reach of children.

- Tools**
- Knife
 - Ember 3 liter
 - Mash tool





Indicators of Buruan SAE on Providing Safe Food



Through Mini lab food safety, rapid test inspection in Buruan SAE location is provided regularly by using chemicals and special equipment to check for pesticide residues. Buruan SAE Location inspected is increasing year by year and the result of inspection is negative pesticide contaminant.

9



Pesticide Test



pH Indicator



11

Utilization of Used Materials as a Planting Media



Buruan SAE on Creating Healthy Food Environment

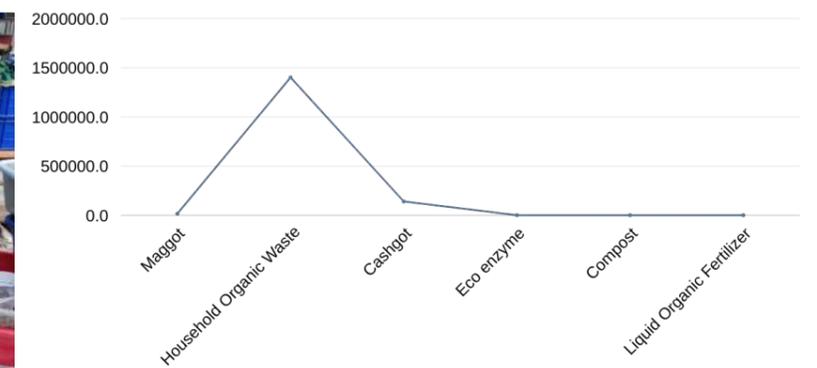
Buruan SAE aims to promote a healthy food environment by fostering community empowerment, supporting local economies, and reducing import reliance. It encourages community involvement in food production, promoting local well-being and sustainability.

10



Production of Waste Processing

January – July 2024



12





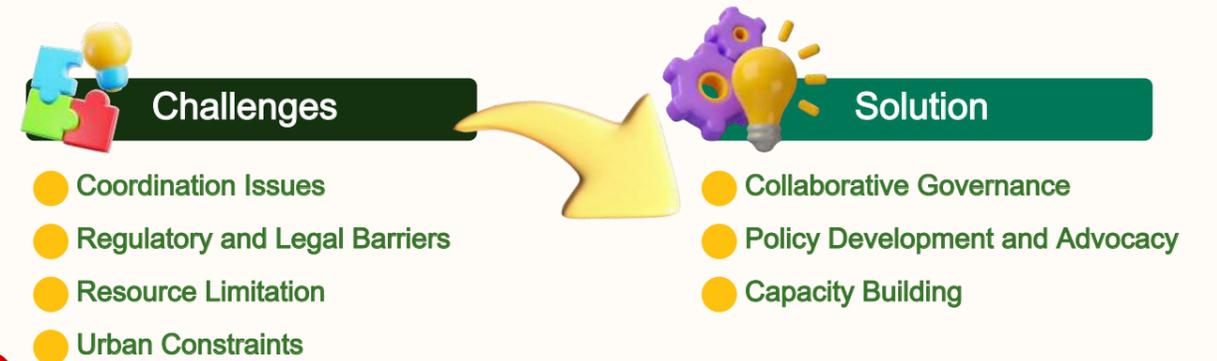
Vertical Gardening (Organic Tower Garden)



13



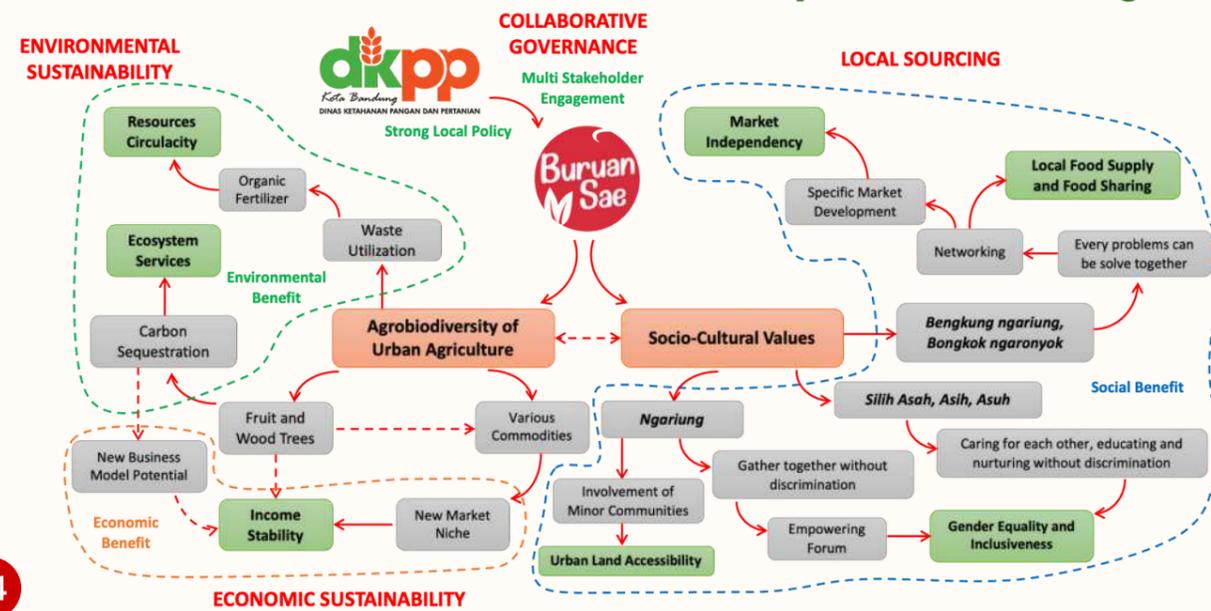
Challenges of BuruanSAE in Providing Food and Creating The Healthy Food Environment



15



Buruan SAE and the Vision of Future Healthy Cities in Bandung



14



Conclusion

16



Session 2

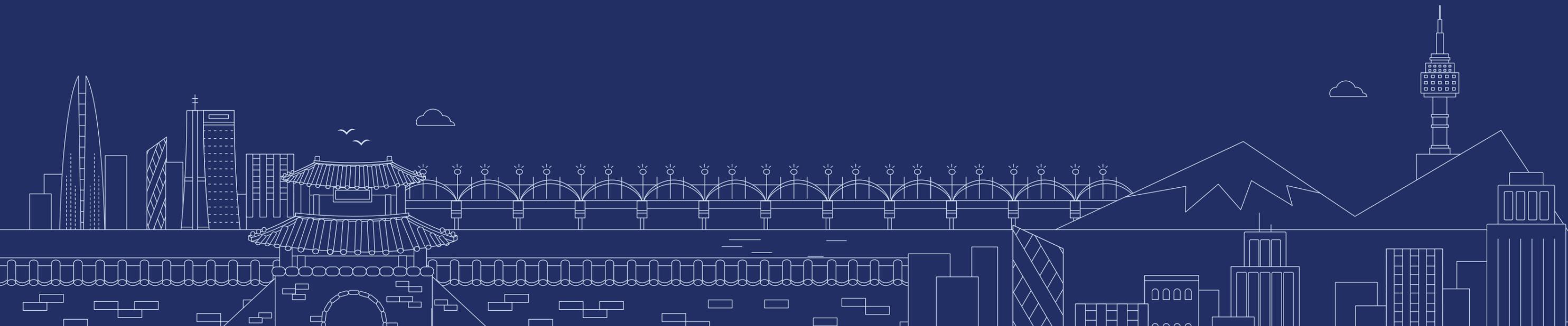
Cool Food Health Table

Rani Polak

Director of CHEF Coaching Program,
Physical Medicine and Rehabilitation, Harvard Medical School

Lee Hyun-joo

Special Advisor, EAT Foundation





The science-based global platform
for food system transformation
by 2030

Cool Food Health Table

The 7th Seoul Urban Food International Conference



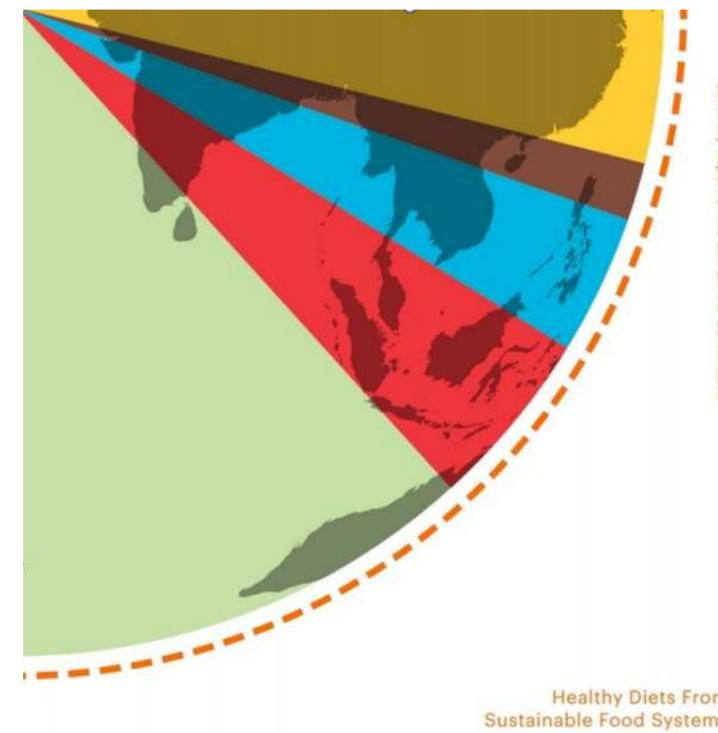


Hyunjoo Lee PhD, DpLM, Writer

Special Advisor / EAT Foundation
CEO / Meat Free Monday Korea
CEO / Bowen Lifestyle Medicine Centre
CEO / Girin Oriental Medicine Pharmacy




기쁜한약국

1 Goal · 2 Targets · 5 Strategies

To Achieve Planetary Health Diets for Nearly 10 Billion People by 2050



Photo: iStock

**EAT-Lancet Report
Among the World's
Most Cited**

EAT

Rani Polak MD, MBA, Chef

Director/
CHEF Coaching Program, Institute of Lifestyle Medicine,
Spaulding Rehabilitation Hospital
Director/
Lifestyle Medicine Center, Sheba Medical Center, Tel Aviv
Assistant Professor/
Department of PMR, Harvard Medical School

Culinary Medicine

Culinary Medicine

Culinary Medicine and its Role in Restoring and Maintaining Health

The practice of helping patients use nutrition and good cooking habits to restore and maintain health

The 7th Seoul Urban Food International Conference



Culinary coaching for patients

Methods

Twelve 30-minute tele-visits through Zoom, focused on:

- Setting and reviewing culinary goals
- Using motivational interviewing to discuss culinary challenges
- Brainstorming patient centered culinary solutions
- Focus on plant-based whole food cooking
- Sharing culinary resources, such as recipes and videos



Eat all the junk food you want as long as you cook it yourself.

- Michael Pollan

Cooking interventions

Outcomes

- Improved cooking knowledge/skills, confidence and attitudes
- Improved diet quality
- Inconsistent health outcomes

Well-designed studies are needed that rigorously evaluate **long-term impact** on cooking behavior, dietary intake, obesity and other health outcomes.

Reicks M. J Nutr Educ Behav. 2014 Jul-Aug;46(4):259-76

Culinary coaching for patients

- Multicenter RCT, one year follow-up
- Patient (n=72) with overweight and obesity, $27.5 < \text{BMI} < 35$
- Primary outcome: 5% weight loss in 6 month



Weight loss – long term outcomes

Average weight change at 3 months:

Intervention $-3.23\% \pm 3.60$; control $-0.71\% \pm 3.52$; $p=0.016$

Average weight change at 6 months:

Intervention $-4.2\% \pm 5.24$; control $-1.2\% \pm 3.47$; $p=0.027$

Average weight change at 12 months:

Intervention $-4.1\% \pm 6.24$; control $+0.28\% \pm 5.88$; $p=0.021$

Polak et al Unpublished data



Ratatouille

Ingredients

Serves 10 / Serving size: 1 cup

- 1 medium unpeeled eggplant, cut into 1/2-inch cubes
- 2 firm medium zucchini, cut into 1/2-inch cubes
- 1/4 teaspoon Atlantic sea salt
- 1/4 teaspoon ground black pepper
- 5 tablespoons extra-virgin olive oil
- 1/2 medium onion, finely chopped
- 1 clove garlic, crushed
- 1 medium red bell pepper, seeded and cut into 1/2-inch cubes
- 2 medium tomatoes, seeded and finely chopped
- 3 tablespoons fresh chopped thyme
- 1 tablespoon fresh chopped basil

CHEF Coaching Program

CHEF Coaching, CHEF Coaching, Education team

Research team	Shirley Garrett
David Pober,	Jane Barg
Adi Finkelstein	Jennifer Pitcher
Maggi Bud	Jeanine Gilarde
Julie Silver	Shalu Ramchandani
Sabrina Paganoni	Laura Klein

Cary Wing,
ILM's Social Media Coordinator

Mary Alice Hanford
ILM's Academic Coordinator



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The science-based global platform for food system transformation by 2030

Food For the Planet

The 7th Seoul Urban Food International Conference

Hyunjoo Lee PhD DpLM
Special Advisor / EAT Foundation




Brown Rice

Black Rice



Sprouted Ginseng Nutrition Rice

[10 servings]

- 4 cups brown rice
- 1/2 cup black rice
- 10 roots sprouted ginseng
- 1 cup cooked peas
- 1/2 cup goji berries
- 1/2 cup ginkgo berries
- 1/2 cup chestnuts
- 5 dates, cut into flower-shaped pieces
- 1 teaspoon salt



Sprouted Ginseng

Nutritional Benefits

- Rich in Saponins
- Antioxidants
- Vitamins and Minerals

Health Benefits

- Boosts Energy
- Supports Immune Function
- Improves Cognitive Function.
- Anti-Inflammatory Effects



Strategy 1

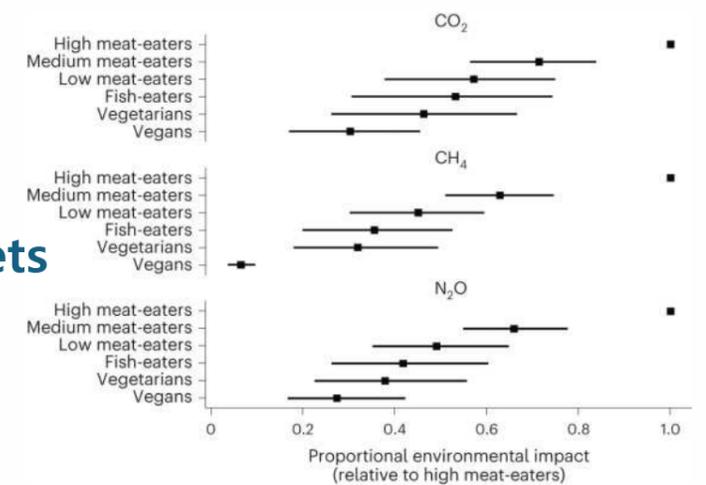
Seek International and national commitment to shift toward healthy diets

Here is the challenge...
Our food system is *broken*

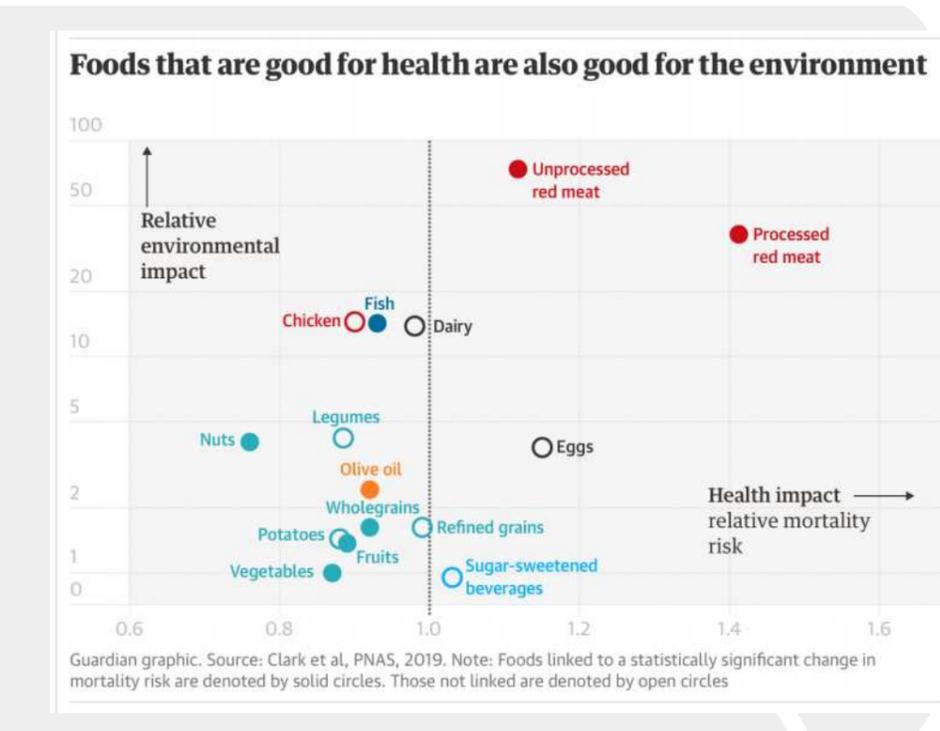
HEALTH		CLIMATE & BIODIVERSITY			JUSTICE & EQUITY	PANDEMIC RISKS
Poor diets pose severe health risks, with more than 2 billion people suffering from overweight or obesity	Hunger is again on the rise, with more than 1 in 10 suffering from under-nutrition, amounting to 800 million people	The global food system generates over one third of all greenhouse gas emissions	We waste one third of the food we produce	The global food system causes 60-80% of biodiversity loss, deforestation and water extraction from nature	The food producers and workers are losing out due to exploitation and lack of rights	Our food system is a major driver of pandemic risk
VULNERABILITIES TO SHOCKS (CLIMATE, CONFLICT, COVID)						
LACK OF RESILIENCE AND DIVERSITY → DRIVING FOOD INSECURITIES						



Vegan Diets Reduce GHGs by 75% Compared to Conventional Diets



Vegans, vegetarians, fish-eaters and meat-eaters in the UK show discrepant environmental impacts
•Peter Scarborough, Michael Clark, Linda Cobiac, *Nature Food* volume 4, pages565–574 (2023)

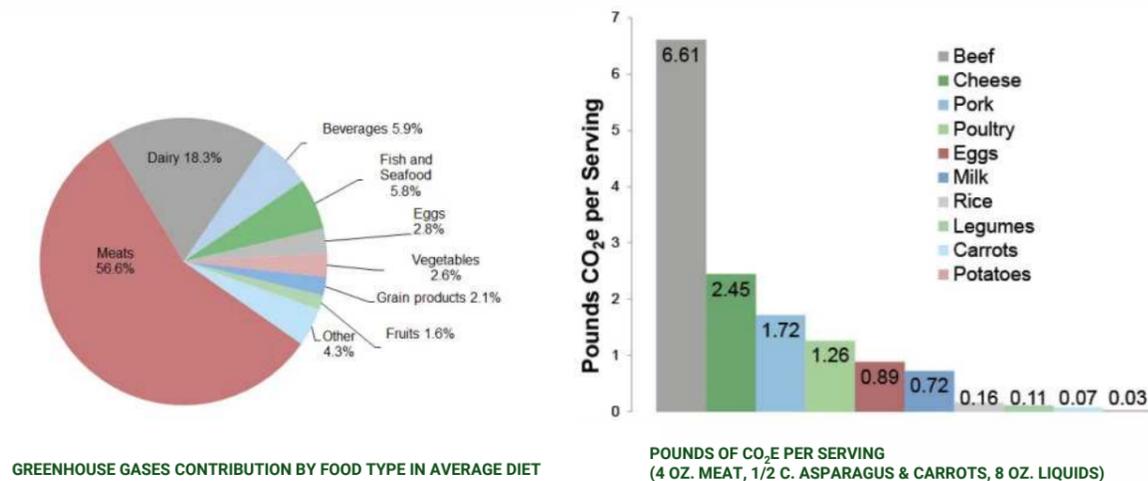


Strategy 2

Reorient agricultural priorities from producing high quantities of food to producing healthy food



GHG Contribution of Each Food Type in the Average Diet



Strategy 3

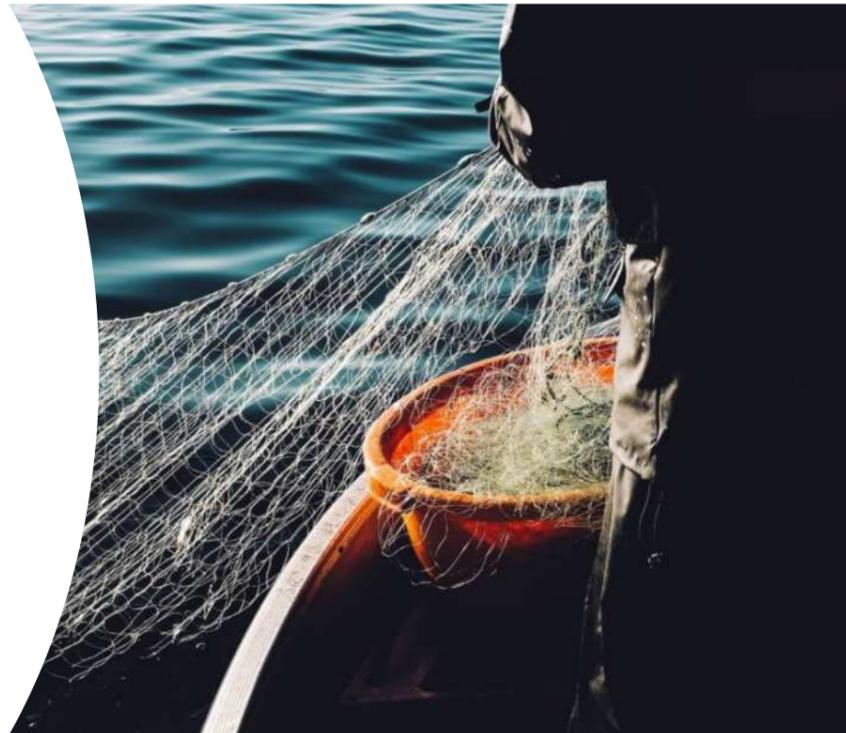
Sustainably intensify food production to increase high-quality output



Center for Sustainable Systems, University of Michigan. 2022. "Carbon Footprint Factsheet." Pub. No. CSS09-05.

Strategy 4

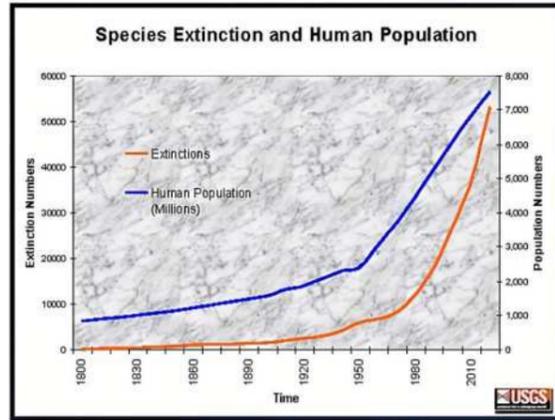
Strong and coordinated governance of land and ocean



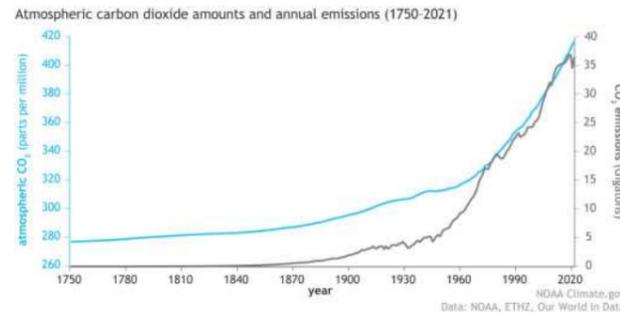
Strategy 5

Reduce by at least half food losses and waste

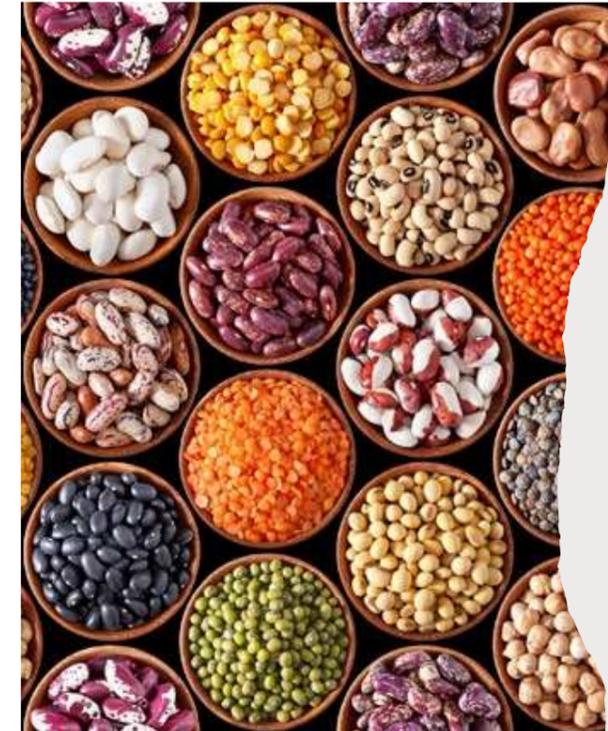




- 2/3 loss of worldwide wildlife in the past 50 years
- 1 million species and 40% of the earth's plants at risk of extinction



Biodiversity: Its Meaning, Importance and How Home Gardeners can Help Restore It | Piedmont Master Gardeners



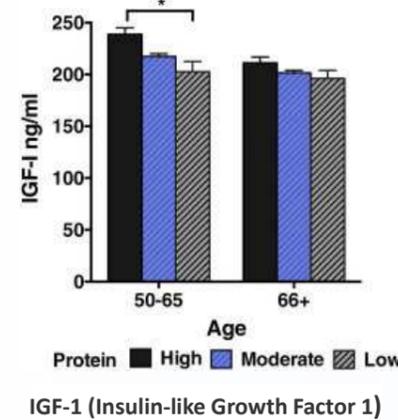
Plant-based Protein (Nuts, seeds, beans, legumes)

are rich in a variety of heart-healthy nutrients including potassium, magnesium, fiber, plant sterols, tocopherols (Vitamin E), flavonoids, and other polyphenols

- Reduces total cholesterol, LDL cholesterol
- Promotes satiety and healthy weight
- Regulates blood sugar, blood pressure and hormonal balance



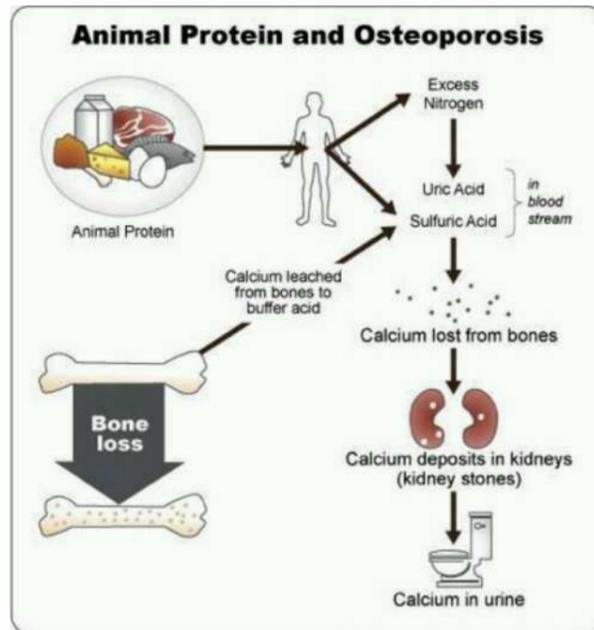
High Animal Protein Intake Is Associated with a Major Increase in IGF-1, Cancer and Overall Mortality



Plant-derived proteins are associated with lower mortality rates than animal-derived proteins.

CELL METABOLISM VOLUME 19, ISSUE 3 P407-417, MARCH 04, 2014





Excess Animal Protein turns into fat or is eliminated through the kidneys, leading to **Osteoporosis** and **Kidney Stones**



Local, Seasonal, Organic, Ingredients



Seasonal Fruits Kimchi Salad



[10 servings]
 3 apples, 2 pears, 2 persimmons, 2 cups grapes,
 10 cherry tomatoes (medium)
 2 handfuls cilantro, 2 stalks chives

Dressing - Grind in a blender
 1 tablespoon garlic, 1 teaspoon ginger
 1/2 onion, 1/2 apple, 1/2 pear
 2 tablespoons each: soy sauce, balsamic vinegar,
 sesame oil, red pepper powder, whole sesame seeds
 a pinch of salt

Plant-based, Nutritious, Safe, Healthy





What can we do to eat healthy and sustainable?

- Choose health, sustainability *and* deliciousness
- Embrace plants as a source of protein
- Reduce meat consumption
- Eat mindfully in moderation
- Support regenerative farming practices
- Cook more at home
- Waste not, want not





SE♥UL
M!SOUL