

# AFRICAN FOOD SYSTEMS IN TRANSITION AND THE TRIPLE BURDEN OF MALNUTRITION

Battersby, Jane;

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**Nourishing**Spaces



# African food systems in transition and the triple burden of malnutrition

Dr Jane Battersby, African Centre for Cities,  
University of Cape Town & Dickinson College

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N  
RE  
OUR  
CUSTOMERS  
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Coke and meals go better together  
UNCO TA

STUNESU

Cola = Cola

Sunlight

# Africa: Rural and hungry?

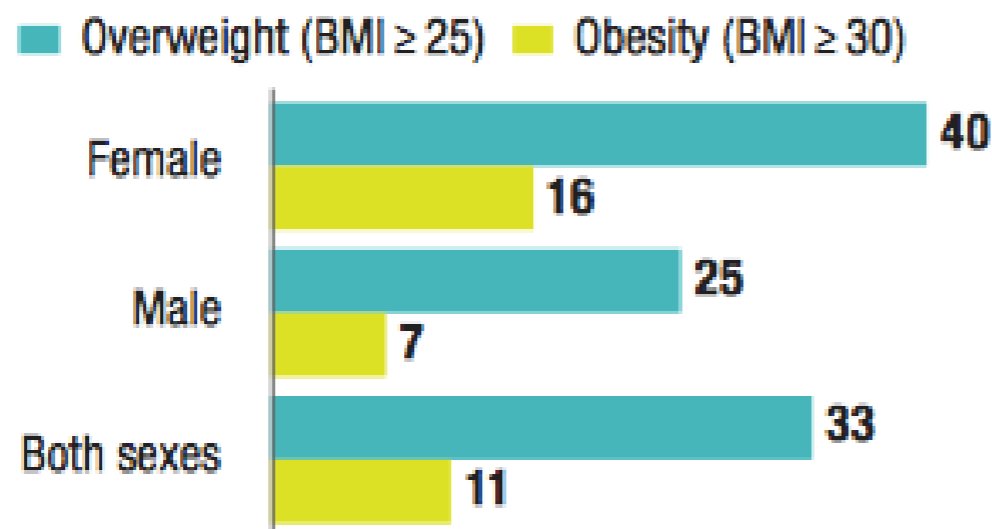
- By 2050 Africa will be 50% urban
- Rapidly changing manifestations of food insecurity
- Undernourishment, micronutrient deficiency and increasing obesity and diet-related NCD prevalence

# 2017 Nutrition Region Profile Africa data

Source: [www.globalnutritionreport.org](http://www.globalnutritionreport.org)

Percentage of children under 5 affected		
Stunting <sup>1</sup> (n=51)	31	2016
Wasting <sup>1</sup> (n=51)	7	2016
Severe Wasting <sup>1</sup> (n=51)	10	2016
Overweight <sup>1</sup> (n=51)	5	2016
Low birth weight <sup>2</sup> (n=48)	14	2000–2012

## PREVALENCE OF ADULT OVERWEIGHT AND OBESITY, 2014 (%)

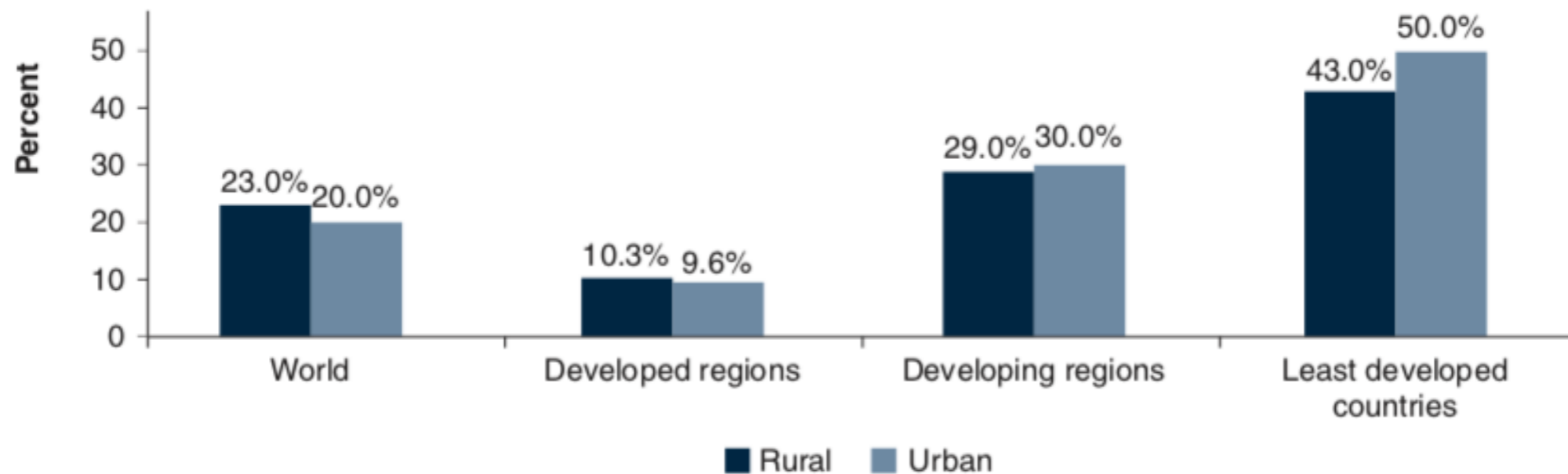


Source: WHO 2015.

Notes: BMI = body mass index. n = 54. Data are population-weighted means.

# Entrenched thinking

**FIGURE 3.4** Prevalence of Food Insecurity Among Urban and Rural Populations



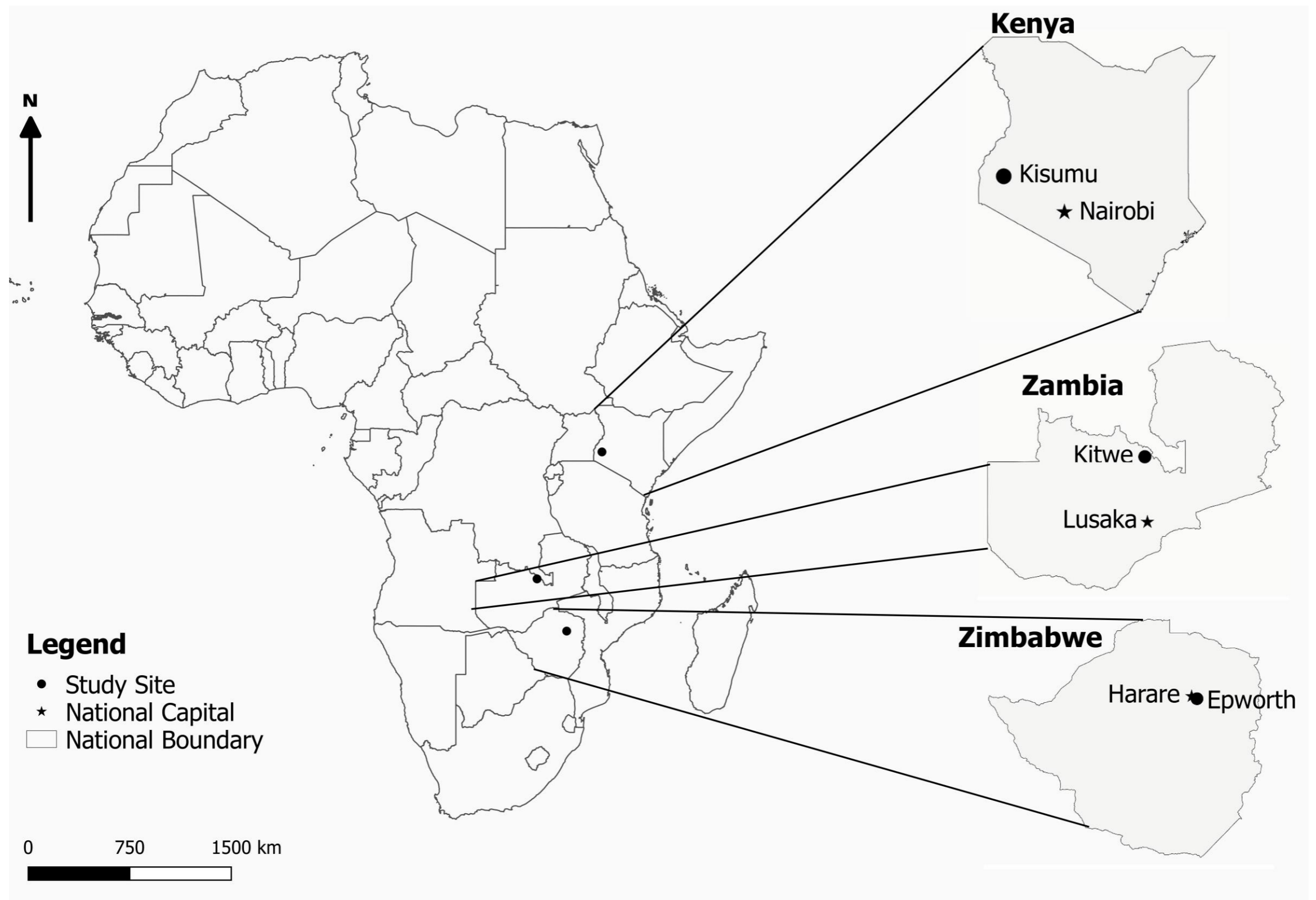
Source: FAO's Voices of the Hungry (2016).

Image: Tefft et al 2017 Food Systems for an urbanising world

<http://documents.worldbank.org/curated/en/454961511210702794/pdf/Food-Systems-for-an-Urbanizing-World.pdf>

- Rural bias
- Poor data
- Entrenched interests

# Context: CUP & AFSUN



# Food security as entry point

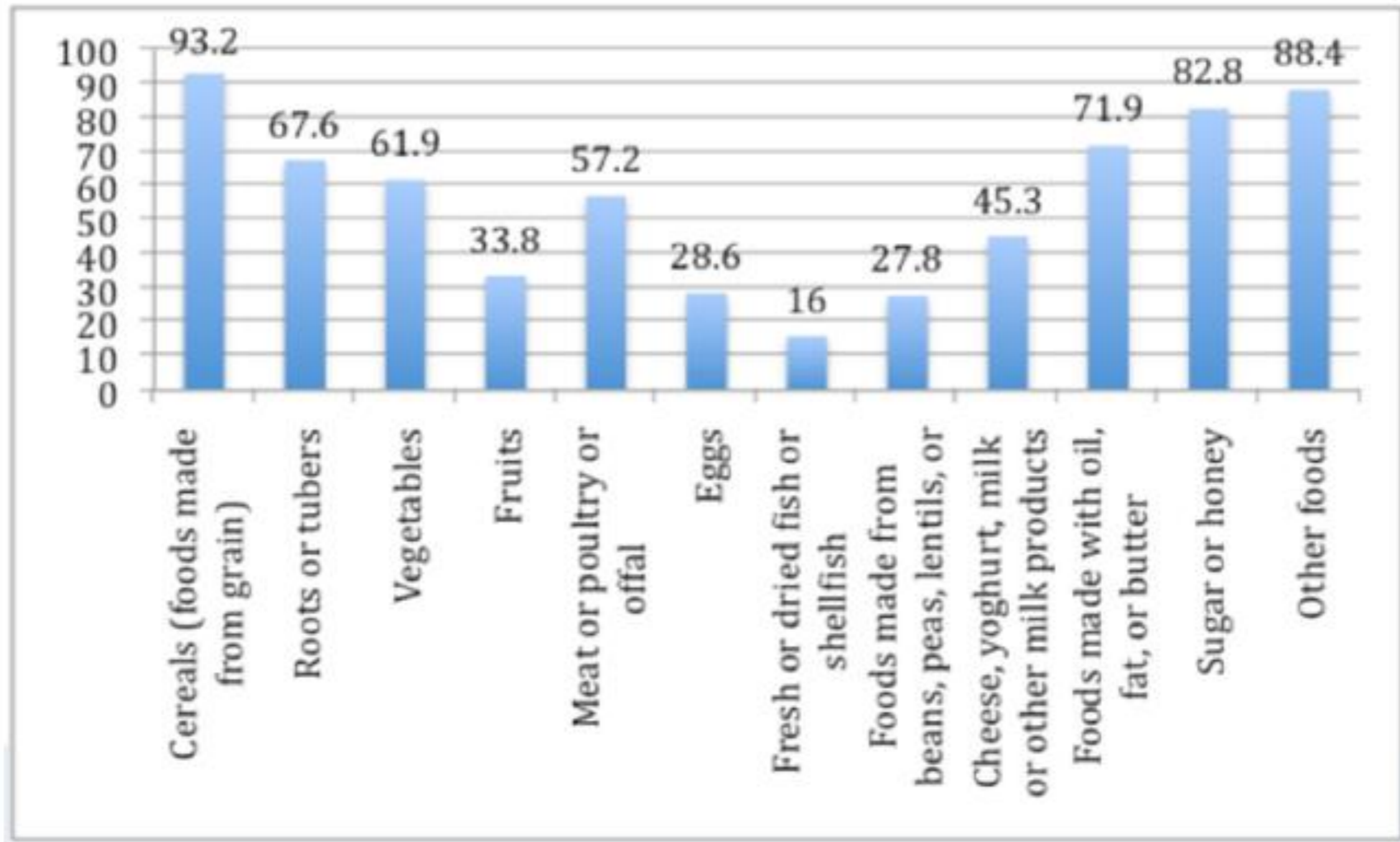
- 'Food security is ... the situation that exists when all people, at all times, have physical and economic access to sufficient safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life' (WHO/FAO 1996).



# Levels of food insecurity

- Cape Town 2008 pro-poor survey - 80%
- Kitwe 2016 pro-poor survey - 90%
- Kisumu 2016 city wide survey - 71%
- Epworth 2016 city wide survey - 88%

# Dietary Diversity: Cape Town





Weekly food for a family in Stellenbosch, South Africa.  
Source: Metelerkamp 2011





# Lived Poverty Index: Kitwe

## Multidimensional poverty

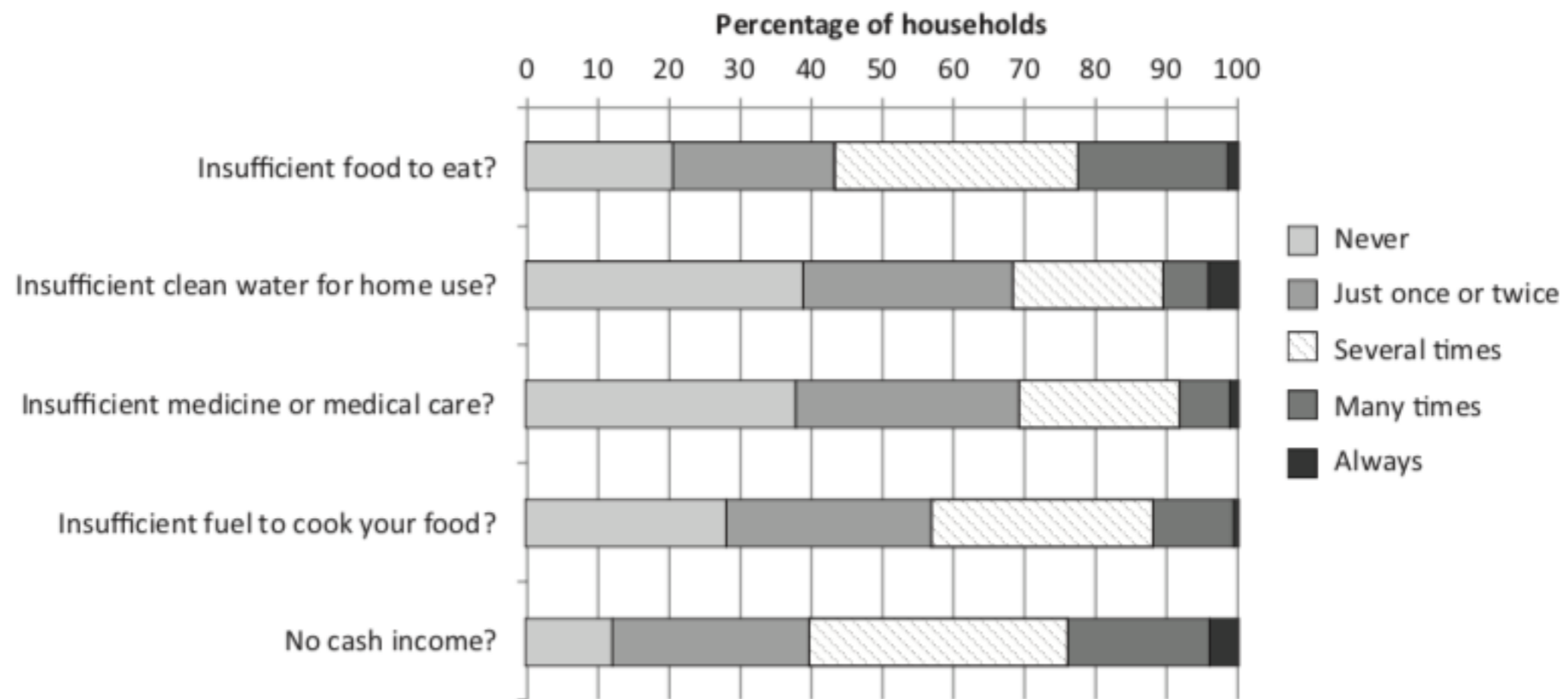


Figure 17.1 Percentage of households experiencing LPI constituent elements  
(Author's own)



10c

30c

20c

10c













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Tel: 057-2022406  
Email: info.aryaprimary.co.ke

**CHILD CHILD**  
When children work together  
they can change their world

**CHILD CHILD**  
When children work together  
They can change their world

# MENU ROIA

AVAILABLE

\*BMW=ATCHARR=CHIPS=VIENNA=POLONY=  
EGGS=R18

\*GALTRAIN=ATCHARR=CHIPS=VIENNA=  
POLONY=EGGS=RUSHIAN=CHEESE  
R22

\*GOLF 90=ATCHARR=CHIPS=POLONY=  
VIENNA=R15

\*GUSHESHE=CHIPS=POLONY=BURGER  
R13.50

\*PAP=██████████CHICKEN=R25

\*PAP=STEW BEEF=

\*PAP=Mogodu=



# Four pillars of food security

- Availability
- Accessibility
- Utilization
- Stability

# Extending the four pillars

- Fundamental need to extend food security policy and thinking beyond the household and community scale.
- Failure to do so has negative and not just neutral consequences.

# 1. Urban planning

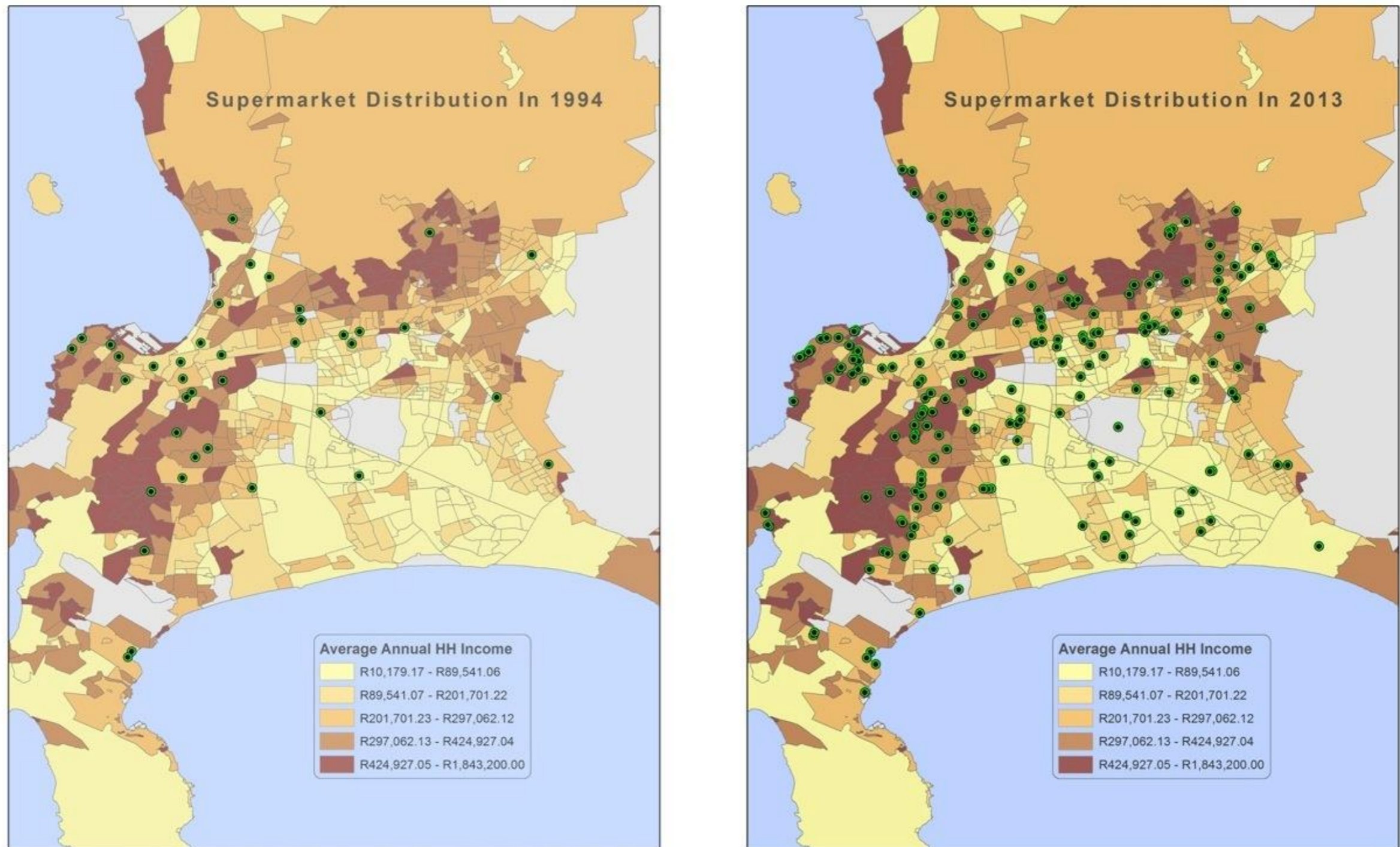




# A. Infrastructure priorities



# B. Formalization fixations



## Supermarket expansion, Cape Town, South Africa.

Source: Battersby, J. (2017) Food systems transformation in the absence of food system planning: The case of supermarket and shopping mall expansion in Cape Town, South Africa, *Built Environment* 43 (3) 417-430

# C. Informality phobias



## Informal sector food retail, Cape Town, South Africa

Battersby, J., Marshak, M. & Mngqibisi, N. (2016) Mapping the informal food economy in Cape Town, South Africa, HCP Discussion Paper No. 5, Hungry Cities Partnership: <http://hungrycities.net/wp-content/uploads/2017/01/HCP5.pdf>

Formal and informal food retail synergies in Kitwe, Zambia, 2015



# Street clearances, Kitwe, Zambia 2017





# D. Inappropriate zoning



# Who is shaping food system planning in African cities?

- No clear food mandate for local government
- Absence of state capacity
- Therefore decisions about infrastructure and markets informed by a set of actors (marketeters, large scale private sector, donor agencies)
- None of the stakeholders have food system or food security implications informing their activities
- Result: Highly contradictory set of governance responses from tacit support to repression depending on politics of moment



## 2. Agricultural policy





**Kuku  
SHOP**

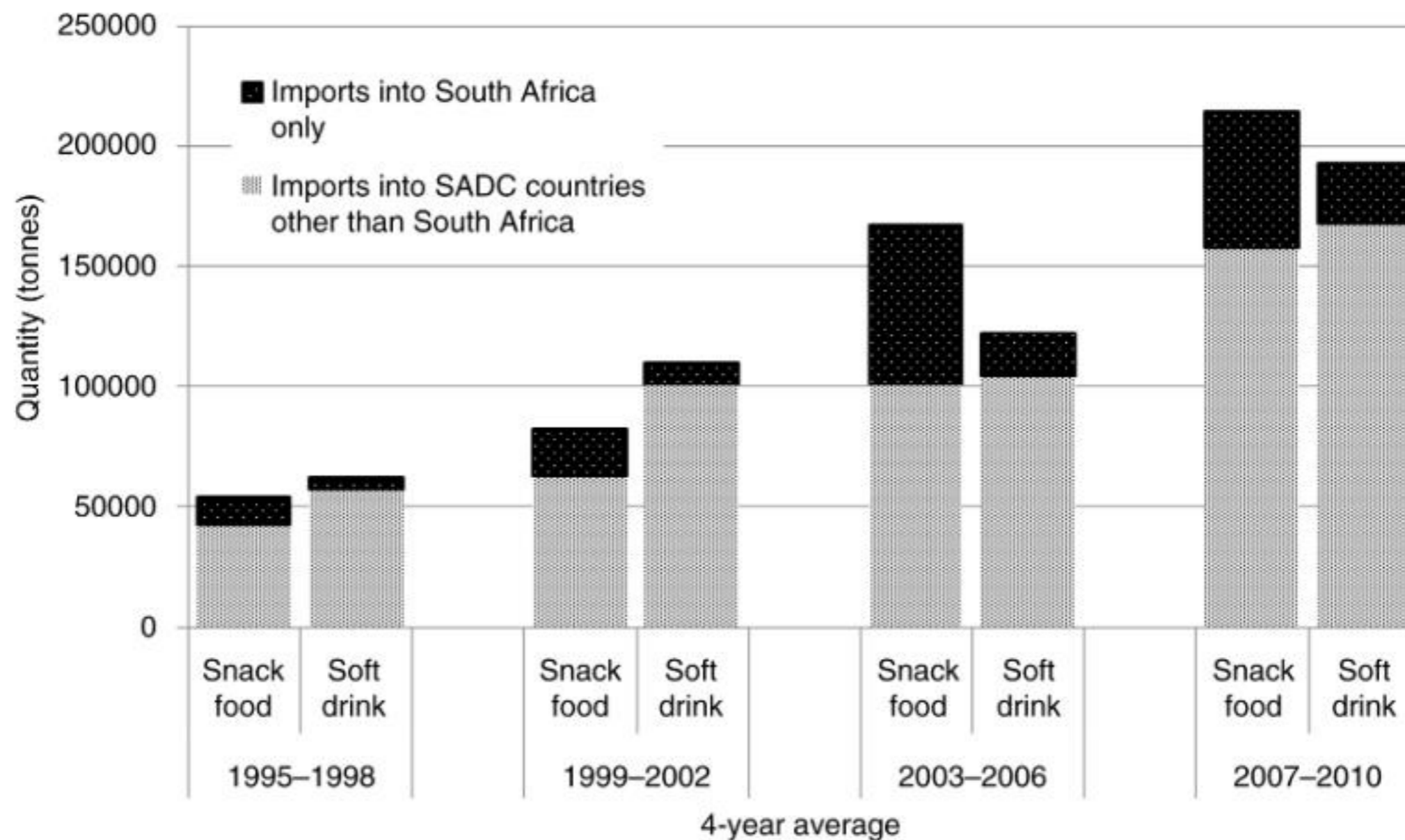


**SIA  
B...**



# 3. Trade policy





*Fig. 2.* Total imports of soft drinks and processed snack foods into South Africa and other SADC countries. FAOSTAT detailed trade data (16).

Notes: 'Soft drinks' refers to non-alcoholic beverages excluding fruit juice. Snack food categories: ice cream, sugar confectionery, wafers, pastry (this includes all baked products other than bread – i.e. cakes, biscuits etc.), chocolate products, and popcorn.

Source: Thow, A.M., Sanders, D., Drury, E., Puoane, T., Chowdhury, S.N., Tsolekile, L. and Negin, J., 2015. Regional trade and the nutrition transition: opportunities to strengthen NCD prevention policy in the Southern African Development Community. *Global health action*, 8(1), p.28338.



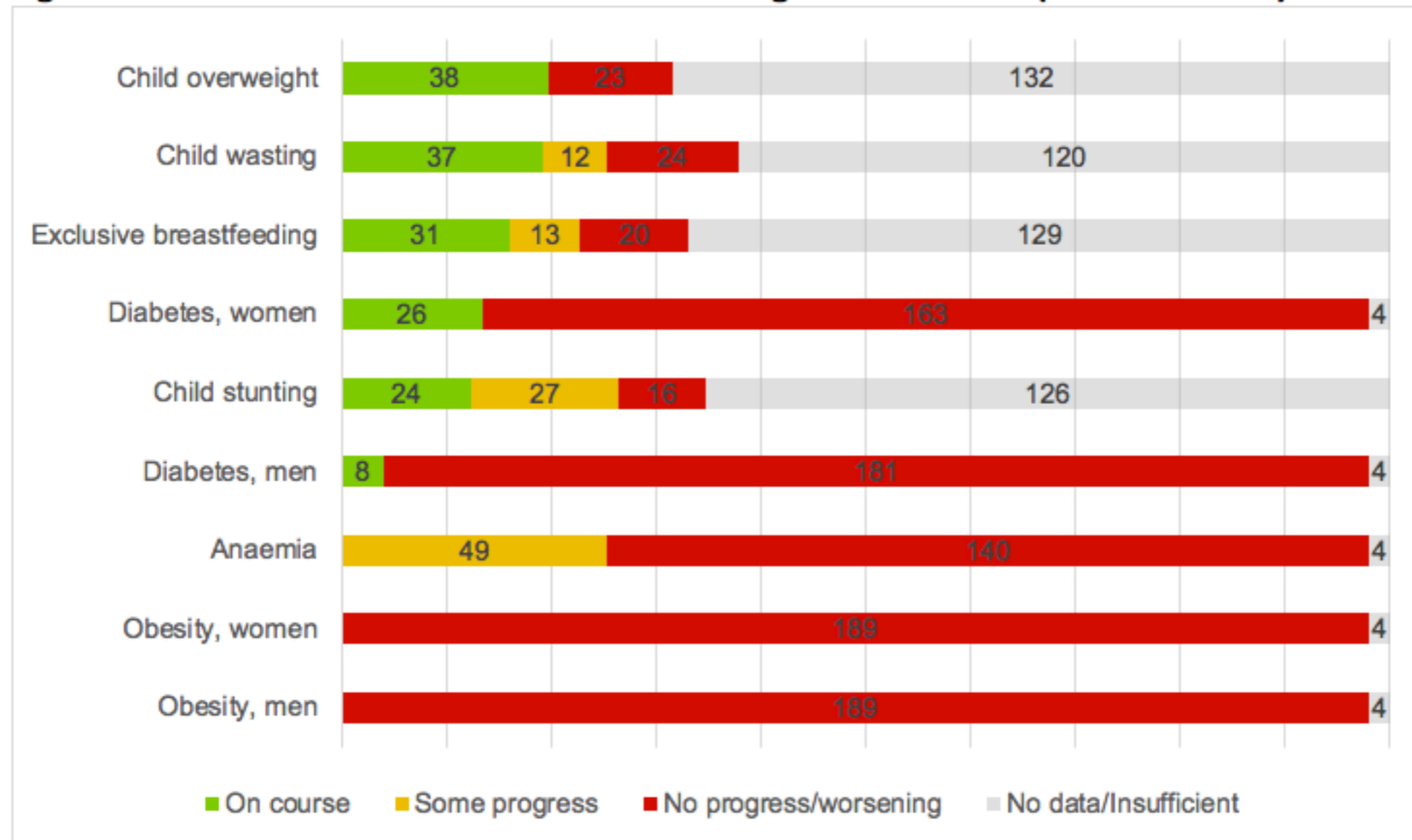
Street vendor in Epworth, Zimbabwe, 2016.

Photo credit: Lesley Sibanda



# 4. Health Policy

**Figure 2.4: Countries on Course to Meet Global Targets on Nutrition (countries = 193)**



Source: UNICEF / WHO / World Bank Group: Joint child malnutrition estimates, NCD Risk Factor Collaboration, WHO Global Health Observation

Notes: Assessment based on 193 countries. The methodologies for tracking differ between targets. Data on the adult indicators are based on modelled estimates. See **Annex 2.2** for a full description of these.

- Health policy that persists in speaking of diet-related NCDs as “diseases of lifestyle”
- Consistent underfunding on nutrition programmes, and focus almost entirely on under-nutrition.



# Critical issues

- Food systems largely absent from urban planning agenda (despite New Urban Agenda).
- Failure of SDG2 to consider the urban and SDG11 to consider food
- However - UN Habitat, FAO, World Bank, GAIN, Global Nutrition Report, ICLEI all coming on board

# Moving forward

- Improve evidence base to increase political will
- Policy informed by lived experiences
- Equitable infrastructure and multidimensional poverty alleviation
- More critical lens on private sector's role in development

