

OBESITY IN A FOOD SECURITY FRAMEWORK

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WHAT IS FOOD SECURITY

Food security 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” (World Food Summit, 1996).

ANALYZING OBESITY IN A FOOD SECURITY FRAMEWORK ALLOWS TO GRASP ITS COMPLEXITY AND MULTIDIMENSIONALITY.

AVAILABILITY

- . domestic production
- . trade

- Domestic production oriented to industrial and ultra-processed food
- Import and availability of ultra-processed food favored by transnational corporations

ACCESS

- . economic (income and prices)
- . physical (infrastructure and distribution)

- Low prices of processed vs unprocessed food
- Limited purchasing power and poverty →
→ consumption of *inferior goods*
- Food deserts (supermarket 'revolution' and scarce access to healthy and fresh food)

UTILIZATION

- . food habits
- . diets
- . healthcare

- Scarce food education
- Unequal access to healthcare
- Obesogenic social and cultural norms (trendy fast-food consumption, supersized portions)
- Obesogenic marketing and advertising

STABILITY

- Instability in healthy and fresh food availability
- Instability in incomes and prices
- Instability in physical access to healthy food

OBESITY

FOOD DESERTS

- DEFINITION = disadvantaged and usually impoverished areas without easy access to affordable and nutritious food - like fruits and vegetables - or affordable grocery stores.
- CAUSES : long distance, prevalence of ultra-processed food in nearby stores, high prices of fresh food, no access to a vehicle or to public transport, no access to online shops or related distribution nets.
- Especially affecting residential areas with a higher number of elderly people and families with low incomes.
- High research focus on the U.S. but evidence of food deserts also within Europe peripheries.

A MENU OF POLICY ACTIONS FOR OBESITY PREVENTION

- AVAILABILITY:

- Promoting the production of healthy food through incentives, standards and quality regulations.

- ACCESS:

- Improving healthy food affordability through pricing policies (subsidies, taxes, trade tariffs);
- Defending purchasing power of most vulnerable groups and strengthening safety-net programs to avoid the consumption of *inferior goods* (ex. food stamps);
- Improving the access to healthier food at school (canteens, vending machines);
- Improving food distribution and transport infrastructures; incentivizing development of grocery stores and farmers' markets; community-level food distribution and gardening.

- UTILIZATION:

- Promoting food education in schools (nutrition in curriculum)
- Healthcare access for the poor
- Education campaigns
- Marketing and communication
- Labelling

THANK YOU FOR YOUR ATTENTION !