



# Healthy Living: Food

## Abstracts

These abstracts were originally presented at the WHO European Healthy Cities Annual Business and Technical Conferences 2010-2014.

They are organised alphabetically by city and presentation year.

For further information, please contact  
Suzanne Miller 028 9033 8811  
[suzanne@belfasthealthycities.com](mailto:suzanne@belfasthealthycities.com)

Abstracts on other WHO European Healthy Cities Themes may be accessed [here](#).



## Contents

CITY / NATIONAL NETWORK: CANKAYA.....	3
TITLE: RURAL-URBAN PEACE FOR HONOURABLE SATIETY AND REGULAR NUTRITION PROJECT .....	3
CITY / NATIONAL NETWORK: CARLISLE.....	4
TITLE: FOOD AS A VEHICLE TOWARDS IMPROVING HEALTH AND WELL-BEING FOR THE PEOPLE OF CARLISLE .....	4
CITY / NATIONAL NETWORK: NEWCASTLE UPON TYNE .....	5
TITLE: FOOD NEWCASTLE, SUSTAINABLE FOOD CITY AND FOOD CHARTER .....	5
CITY / NATIONAL NETWORK: SWANSEA .....	6
TITLE: BAY HEALTH COMMUNITY NETWORK WEIGHT MANAGEMENT PROGRAMME.....	6
CITY / NATIONAL NETWORK: SWANSEA .....	7
TITLE: FOOD ENVIRONMENT MAPPING WITHIN COMMUNITIES FIRST CLUSTER AREAS.....	7
CITY / NATIONAL NETWORK: UDINE .....	8
TITLE: HEALTHY FOOD PROMOTION WITH INTERSECTORAL APPROACHES AND IMPACT EVALUATION.....	8
CITY / NATIONAL NETWORK: UDINE .....	10
TITLE: INNOVATIVE TOOLS FOR HEALTH PROMOTION IN UDINE .....	10
CITY / NATIONAL NETWORK: UDINE .....	11
TITLE: HEALTHY DIET: ACTION FOR HEALTHY LIFESTYLES .....	11
CITY / NATIONAL NETWORK: VILLANUEVA DE LA CAÑADA.....	12
TITLE: COMPREHENSIVE FOOD PLAN: EVALUATION OF A SCHOOL CANTEEN PROGRAMME IN VILLANUEVA DE LA CAÑADA, 2004–2012.....	12

**CITY / NATIONAL NETWORK: CANKAYA**

**ABSTRACT NUMBER: 052**

**TITLE: RURAL-URBAN PEACE FOR HONOURABLE SATIETY AND REGULAR NUTRITION PROJECT**

**CONFERENCE: 2013 IZMIR**

**CATEGORY: HEALTHY LIVING - HEALTHY FOOD AND DIET**

**TAGS: HEALTHY FOOD, AGRICULTURE, LOCAL PRODUCE**

**Abstract:** The increasing use of technological and chemical inputs has enabled a great increase in agricultural production. However, people are still facing problems of unhealthy food, and the number of people living below the starvation line has increased. In the framework of our local governance perception called New Social Municipality, we think that solutions to agricultural problems lie in passing to a more productive and collaborative model by changing path. In this context, the Municipality of Çankaya implemented this project.

The application area of this project, Karahasanlı, Akarlar, Evciler, Kömürcü, Tohumlar, Yayla, Çavuşlu, Yakupabdal and Karataş villages, which become neighbourhoods in 2008, are within the Municipality of Çankaya. Although the legal status of these villages changed, their life and production styles did not change.

According to mukhtar's data in 2012, 2844 people are living in these neighbourhoods and still making a living with agricultural activities. Nevertheless, this area has serious problems in agricultural activities. Their sources are limited and farmers are still trying the old methods. This situation accelerates the migration to city centres, causing the agricultural activities to wither away. For this reason, our municipality encourages this project.

This project:

- encourages agricultural production;
- provides contributions to women for being active in economic and social life; and
- facilitates supportive steps of branding and marketing of locally produced goods.

An agricultural development cooperative was founded and the farmers met the idea of rural development and tourism for the first time.

The results include the following.

- A total of 110 women farmers have been trained on such issues as hygiene and sanitation on food production, milk and milk products and hygiene, cleaning and disinfection in enterprises.
- In the second part of the last year, 27 women produced 323 kg of processed food locally.
- A total of 20 485 trees were planted in the area last year.
- Socioeconomic analysis and soil and water analysis were conducted in the area.
- Two new breakfast places were opened.
- Farmers have been trained on such issues as pruning and restricting the use of chemical fertilizers and pesticides.

**CITY / NATIONAL NETWORK: CARLISLE**  
**ABSTRACT NUMBER: 191**  
**TITLE: FOOD AS A VEHICLE TOWARDS IMPROVING HEALTH AND WELL-BEING FOR THE PEOPLE OF CARLISLE**  
**CONFERENCE: 2014 ATHENS (INTERNATIONAL CONFERENCE)**  
**CATEGORY: HEALTHY LIVING - HEALTHY FOOD AND DIET**  
**TAGS: HEALTHY AND SUSTAINABLE FOOD, CROSS SECTORAL APPROACHES, STRATEGY**

## **Abstract**

Carlisle has an inequitable, unsustainable and insecure food supply. The policy and organizational context is all policies and strategies relating to food across the public, private and third sectors.

Food can play a key role in dealing with some of today's most pressing social, economic and environmental problems. From obesity and diet-related ill health to food poverty and waste, from climate change and biodiversity loss to declining prosperity and social dislocation, food is not only at the heart of some of our greatest problems but also a vital part of the solution.

Following a meeting of key stakeholders in 2012 and a high-profile event that gathered strong political and public support, a Carlisle Food City Steering Group was established in 2013. The Steering Group has 45 members, with a balanced mix of representation from the public, private and third sectors.

In 2014, we launched a Carlisle Food Charter and Action Plan. The Food Charter lays down principles for working together towards a City food culture in which, aspirationally, every individual and every food outlet (schools, nurseries, colleges, hospitals, care homes, cafes, restaurants and workplaces) has access to locally produced, healthy, affordable, delicious food. The Food Charter principles are set out under five headings: a thriving local economy; health and well-being for all; environmental sustainability; lifelong learning, education and skills; and building stronger, closer communities

Key current projects focus on: obesity in childhood, fairness throughout the food chain, food banks and homeless hostels, supply of local foods to employees in workplaces, community gardening, food as a key element throughout the Carlisle Local Plan for the next 15 years and researching a baseline for evaluation.

A new City focus on food has sparked new, enthusiastic cross-sector work, delivering policies, strategies and a wide range of projects that already appear to be having a positive impact on the health and well-being of the people of Carlisle.

**CITY / NATIONAL NETWORK: NEWCASTLE UPON TYNE**

**ABSTRACT NUMBER: 170**

**TITLE: FOOD NEWCASTLE, SUSTAINABLE FOOD CITY AND FOOD CHARTER  
CONFERENCE: 2014 ATHENS (INTERNATIONAL CONFERENCE)**

**CATEGORY: HEALTHY LIVING - HEALTHY FOOD AND DIET**

**TAGS: HEALTHY AND SUSTAINABLE FOOD, HEALTHY FOOD**

### **Abstract**

Obesity and access to good-quality nutrition is a problem for Newcastle as a city. The current economic situation has led to reducing incomes, and this has led to those with the lowest incomes losing access to good-quality food. An increase in the use of food banks is one symptom of this malaise. Climate change threatens food production. The obesogenic environment also contributes to the increasing rates of obesity.

The Food Charter promotes the health and well-being of people in Newcastle and aims to create a healthier food culture in the city. Organizations and individuals are encouraged to sign up to the Charter and, in doing so, commit to making changes to address locally decided food-related priorities.

Food Newcastle is a multisectoral partnership that understands how food can provide positive social, environmental and health outcomes. The partnership was formed in 2013 and has coordinated two key pieces of work since then: the Newcastle Food Charter and the development of the Food Newcastle Action Plan.

The steering group and development process for Food Newcastle is led by Food Nation, a third-sector organization that also hosts and leads on coordinating the project. The council has facilitated this process and has contributed funding to the project.

Initial achievements were setting up a cross-sector group including representatives from local business, community and voluntary sector and the statutory sector to steer the project. Regular monthly meetings have been held over the last year. The Food Charter was developed and launched. More than 50 voluntary and community sector representatives attended workshops to help develop the Food Newcastle Action Plan. The first draft of the Food Action Plan was produced. A Research and Evaluation Subgroup was formed in partnership with city universities. The Food Charter had 26 signatories. 650 employees at a local factory engaged in activities highlighting the Food Charter objectives. The Sustainable Fish City campaign was successfully launched in Newcastle. 50 people attended, and 6 organizations signed a pledge.

**CITY / NATIONAL NETWORK: SWANSEA**

**ABSTRACT NUMBER: 76**

**TITLE: BAY HEALTH COMMUNITY NETWORK WEIGHT MANAGEMENT PROGRAMME**

**CONFERENCE: 2014 ATHENS (INTERNATIONAL CONFERENCE)**

**CATEGORY: HEALTHY LIVING - HEALTHY FOOD AND DIET**

**TAGS: OBESITY, DIABETES, HEALTH CARE**

## **Abstract**

Overweight and obesity and associated noncommunicable diseases such as diabetes, hypertension and coronary heart disease are largely preventable. The health consequences place a major demand on health services and wider social welfare services. Capacity in primary care to provide effective weight management programmes is often limited, and the National Health Service (NHS) has more recently established partnerships with commercial weight management programmes.

Lifestyle interventions that promote moderate weight loss with an increase in physical activity have demonstrated a 50–58% reduction in type 2 diabetes among at-risk individuals. The Weight Watchers NHS referral scheme is in accordance with guidance from the National Institute for Health and Care Excellence and is a lifestyle-based group weight loss programme with balanced diet and physical activity advice that aims to produce moderate weight loss of 1 kg per week, about 5–10% of original weight.

Positive Steps is a local exercise-on-referral scheme and aims to encourage individuals who are currently inactive to increase their physical activity as part of a preventive or rehabilitation programme. The 20-week programme – combined Weight Watchers (12 weeks) and Positive Steps (16 weeks) supports individuals to make sustainable lifestyle changes to achieve and maintain weight loss and reduce progression to chronic disease such as diabetes.

Purposive sampling was used to identify eligible patients from 8 general practices in the Bay Health Community Network. The programme criteria were: 18–65 years old with a body mass index less than 28 kg/m<sup>2</sup> and within 5 years of diagnosis of one of the following: impaired fasting glucose; impaired glucose tolerance; or type 2 diabetes. Patients were invited by letter or opportunistically to the programme.

Of 83 patients who registered in the programme, 58 completed the 12-week Weight Watchers programme, with 64% achieving 5% or more weight loss. Data analysis for completion of the full programme is underway. Weight loss from Weight Watchers is above the 55% for the NHS referral scheme nationally.

Maintaining momentum required support and drive from primary care. The amount of work to follow up patients cannot be underestimated.

The introduction of Positive Steps while completing Weight Watchers may have contributed to the greater percentage achieving 5 -10% weight loss at 12 weeks. The initial success has resulted in the health board considering financial support for a further a roll-out to all the other networks in the area of Swansea.

**CITY / NATIONAL NETWORK: SWANSEA**

**ABSTRACT NUMBER: 040**

**TITLE: FOOD ENVIRONMENT MAPPING WITHIN COMMUNITIES FIRST CLUSTER AREAS**

**CATEGORY: HEALTHY LIVING - HEALTHY FOOD AND DIET**

**TAGS: MAPPING, HEALTHY AND SUSTAINABLE FOOD**

**CONFERENCE: 2013 IZMIR**

**Abstract**

Research suggests the food environment can influence population levels of overweight and obesity but that the relationship is complex. In Swansea, 57% of the adult population are overweight or obese, and national Welsh data show higher levels among more deprived communities. Recent local qualitative research has shown food poverty to be a significant issue for many families, and the local authority chief executive has identified tackling child poverty as a top priority for partnerships in 2013–2014.

The aim of the food mapping environment exercise was to inform local development work within Communities First Cluster areas in Swansea. Communities First is an all-Wales programme that supports the Welsh Government's anti-poverty agenda. It targets the most deprived areas in Wales with the aim of contributing to alleviating persistent poverty. The food environment mapping was carried out in partnership between the local authority, Public Health Wales and Communities First.

The method for this was developed from pilot work carried out in 2009. Across the Communities First Cluster areas, the mapping involved:

- surveying 96 local shops and supermarkets for healthy foods using the Healthy Eating Shopping Indicator Basket;
- mapping walking distances and public transport links to local food stores;
- identifying existing cooking and growing schemes;
- mapping the proximity of fast food outlets to schools and larger employers; and
- conducting 10 focus group interviews with community members and service providers to determine perceptions on the availability, affordability and accessibility of healthy food and cooking and growing projects in each cluster area.

The achievements included:

- identifying key issues around the food environment, which include the variation in the quality of fresh produce available and the wide variation in price;



- identifying community needs and assets to develop or improve existing food-related projects; and
- informing the development of targeted food-related projects for Communities First Cluster area teams and partnerships.

Success factors include high-level senior and executive ownership and an integrated approach. Substantial progress has been made through an integrated approach in developing the work plan priorities for Communities First to address the issues raised from the pilot.

**CITY / NATIONAL NETWORK: UDINE**

**ABSTRACT NUMBER:121**

**TITLE: HEALTHY FOOD PROMOTION WITH INTERSECTORAL APPROACHES AND IMPACT EVALUATION**

**CONFERENCE: 2014 ATHENS (INTERNATIONAL CONFERENCE CATEGORY: HEALTHY LIVING - HEALTHY FOOD AND DIET**

**TAGS: CHILDREN AND YOUNG PEOPLE, CHILDRENS HEALTH, HEALTHY SCHOOLS, COMMUNITY GROWING SCHEMES)**

**Abstract**

Healthy eating and physical activity habits are key to a child's well-being. Eating too much and exercising too little may lead to overweight and related health problems that may follow children into their adult years. For this reason, it is important to help children – and their families – to learn healthy eating and physical activity habits that last a lifetime. Further, research continues to indicate that helping children make healthful changes in their eating and lifestyle habits requires coordinated efforts among families, communities and schools.

The school is an ideal setting for reaching children and adolescents, as well as their families, since comprehensive food and nutrition policies can be used to reinforce the educational message about a healthful diet. The main objective of the project was for the school and other institutions to support parents in teaching their children healthy eating habits, such as consuming a suitable snack during the mid-morning school break.

This is why the City of Udine, besides working for improving the food service system in schools, has been promoting for seven years a project entitled A Contract for a Healthy Snack, which has directly involved children, families and teachers from primary schools in improving their nutrition habits. The innovative part of the project has been the organisation of some sort of Good Food Labs and Teaching Farms, where children could directly experience organic cultivation, agricultural transformation, breeding and earth products. The most important themes have been:

apple and fruits in general, milk and cheese, corn, honey, cereals used in the past and nowadays, in-season vegetables and so on.

In 2013/2014, 2500 children in almost all the city schools participated; moreover, nurseries asked to join the project. The promotion of healthy nutrition habits has become a standard activity in schools thanks to this project, and a healthy snack is not an exception anymore but, on the contrary, a common behaviour for children and their families. Considering the importance that the project has gained at the local level, the office has carried out a 10-year follow-up assessment. The results have been collected, analysed and published in a booklet called “Ten years of healthy snacks”. The booklet has been presented to the whole community in a public final event and then distributed to teachers and parents.

These activities have allowed children to know and appreciate natural products by touching, smelling and tasting them and being stimulated to adopt better lifestyles and nutrition habits.

An important aspect of this project has been the multisectoral and integrated approach, involving strong collaboration between local authorities, health care services, schools, families and between the public and private sector. Children’s enthusiasm proved the project to be effective, considering that it has been spread to almost all the city schools. Moreover, improvements have been noticed in the daily consumption of vegetables and fruit in families. The project is by now a fundamental element of the health literacy strategy that the city has developed to encourage healthy lifestyles and community empowerment.

**CITY / NATIONAL NETWORK: UDINE**

**ABSTRACT NUMBER:074**

**TITLE: INNOVATIVE TOOLS FOR HEALTH PROMOTION IN UDINE**

**CATEGORY: HEALTHY LIVING - HEALTHY FOOD AND DIET**

**CONFERENCE: 2012 ST PETERSBURG**

**TAGS: RETAILERS, PREVENTATIVE HEALTHCHECKS, TRAINING, AWARENESS RAISING AND CAMPAIGNING, CROSS SECTORAL APPROACHES**

**Abstract:**

Studies has shown that consumers make 80% of their food purchasing decisions at the supermarket. Thus, the supermarket is a vital location for nutrition intervention program designed to motivate healthful food selection. This means that nutrition education programs in supermarkets improve nutrition intervention programs in the community and create an environment in which consumers can use nutrition knowledge to make responsible food choices. For this reason such programs should no longer be simply an "add-on", but should become an integral part of marketing programs. The availability of nutrition information at the moment of decision-making appears to have a powerful influence.

Starting from this point, the Healthy City Project Office in Udine has activated a strong collaboration with one of the main supermarket chains operating in the city to test a first experimental model of social marketing, meant as the systematic application of marketing, along with other concepts and techniques, to achieve specific behavioural goals for a social good. The initiative consists in locating a modern and technological structure called "Health Pyramid" in a supermarket, provided with a banner and a display continuously transmitting prevention and health promotion messages for the community. The pyramid structure is strictly connected with the Food Pyramid, the Physical Activity Pyramid as well as the Age Pyramid.

Consumers have at their disposal two days a week specialised staff who can answer their questions and provide some simple health tests (i.e. BMI calculation, blood pressure, heartbeat and glycaemic index measurement, alcohol test, etc.). Moreover, the health corner benefits from the presence of voluntary associations during the whole week both in the morning and in the afternoon. Finally, once a week a mini-conference is organised with experts and professionals speaking of different themes (healthy food education, nutrition labelling, physical activity, smoke and alcohol prevention, screening, vaccination campaigns, and so on).

The final aim has been to sensitize people to the importance of healthy lifestyles and habits, to increase citizens' awareness and responsibility towards their own health and to motivate consumers to select more healthful foods and to make the healthy choice their easy choice. This initiative, although the initial wariness of people, has proven to be an effective way to get citizens closer to institutions and associations and to promote the collaboration between the public, private sector and third sector.

**CITY / NATIONAL NETWORK: UDINE**

**ABSTRACT NUMBER:10**

**TITLE: HEALTHY DIET: ACTION FOR HEALTHY LIFESTYLES**

**CONFERENCE: 2010 SANDNES**

**CATEGORY: HEALTHY LIVING - HEALTHY FOOD AND DIET**

**TAGS: SCHOOLS, LIFESTYLE, COMMUNITY PARTICIPATION, CHILDREN**

**Abstract:**

Healthy eating and physical activity habits are key to a child's well-being. Eating too much and exercising too little may lead to overweight and related health problems that may follow children into their adult years. For this reason it is important to help children – and their families – learn healthy eating and physical activity habits that last a lifetime. Further, research continues to indicate that helping children make healthful changes in their dietary and lifestyle habits requires coordinated efforts by families, communities and schools.

The school is an ideal setting for reaching children and adolescents, as well as their families, since comprehensive food and nutrition policies can be used to reinforce the educational message about a healthful diet.

This is why the City of Udine, besides working to improve the food services system in schools, has been promoting for seven years a project entitled A Contract for a Healthy Snack, which has directly involved children, families and teachers from primary schools in improving their dietary habits. In 2009/2010, almost 1700 children have participated. The main objective was for the school and other institutions to support parents in teaching their children healthy eating habits, such as consuming a suitable snack during the mid-morning school break.

The innovative part of the project has been organizing “good food labs” and “teaching farms”, where children could directly experience organic cultivation, agricultural transformation, breeding and agricultural products. The most important themes are: apples and fruit in general, milk and cheese, corn, honey, cereals used in the past and nowadays, vegetables in season and others. These activities allow children to know and appreciate natural products by touching, smelling and tasting them and being stimulated to adopt better lifestyles and dietary habits.

An important aspect of this project has been the multisectoral and integrated approach, involving strong collaboration between local authorities, health care services, schools and families and between the public and private sector. Children's enthusiasm proved the project to be effective, considering that it has been spread to almost all the city schools.

**CITY / NATIONAL NETWORK: VILLANUEVA DE LA CAÑADA**  
**ABSTRACT NUMBER:016**  
**TITLE: COMPREHENSIVE FOOD PLAN: EVALUATION OF A SCHOOL**  
**CANTEEN PROGRAMME IN VILLANUEVA DE LA CAÑADA, 2004–2012**  
**CONFERENCE: 2013 IZMIR**  
**CATEGORY: HEALTHY LIVING - HEALTHY FOOD AND DIET**  
**TAGS: HEALTHY AND SUSTAINABLE FOOD, HEALTHY SCHOOLS**

### **Abstract**

The City Council of Villanueva de la Cañada has carried out a comprehensive food plan (*plan integral de la alimentación*) since 2004, with the aim of improving the eating habits of the school population and preventing problems such as obesity and eating disorders.

The monitoring programme in school canteens involves the seven schools in the Municipality, representing 4923 diners (school year 2012/2013). We therefore conduct research and activities promoting healthy lifestyles in schools, aimed at both parents and students.

We promote the school canteen being part of the Centre's Education Project and to be an educational space within the annual general programming, as this is the best way to implement the theoretical contents about food learned in the classroom.

The objectives of the programme are:

- to improve the nutritional aspects of the menus in the school canteens;
- to promote proper eating habits from childhood;
- to ensure parents that the meals their children receive in school are nutritionally balanced; and
- to get schoolchildren used to the various odours, colours, flavours and textures of foods that are part of the Mediterranean diet, traditionally synonymous with a prudent and healthy diet.
- 91 visits (13 to each school).
- 1820 monthly menus examined.

Twice a year (spring and autumn), specialized professionals collect a duplicate sample of the daily menu of the school canteen, identify and weigh the ingredients, and an accredited laboratory analyses it. The results verify whether the menu matches the requirements and nutritional intakes determined by the Government of the Region of Madrid.

During the evaluated period:

- the awareness of all the agents about the importance of the school menu increased;
- there was progressive adjustment with recommended consumption frequencies;
- water was present as a beverage of choice and salt intake was reduced (5–6 grams of salt per person per day); and
- the recommended energy intake was progressively adjusted (35% at lunchtime).

