

Healthy urban food environments for children in Latin America



cities
for better
health



Gehl

Introduction

This report is the result of a regional workshop organized by UNICEF and Cities for Better Health.

The workshop took place in Bogota November 2025 and united a broad spectrum of participants across Latin America from FAO, Van Leer Foundation, Mercociudades, CAF as well as representatives from local and regional authorities and local organisations from Brazil, Argentina, Colombia, Ecuador and Mexico.

The purpose of the workshop was to inspire and facilitate sharing and learning to advance healthier urban food environments for children and caregivers across cities in Latin America.

HIGH LEVEL AGENDA:

Day 1: Building Healthy Urban Food Environments for Children

Understanding Healthy Urban Food Environments - Regional overview of the main nutrition challenges children face and the key components needed to promote healthier urban food environments to ensure their right to adequate nutrition.

The Role of Government - How local governments can support healthy food environments for children in urban areas.

Designing Cities for Better Nutrition and Climate Resilience - Exploring how urban planning and design can influence nutrition, health, wellbeing, and climate adaptation.

Country Case Examples - Lessons learned and best practices from cities that have successfully advanced healthy urban food environments for children.

Cross-Sector Collaboration for Local Solutions - Strategies for engaging civil society, community-based organizations, and youth in city-level planning and implementation of child-friendly urban food environments.

Community Engagement and Food System Challenges - Participatory approaches such as foodscape mapping and community-led interventions to identify and address challenges.

Day 2: Policy, Innovation, and Action

Innovative Financing for Social Impact - Exploring new financial models and partnerships to support sustainable, impactful initiatives in urban food environments.

Country Case Examples on Local-Level Food Policy in Action - Insights from countries on how local policies have shaped healthier food environments, with practical examples.

Short- and Medium-Term Solutions - Actionable strategies and interventions that can be implemented in the short-term and medium-term to improve food environments for children in urban areas.

How to read this report

This report captures main insights and recommendations from the workshop and it is divided into the following sections:

01 The scene

Section 1 of the report sets the scene in terms of the issues that we need to solve for and highlights the main challenges and opportunities that were presented and discussed during the workshop.

02 Actions

Section 2 addresses each of the identified challenges by featuring different actions and initiatives that can serve as inspiration. It also highlights examples of projects and initiatives from the cities that were present at the workshop.

03 Tools

Section 3 provides an overview of the many tools that were presented during the workshop. These tools serve different purposes from understanding the issues in context, to community engagement and measuring benefits and impacts of interventions.

04 Way forward

Section 4 summaries insights from the various conversations and proposes a set of strategic recommendations and calls for action to address identified gaps.

1

Main challenges & opportunities



Challenges & Opportunities

Challenges						
<p>Limited access to healthy food, excessive access to ultra- processed food</p>	<p>Unhealthy, ultra-processed options dominate the school food system</p>	<p>Low food literacy and traditional recipes being displaced by global ultra-processed products</p>	<p>Insufficient access to safe water and overconsumption of sugary drinks</p>	<p>The real and perceived cost of healthy food limits access</p>	<p>Lack of time is a major barrier to healthy cooking and food preparation</p>	<p>Limited invitations to walk, play or exercise reduce activity levels among young people</p>
<p><i>Increase access to healthy choice through markets, urban agriculture & community gardens</i></p>	<p><i>Replace ultra-processed options with fresh, healthy choices</i></p>	<p><i>Strengthen food culture and literacy by teaching simple recipes rooted in local traditions to all ages</i></p>	<p><i>Prioritize free, visible potable water in all child-focused environment</i></p>	<p><i>Promote affordable, healthy options through pricing strategies and community programs</i></p>	<p><i>Meet people where they are by offering healthy food at transport hubs, schools and public spaces</i></p>	<p><i>Create child-centered environments that encourage daily movement and play</i></p>

2

Actions & initiatives



Increase access to healthy choice through markets, urban agriculture & community gardens

Latin American cities face a complex food environment where access to healthy, fresh food is limited, while ultra-processed products are abundant and aggressively promoted. Many neighborhoods function as food deserts—with scarce availability of fresh produce—or as food swamps, saturated with convenience stores, fast food outlets and constant invitations to consume ultra-processed options. As a result, only a small share of the population can reliably access nutritious, affordable food. This imbalance in the urban food landscape makes healthy eating challenging, especially for children and families.



Actions & initiatives

Attractive & healthy markets

Markets represent a great opportunity for increasing access to healthy food options, but considered actions are needed to make them truly healthy, affordable, trusted and convenient. This involves eg. investing in the basics of market infrastructure (clean water, sanitation, waste management, shade and cold chain), creating credible certification systems, investing in shared infrastructure and ensuring healthy and economically viable conditions for all vendors (including making market areas welcoming, attractive and visible), as well encouraging healthy habits through recipe guidance, healthy prepared options and pricing tools for making it more affordable.

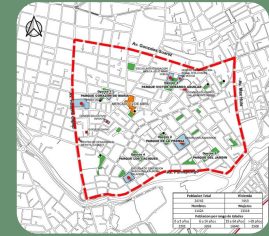
Community gardens

Community gardens have many benefits - from introducing more green in cities to small scale food production that can be integrated within local food systems in a city. Many community garden projects are being created in conjunction with schools to integrate with educational initiatives and school food programmes. As such they have the potential to engage both children and their parents and increase interest and knowledge about healthy and sustainable food. Community garden initiatives are highly dependant on reliable water access & safety measures, ongoing training & technical support, strong community ownership and long term financing and institutional buy-in.

Urban agriculture

In a region where food insecurity is prevalent in many cities urban agriculture initiatives represent an opportunity to make fresh food more accessible and often more affordable. Moreover, it helps cities adapt to climate risks. Available and suitable land for urban agriculture is often found in peri-urban areas where the pressure for urban development is high and where there might already be informal uses of the land. This puts pressure on strong long term planning and zoning processes and the need for an inter-sectoral approach across planning, environment, public health and social/economic programs.

City examples:



Healthy Muni-cipalities

Cuenca, Ecuador



Programa de agricultura urbana

Rosario, Argentina



Proximidad y seguridad alimentaria

Buenos Aires, Argentina

Replace ultra-processed options with fresh, healthy choices in schools

School food offerings are dominated by unhealthy, ultra-processed products, shaping children's daily diets. Cafeterias and school snack programs often rely on packaged snacks, sugary drinks and highly processed meals because they are cheap, convenient and require little preparation. Fresh, minimally processed foods are offered far less frequently, making nutritious options the exception rather than the norm. As a result, the school food system itself reinforces unhealthy eating patterns at a critical stage in children's growth and learning.



Actions & initiatives

Marketing regulation

Unhealthy food marketing and sales just outside school gates keep ultra-processed snacks and sugary drinks within easy reach of children, undermining in-school nutrition policies. Responses to these issues involve marketing restrictions linked to warning labels, zoning and vending controls near schools, as well as broader school food-environment regulations.

Healthier food options in schools

Addressing unhealthy food offerings within schools requires managing the whole school food environment. Key actions include setting and enforcing clear nutrition standards for all on-campus sales, building profitable healthy school stores through high-turnover healthy staples and smart pricing, and reducing reliance on snack sales by adding school supplies and services. Success also depends on aligning school policies with national regulations, supporting vendors with practical guidance, and monitoring compliance so unhealthy options do not reappear through informal channels.

Supporting healthy eating habits

Encouraging healthier eating habits among school aged children requires integrated education and engagement strategies. Programs and initiatives across the region involves nutrition education which is embedded in school curricula and reinforced through campaigns that may use popular athletes and public figures to make healthy choices aspirational. Many programs combine this with school-based health check-ups that identify nutrition risks early. Workshops and outreach with parents and caregivers strengthen impact by aligning messages at home, building practical cooking skills, and supporting healthier food decisions beyond the school setting.

City examples:



Ofertas saludables

Quimbaya, Colombia



Come como campeón y campeona

Tapachula, Mexico



P.L.A.T.O.S

Cali, Colombia

Strengthen food culture & literacy by making traditional foods more appealing, attractive and relevant to all ages

Food literacy is declining and connections to local and traditional recipes are weakening. Younger generations grow up with limited cooking skills and fewer opportunities to learn simple, culturally rooted dishes. At the same time, global ultra-processed products increasingly replace traditional foods, offering convenience but crowding out recipes that once defined everyday meals. This shift erodes cultural food heritage and reduces families' ability to prepare nutritious meals based on local ingredients and long-standing traditions.



Actions & initiatives

Education & cultural transmission

Rebuilding food literacy requires teaching practical, culturally rooted cooking skills in schools and communities. This can include short, hands-on cooking modules focused on core techniques and everyday local dishes, intergenerational programs that involve elders as mentors, and public campaigns led by admired athletes or cultural figures. Documenting and celebrating local recipes through school projects, festivals, and storytelling helps reconnect younger generations to food heritage while making traditional meals relevant, accessible, and socially valued again.

Traditional food convenience & viability

To decrease the consumption of ultra-processed foods traditional foods need to be able to compete on convenience. This can be done by developing ready-to-cook kits based on local recipes, simplifying dishes into 30-minute versions, and ensuring affordable access to staple ingredient baskets. Other important initiatives involve linking schools, markets, and small retailers to local producers through predictable procurement supports supply, while pricing and placement strategies make traditional foods the easy, default choice rather than an occasional or nostalgic option.

City examples:



Programa “magnifico”

*Cuenca,
Ecuador*



Perception of price

*Quimbaya,
Colombia*



Healthy traditional recipes for schools

*Tapachula,
Mexico*

Prioritize free, visible potable water in all child-focused environments

Children face limited access to safe drinking water and are surrounded by sugary beverages, which are often cheaper, more visible and more heavily promoted. When clean water is not reliably available in schools, public spaces or homes, sugary drinks become the default option. This leads to high levels of consumption from an early age, reinforcing habits that can harm long-term health. The lack of accessible, appealing potable water makes it difficult for children to choose healthier alternatives in their daily routines.



Actions & initiatives

Improving water access and infrastructure

A number of programs at both national and sub-national level across Latin America focus on increasing access to clean drinking water through infrastructure improvements, such as installing water fountains, filtration systems, and hydration stations in schools. The aim of the programs is to ensure that potable water is consistently available, providing an accessible and healthier alternative to sugary drinks. These efforts aim to make water the default choice for children, particularly in schools where sugary beverages often dominate.

Regulations and policies to limit sugary drinks

A number of countries have introduced regulations to restrict the sale and marketing of sugary beverages in schools. While restricting sugary drinks, the restrictions and policies are actively promoting water and natural beverages in school meals. The policies reduce children's exposure to sugary options, making healthier alternatives more accessible and reinforcing the importance of water in daily routines.

Public awareness and education campaigns

In some countries public awareness campaigns focus on educating children and families about the health benefits of water and the risks of sugary drinks. These campaigns often involve schools, health organizations, and local communities to shift consumption patterns and create long-term changes in drinking habits by making water a more appealing and accessible choice.

City examples:



Access to safe water

Palpa, Argentina



Drinking fountains, safe water

Gualeduaychú, Argentina

Promote affordable, healthy options through pricing strategies and community programs

For many families, the real and perceived cost of healthy food creates a major barrier to access. Fresh produce, whole foods and minimally processed ingredients often feel unaffordable compared to cheaper, ultra-processed alternatives. Even when nutritious options are available, the belief that healthy eating is costly discourages families from choosing them. This combination of financial constraints and misconceptions limits the ability of households to maintain balanced diets and reinforces patterns of low-quality nutrition.



Actions & initiatives

Financial mechanisms in support of healthy food

To reduce the real out-of-pocket cost of healthy foods, many initiatives use subsidies, vouchers, or targeted incentives to make fruits and vegetables more affordable. These programs are often linked to specific settings—such as local open markets—where discounts, digital credits, or bonus offers are used to encourage families to buy fresh food there instead of cheaper ultra-processed alternatives.

Perception change through marketing

To address the perceived high costs of fresh food different marketing initiatives are being used to either making fresh food more visible and convenient or reducing the advantage of ultra-processed products get from aggressive marketing and “cheapness” perceptions. Examples include initiatives in school settings working directly with parents and caregivers, educational staff and shop keepers to make it easier for families to choose better options without needing high nutrition literacy.

City examples:



Nutrir la vida

*Quimbaya,
Colombia*

Meet people where they are by offering healthy food at transport hubs, schools and public spaces

The lack of time is one of the biggest barriers to healthy cooking and food preparation. Long working hours and extended commuting times leave families with little energy or opportunity to shop for fresh ingredients or prepare balanced meals. As daily routines become more demanding, convenient and ready-to-eat products often replace home-cooked food. This time scarcity makes it increasingly difficult for households to maintain healthy eating habits, even when they want to.



Actions & initiatives

Mapping food habits

Understanding people's daily habits and how these are connected to food is an important first step towards identifying where more healthy food options are needed. This involves looking at different age and social groups in the city. Transit hubs represent important nodes in many people's lives and this is often where unhealthy food options are prevalent. Convenience and opportunities for social activities with friends are contributing factors and may result in fast food places next to bus stops becoming obvious places to hang out.

Healthy food kiosks

Recognising the cultural importance of street vendors and small kiosks some initiatives focus on promoting healthier food options within this sector. These initiatives include working with vendors to make the healthier options more visible and available (especially in relation to children), distribution of fruits and vegetables within community store networks and collaboration between local markets and small store vendors whereby local produce becomes more widely available and accessible to where people are.

Community kitchens

Programs at different scales focus on expanding community kitchens and community restaurants that provide low-cost, balanced meals, so families can eat well without cooking after long work days - or cooking together with other community members. Some are focused on increasing access to healthy meals in marginalised city areas whereas others focus on large-scale community feeding.

City examples:



Foodscape assessment

London, UK

Create child-centered environments that encourage daily movement and play

Children are increasingly sedentary, with limited opportunities or invitations to walk, play or exercise in their daily environments. Long school hours, screen-based entertainment and a lack of safe, engaging public spaces reduce the chances for spontaneous or structured physical activity. Without accessible places to move freely, young people spend more time sitting and less time being active. This decline in everyday movement affects not only physical health, but also emotional well-being and social development.



Actions & initiatives

Informal play opportunities

A key action is to expand informal play opportunities that do not depend on organized sports. Municipalities and schools are opening schoolyards after hours, creating small neighborhood play areas, and experimenting with play streets and pop-up recreation using simple, low-cost materials. These initiatives lower barriers to participation, especially for children who lack access to private facilities or paid activities, and encourage spontaneous, social forms of movement that fit naturally into daily life.

Soft & sustainable mobility

Many initiatives are responding to children's sedentary lifestyles by redesigning everyday environments to invite movement. Cities are investing in soft and sustainable mobility measures—such as traffic calming, widened sidewalks, protected bike lanes, and “safe routes to school”—to make walking and cycling part of daily routines. Programs like Ciclovías temporarily close streets to cars, turning them into safe spaces for walking, biking, and play, and helping normalize active use of public space for families. Other initiatives include neighborhood based walkability campaigns, sometimes integrating health education, and such campaigns can have social benefits of bringing communities closer together.

Community facilities for children & caregivers

Community centers and schools represent strong potential local hubs for physical activity and well-being. Initiatives across Latin America include public libraries, cultural centers, and colegios that host free or low-cost dance, games, and movement programs, often coordinated with health or youth departments. By anchoring physical activity in familiar, nearby places, these initiatives support not only children's physical health but also social interaction, emotional well-being, and a stronger sense of community belonging.

City examples:



Proximity for playing and engaging

Paris, France



Proximity for care

Bogotá, Colombia



Walkability campaign
“PASSOS para uma vida melhor”

Campinas, Brasil

3

Tools

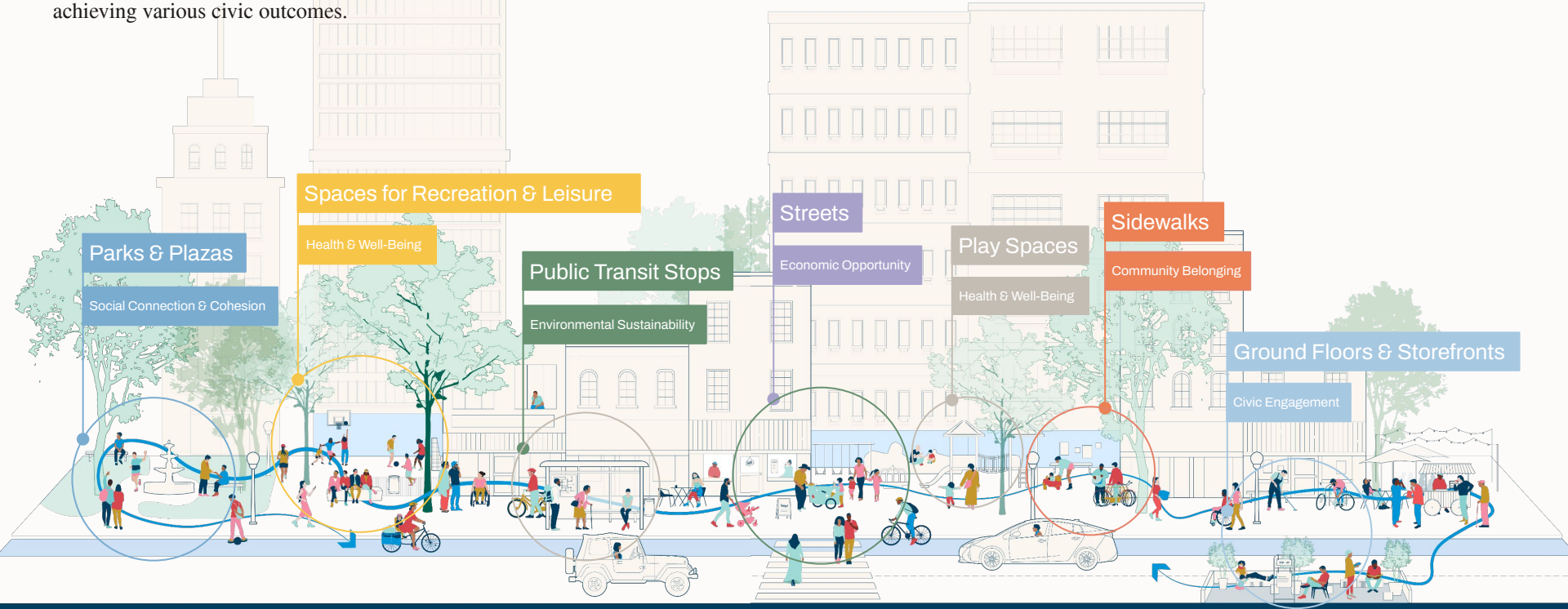
“We measure what we care about.”

Jan Gehl



Public space as a tool

Public space in cities can be a platform achieving various civic outcomes.



Thriving Foodscapes

THRIVING FOODSCAPES

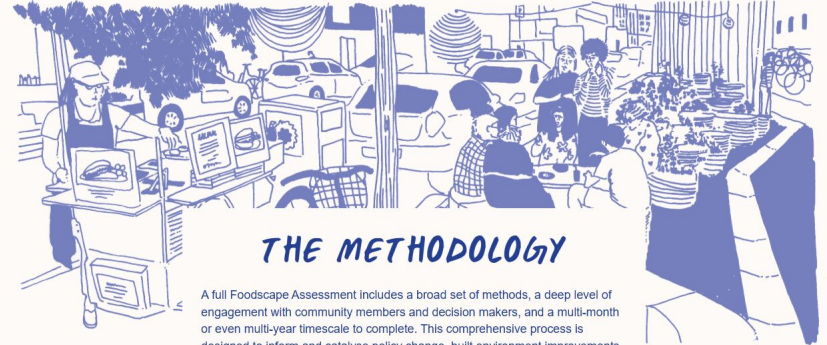
What it is:

An approach involving different methods to reveal the relationship between food availability, the urban environment, and human behaviour.

See more here:

www.thrivingfoodscapes.com/

[INTRO](#) [UNDERSTANDING THE CONTEXT](#) [LISTENING TO PEOPLE](#) [OBSERVING FOODSCAPES](#) [CRAFTING INSIGHTS](#)



THE METHODOLOGY

A full Foodscape Assessment includes a broad set of methods, a deep level of engagement with community members and decision makers, and a multi-month or even multi-year timescale to complete. This comprehensive process is designed to inform and catalyse policy change, built environment improvements, and/or social programmes.

This website presents an 'entry-level' set of foodscape methods that can be tested with a minimal time commitment and without dedicated funding. These are intended to allow new users to test out the Thriving Foodscapes Approach, lobby for a more comprehensive Foodscape Assessment in your community, or educate others about the connection between food consumption, social patterns, and the built environment.

Keeping a research journal to collect your observations and insights in one place will allow for easier synthesis after using each of the methods.

There are 14 methods collected in four categories:

Public Life Survey

Survey types are customizable!

What it is:

A standardized method for collecting data on people behavior in public spaces. The observation method is available as an online tool and can be adapted to serve different purposes.

Movement Standard Survey Types



Standard



Age + Gender

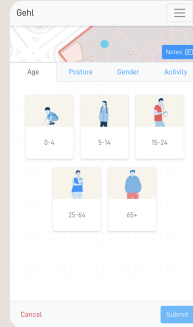


Modal with Cars

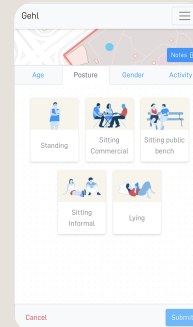


Active Modal

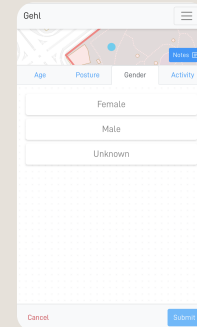
Stationary Standard Survey Type



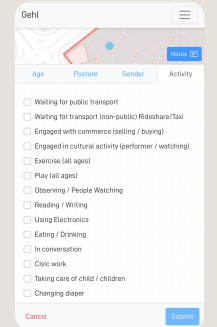
Age



Posture



Gender

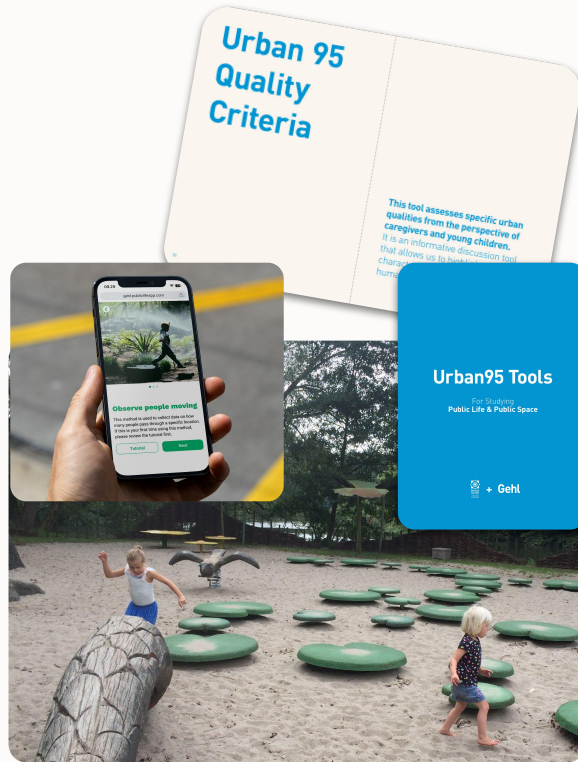


Activities

Urban95 Toolkit

What it is:

A suite of tools to assess public space quality from the perspective of babies, toddlers and their caregivers + measure their presence & activities in the public realm.



Urban95 Quality Criteria













<p>Protection</p> <p>Protection against traffic and accidents</p> <ul style="list-style-type: none"> Eliminating fear of traffic: Safe crossings with children Safe cycling routes Available width of sidewalks adapted to strollers Clear waiting places Slow moving traffic <p>☺ ☹ ☹</p>	<p>Protection from crime and violence</p> <ul style="list-style-type: none"> Lively public realm Passive surveillance options Well lit Human scale Mix of uses <p>☺ ☹ ☹</p>	<p>Protection against unpleasant sensory experiences</p> <ul style="list-style-type: none"> Protection against: <ul style="list-style-type: none"> Wind/draft Rain/snow Cold/heat Dust, noise, glare Free from trash <p>☺ ☹ ☹</p>
<p>Basic Needs</p> <p>The feeling of comfort</p> <ul style="list-style-type: none"> Safe noise level at 55dB Protection against pollution at 95cm eye-level Surroundings that feel safe for children and caregiver <p>☺ ☹ ☹</p>	<p>Opportunities for good hygiene and health</p> <ul style="list-style-type: none"> Access to fresh water Safety to breastfeed in private Diaper changing area separate from feeding areas Accessible bathrooms Well maintained bathrooms <p>☺ ☹ ☹</p>	<p>Convenient opportunities for consumption</p> <ul style="list-style-type: none"> Close proximity to cafes or restaurants with eating and drinking possibilities Diversity in food options for shopping Nutritious food options for eating or buying <p>☺ ☹ ☹</p>
<p>Comfort</p> <p>Opportunities to walk and cycle</p> <ul style="list-style-type: none"> Walkability with children stroller Surfaces for slow moving children Accessibility for strollers Clear way-finding Sidewalk for stroller/good curb <p>☺ ☹ ☹</p>	<p>Opportunities to stop & stay</p> <ul style="list-style-type: none"> Attractive & functional edges Invitations for intended use Zones for sitting with children Seats near play area Mix of seating typologies Resting opportunities Ability to park strollers Ability to observe child - passive & active <p>☺ ☹ ☹</p>	<p>Opportunities to see</p> <ul style="list-style-type: none"> Opportunities to observe surroundings Lighting (when dark) Access to nature Visibility at 95cm eye level Rich sensory experiences Stimulating built environment <p>☺ ☹ ☹</p>
<p>Interaction</p> <p>Invitations to interact with environment</p> <ul style="list-style-type: none"> Presence of interesting and inviting environmental elements Variation in the natural elements and built environment that is present Possibility to interact with nature at the height of 95cm. <p>☺ ☹ ☹</p>	<p>Opportunities to talk & listen</p> <ul style="list-style-type: none"> Low noise levels Seating conducive to communicating Place for child & caregiver to talk about environment <p>☺ ☹ ☹</p>	<p>Opportunities for play & exercise</p> <ul style="list-style-type: none"> Inviting playscapes for a mix of ages Children's physical activities Street playscapes Temporary activities Ability to interact spontaneously Challenging play In summer/winter/day/night <p>☺ ☹ ☹</p>

Food place qualities for young people

What it is:

A co-created set of food place quality criteria focusing on the needs and preferences of teenagers.



Location	 <p>Close proximity to where physical activity takes place</p>	 <p>Walking distance from home and/or school</p>	 <p>Accessible day and night</p>
Environment	 <p>Varied seating options for large and small groups</p>	 <p>Access to sheltered outdoor spaces</p>	 <p>Safe and secure protected from traffic, noise, crime etc.</p>
	 <p>Colourful and interesting aesthetic</p>	 <p>Ability to take ownership</p>	 <p>Ability to be spontaneous active or passive</p>
Offering	 <p>Welcoming and accepting staff</p>	 <p>Affordable food options</p>	 <p>Varied ways to stay opportunity to bring own food, buy to stay or take-away, stay with friends who buy</p>

Food habits & well-being survey for caregivers

What it is:

A questionnaire tool for parents, caregivers and adolescents to indicate in a simple way their habits as they relate to food, the use of their local environment and questions related to well-being parameters such as safety, physical activity etc. - and where measures can be taken to increase health and well-being.

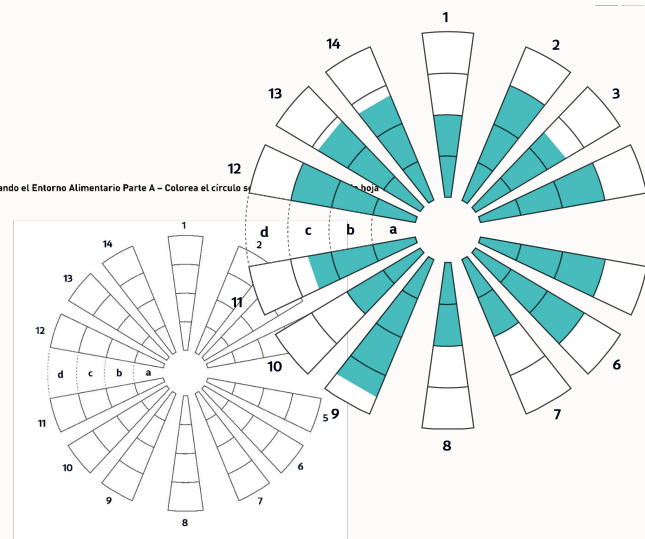
Dibujando el Entorno Alimentario Parte A – Colorea el círculo tus respuestas

- ¿Con qué frecuencia el hombre del hogar se encarga de preparar la comida de la casa?
 - Nunca
 - Rara vez
 - Casi siempre
 - Siempre
- A la hora de comprar alimentos, ¿qué tan importante es para ti que éstos sean saludables?
 - Nada
 - Poco
 - Bastante
 - Totalmente
- ¿Cambias tu opción de compra cuando encuentras un alimento con sellos de "ALTO EN"?
 - Nunca
 - Rara vez
 - Casi siempre
 - Siempre
- ¿Los locales comerciales de tu barrio ofrecen alimentos como frutas y verduras frescas?
 - Nunca
 - Rara vez
 - Casi siempre
 - Siempre
- ¿Con qué frecuencia preparas los alimentos en conjunto con tu familia en el hogar?
 - Nunca
 - Rara vez
 - Casi siempre
 - Siempre
- ¿Con qué frecuencia consumes tus alimentos en casa acompañados de tu familia?
 - Nunca
 - Rara vez
 - Casi siempre
 - Siempre
- ¿Con qué frecuencia consumes tus alimentos en el trabajo, escuela o universidad acompañado por compañeros?
 - Nunca
 - Rara vez
 - Casi siempre
 - Siempre
- ¿Con qué frecuencia consumes tus alimentos en el espacio público, por ejemplo, en parques o plazas?
 - Nunca
 - Rara vez
 - Casi siempre
 - Siempre
- ¿Con qué frecuencia consumes verduras, frutas y alimentos frescos?
 - Nunca
 - Rara vez
 - Casi siempre
 - Siempre
- ¿Con qué frecuencia saliste a hacer actividad física durante la pandemia?
 - Nunca
 - Rara vez
 - Casi siempre
 - Siempre
- ¿Con qué frecuencia utilizas la bicicleta, el transporte público o caminas para desplazarte hacia el trabajo o escuela?
 - Nunca
 - Rara vez
 - Casi siempre
 - Siempre
- ¿Con qué frecuencia usas los espacios públicos de tu barrio, por ejemplo, plazas o parques?
 - Nunca
 - Rara vez
 - Casi siempre
 - Siempre
- ¿Con qué frecuencia realizas actividad física o ejercicio físico, como caminar, andar en bicicleta u otros deportes?
 - Nunca
 - Rara vez
 - Casi siempre
 - Siempre
- Generalmente, ¿te sientes lo suficientemente seguro para usar los espacios públicos de tu barrio, por ejemplo, plazas o parques?
 - Nunca
 - Rara vez
 - Casi siempre
 - Siempre

Hoja 1 – Herramienta basada en Dibujando el Bienestar, Carretón y Cielo, Ciudad Emergente

Gehl

Dibujando el Entorno Alimentario Parte A – Colorea el círculo tus respuestas



Dibujando el Entorno Alimentario Parte B – Selección la respuesta que corresponda

A la hora de decidir qué alimentos comprar, cuál de los siguientes aspectos es el más importante:

- Precio
- Que los conozca de antes
- Que le guste a los niños
- Que sean saludables

En qué tipo de negocios encuentras productos frescos a diario (frutas, verduras, lácteos, carnes)

- Kiosko
- Vendedor ambulante
- Mercado de abastos (a la Vega, Tirol de México, La Vialidad, etc.)
- Supermercado

Sexo

- Femenino
- Masculino
- Otro

Los negocios que venden frutas y verduras ¿a qué distancia se encuentran de tu casa?

- Menos de 100 metros
- Cerca (de 100 a 500 metros)
- Lejos (de 500 metros a un kilómetro)
- Muy lejos (más de un kilómetro)

Cuál es su ocupación principal actual (elija solo una)

- Estudiante
- Trabajadora
- Jubilada/a
- Otro

Edad: _____
Fecha: ____/____/____

Hoja 2 – Herramienta basada en Dibujando el Bienestar, Carretón y Cielo, Ciudad Emergente

Gehl

Food-workshop for children

What it is:

An engagement tool to learn about children's food habits and preferences where children have to use stickers to mark the foods they have eaten in the last 24 hours.

Queremos saber
sobre la alimentación
y bienestar de usted y
su familia –

¿Qué alimentos e
ingredientes han
comido en las
últimas 24hs?



Survey: “A day in the life of a child”

What it is:

Informal interview with a parent or caregiver of a child (up to 6 interviews) to learn about a typical day from when the child wakes up until they go to bed.

More info [here](#)

Guía para cuestionario “Un día en la vida de un niño o niña en Iztapalapa”

- Nombre y apellido del niño/a:
- Edad:
- Núcleo familiar o de tutela compuesto por:
- Ocupación/ empleo de la familia o cuidador:
- Barrio y zona de donde vive:
- Características de vivienda:

Por la mañana en la **casa**...

Por la mañana en la **escuela**...

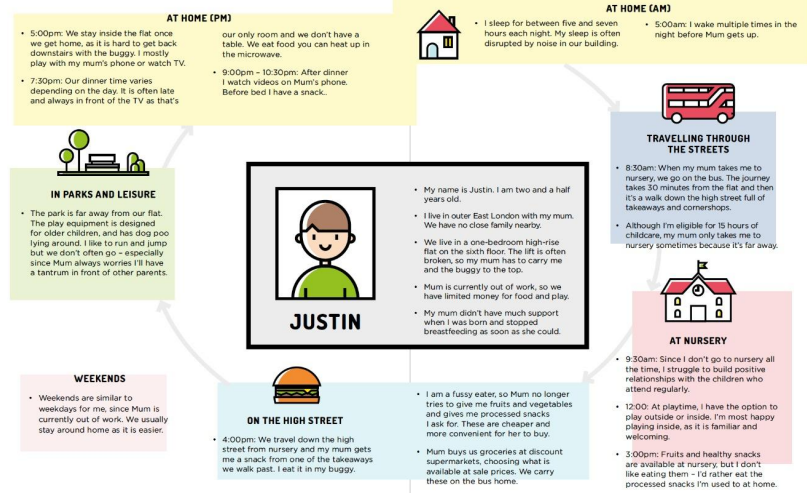
Por la tarde a la **salida de la escuela**...

Por la tarde en la **plaza, el parque o en lugares recreativos**...

Por la tarde-noche en la **casa**...

Los **fines de semana**...

JUSTIN is two and a half and lives with his mum. She's out of work and they have very little money. Living on the sixth floor of a noisy tower block, he sleeps badly, often waking early. He watches TV while his mum gets ready. The lift is often broken and it's hard getting down the stairs with a buggy - and then it's half an hour by bus to the nursery. So, even though Justin gets 15 hours' free nursery support, he often doesn't go. Their flat has no kitchen so meals are heated in the microwave and eaten on the sofa, with the TV on. With no money for play activities and feelings of isolation (with no family around), Justin does little. At night, he mainly watches TV and plays videos on his mum's phone. Justin eats a lot of snacks, which his mum gets from the local high street. Even though he likes to run and jump, his mum avoids the local park because she's worried he'll misbehave in front of the other parents. She also feels unsafe, as there are people she'd prefer not to see and the play equipment is designed for older kids.



Depending on the accessibility of the community, the format may be defined as follows:

Option 1: *Video of parents and children discussing their day*

Option 2: *Photo and handwritten survey*

Option 3: *Handwritten survey only*

C40 Tool: Healthy Neighbourhoods Explorer



C40
CITIES

Healthy Neighbourhood Explorer

Use this tool to explore how C40 cities and neighbourhoods **rank** on different Healthy Neighbourhood Explorer city indicators and **design** your own urban planning actions to improve the health of local communities.

A Healthy Neighbourhood city is designed with [15-minute city principles](#) - creating neighbourhoods where cities can live, work and play. This urban planning approach creates healthier local communities by facilitating more walking and cycling.

Be curious, and **explore the neighbourhoods** of your city by **zooming** in to individual cities on the interactive map.

Note this tool works best on a larger screen. Please access it from a computer or laptop.

START EXPLORING

C40: Healthy Neighbourhoods Explorer

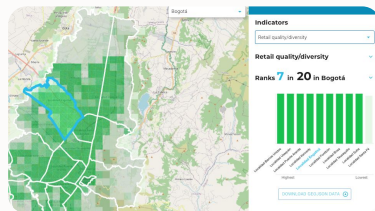
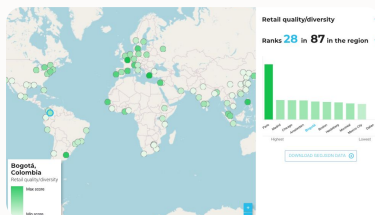
What it is:

A tool for assessing the benefits of proximity.

- Commercial offerings
- Population density
- Mix of uses
- Mobility
- Road safety
- Green spaces
- Services
- Air quality

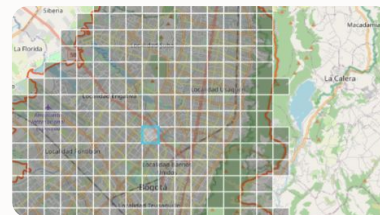
1

Assess the local amenities in a neighbourhood



2

Simulate outreach interventions in a specific neighbourhood



Actions

To analyze the livability of your neighborhood, here are specific actions which individually focus on one of the 4 approach of the 15 minute city concept: density, proximity, diversity and mix

You can add multiple actions as long as they are linked to different indicators.

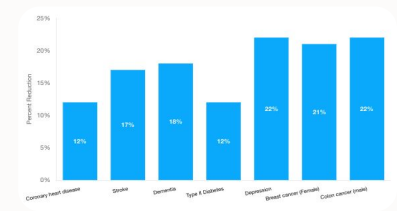
Indicator: Population de...
Select an action: Allow upzoning near tr...
Impact: AD

3

Quantify the benefits of a proximity intervention for human health

Walkability & Cyclability

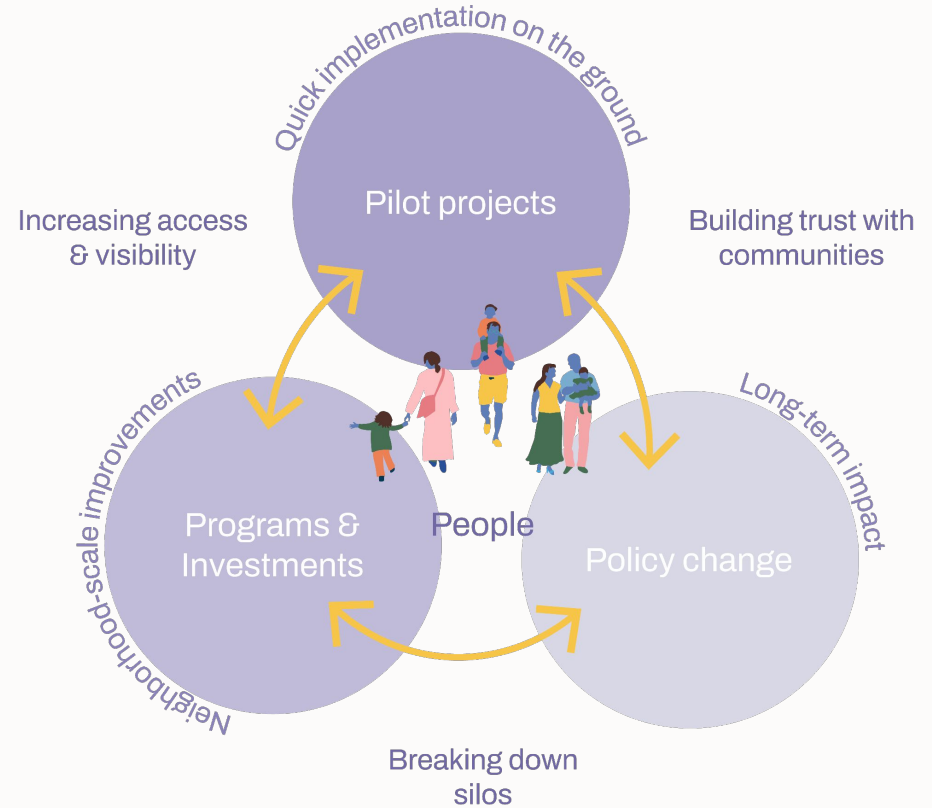
Indicator	Pre-Project Score	Post-Project Score	Difference
Retail quality/diversity	0.51	0.48	-0.03
Land use mix	0.51	0.82	0.31
Intersection density	0.55	0.81	0.26
Population density	0.49	0.29	-0.2
Mobility Combined Score	0.29	0.45	0.16



Pilot projects

What it is:

Pilot projects is a tool for testing new solutions and starting an engagement process where people get to 'vote with their feet'. If used strategically, capturing learnings and impacts along the way, pilot projects can pave the way for more sustained programs and investments that can lead to long term impacts.



4

Way forward



Identified gaps

Moving forward there is a need to address a number of gaps in the work on healthy urban food environments in Latin America:

A strong gender perspective

Integrating a gender perspective is essential because food systems and care work in Latin America are not gender-neutral. Women carry most responsibility for food shopping, cooking, and feeding children and are central actors in informal food economies. At the same time, men play a critical role by sharing care and food-related responsibilities, influencing household food choices, and modeling behaviors for children.

Marginalized urban migrants

While some programs consider and involve migrants there is a need to more systematically address the issues that the many urban migrants across Latin America face when it comes to healthy food. These include: unstable work, time poverty, service access gaps, discrimination, loss of food culture due to lack of access to ingredients, unsafe streets limiting independent mobility for kids and overcrowded housing conditions with limited cooking and storage facilities.

Climate integration

Climate shocks are highly affecting availability, prices and access to healthy food for children and caregivers across Latin America and there is a real potential for integrating food and climate more. This includes treating food access as climate resilience infrastructure, linking healthy diet goals to climate mitigation and using nature based solutions to produce food and reduce heat and integrating water and heat strategies with children's nutrition.

The role of transportation, urban planning & design

Although the need for cross-departmental, multidisciplinary action is widely recognized, most initiatives to improve children's food environments still focus on the role of the educational sector. There is strong potential to expand the role of urban planning and design, eg. by using zoning and planning tools to ensure nearby healthy food outlets and services, safe routes to access food, and mobility systems that reduce time poverty for families.

Recommendations

Recommendations for how to ensure and deliver healthy urban food environments for children and their caregivers:

Improved health equity

Carry out assessment of community needs & barriers

Focus on caregivers' wellbeing

Apply child rights-based approach

Collect and use different data for different realities

Innovative & comprehensive solutions

Ensure involvement across the food system

Develop economic incentives for food suppliers

Identify private sector actors who are willing to innovate and take risks

Towards policy change

Choose and communicate the right data to ensure accountability

Demonstrate the critical mass of demands that the policy responds to

Sustained impact

Engage communities in meaningful ways by working closely with community members to identify potential champions and change makers

Ensure cross sector collaboration through continued engagement efforts

Strong focus on creating a shared vision, taking the time needed in the beginning to get buy-in from decision makers and relevant stakeholders

Sustained financing

Use catalytic funding through the private sector involvement to kick-start initiatives

Scale up initiatives and programs through large scale funding, eg. with development banks such as CAF

Investigate and test new financing models

Healthy urban food environments
for children in Latin America

Thank you
Gracias
Obrigado



**cities
for better
health**



Gehl