



UPPSALA
UNIVERSITET

SHIFT Framework

Health & Nutrition Equity Tool for Food Environment Transformations

Meena Daivadanam, MBBS, MPH, PhD

Associate Professor & Senior Lecturer in Global Health | International Child Health & Nutrition research group | Dept. of Women's and Children's Health | Uppsala University

Email: meena.daivadanam@kbh.uu.se

Working group (in alphabetical order of last names): Emma Höglund, Hedda Ottesen, Stefan Swartling Peterson, Jenny Reid, Mathilde Sengoelge



SHIFT Framework

is a framework for developing contextualized interventions for improved equity in health and nutrition through food environment actions.

[More on the Framework »](#)



SHIFT Compendium

is a searchable database of 68 good practices on equity-focused actions on the food environment, health and nutrition linked to the 4-steps of the SHIFT Framework and can also be searched via [keyword](#) or [geographical area](#).



Tools for Transformation

is a set of selected online tools to assist technical staff in implementing health and nutrition interventions to transform a food environment in their setting.

[More on the tools »](#)

SHIFT Framework
is a collaboration
between:



UPPSALA
UNIVERSITET



Karolinska
Institutet

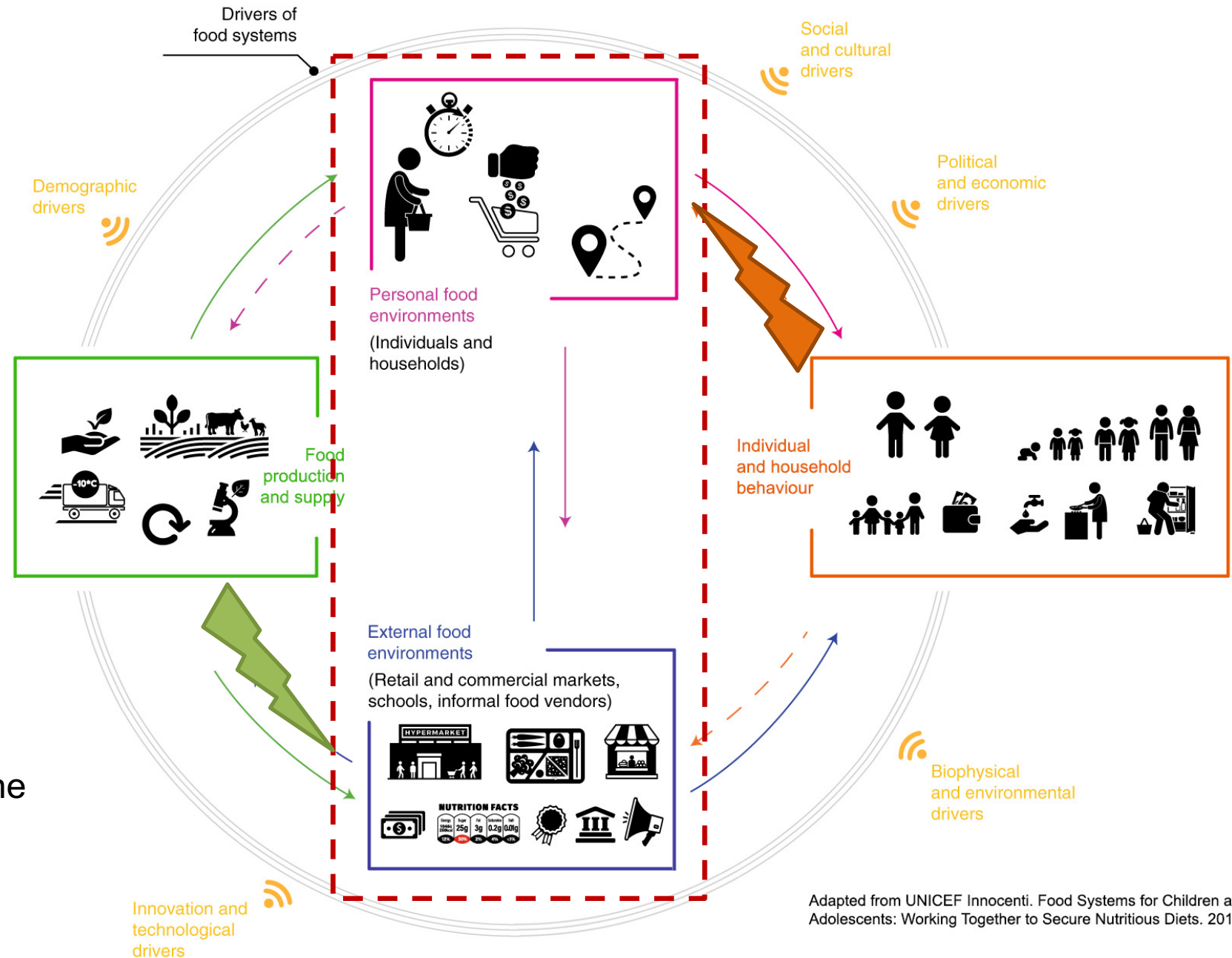


With technical & financial
support from the **World
Health Organization**
Geneva, Switzerland



UPPSALA
UNIVERSITET

Food environment refers to “the interface that mediates people’s food acquisition and consumption within the wider food system.



Adapted from UNICEF Innocenti. Food Systems for Children and Adolescents: Working Together to Secure Nutritious Diets. 2018.

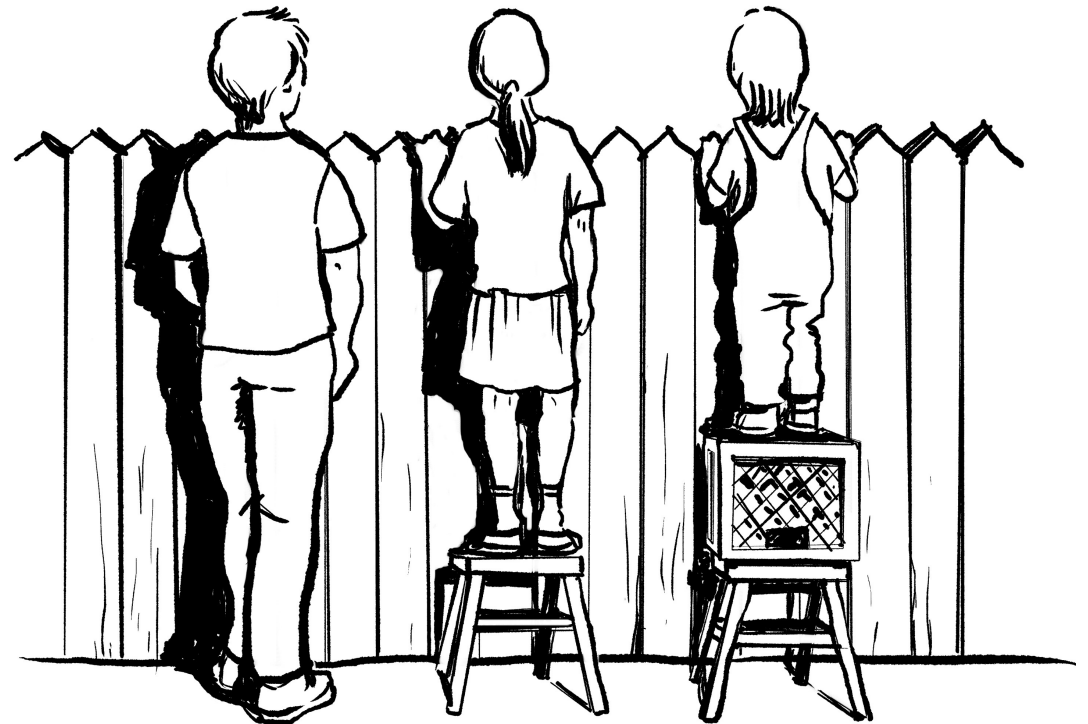


UPPSALA
UNIVERSITET

Health & Nutrition equity

**Addressing differential needs,
capabilities, opportunities & resources at
multiple levels to achieve health and
nutrition goals....**

EQUITY!





UPPSALA
UNIVERSITET



SHIFT Theory of Change

Problem

Unhealthy food environments* result in unequitable health and nutrition outcomes

Inputs

- Technical staff working in health and nutrition, and collaboration with technical staff from other relevant sectors
- Data sources identifying equity opportunities in the food environment through selected indicators
- Supportive environment for intersectoral action on health and nutrition exists or is possible, i.e. financing within and between sectors

Activities

- Use an equity focus to
 - 1 - Map
 - 2 - Engage
 - 3 - Transform
 - 4 - Monitor
- the intersection between the food environment and human behaviour related to health and nutrition

Outputs

- Improved data related to the local food environment interacting with health and nutrition to identify equity gaps
- Increased capacity of technical staff to design, implement, evaluate equity-sensitive interventions for disadvantaged groups**
- Increased policies and programmes to favor the equitable access to and uptake of healthier foods

Short-Term Outcomes

- Regional, country and community level champions advocating for equitable health and nutrition actions, policies or programmes
- Identify complementary actions with other sectoral actors and stakeholders
- National, regional and community level resources to develop factsheets and key messages on health and nutrition for all
- Increased participation of community and formal/informal food vendors in designing equity focused food environment interventions inspired by good practice
- Restriction of accessibility and marketing of unhealthy foods

Mid-Term Outcomes

- Increased implementation and monitoring of policies and programmes on equity-focused health and nutrition
- Increased community dialogue meetings, sensitization, targeting key family and community stakeholders on effects of social norms on health and nutrition
- Strengthen food marketing and media towards healthier eating
- Increased accessibility, diversity, convenience, desirability and quality of healthy foods in selected spaces
- Increased advocacy for political buy-in and support

Long-Term Outcomes

- Increased equity-focused investments through earmarked funding and budget allocation
- Mainstreaming of health and nutrition equity through intersectoral action
- Healthy, affordable and sustainably produced food
- Improved quality, diversity and adequate quantity of food consumption, especially for disadvantaged populations

Impact

Closing the health and nutrition gap by reducing the burden of food-related disease, mortality, morbidity and risk factors



UPPSALA
UNIVERSITET

shiftframework.org

SHIFT COMPENDIUM RESOURCES

The aim of the tool is to actively enable 'equity-focus' throughout the transformative process

SHIFT Framework

4 Step Process



Compendium
of Good
Practices



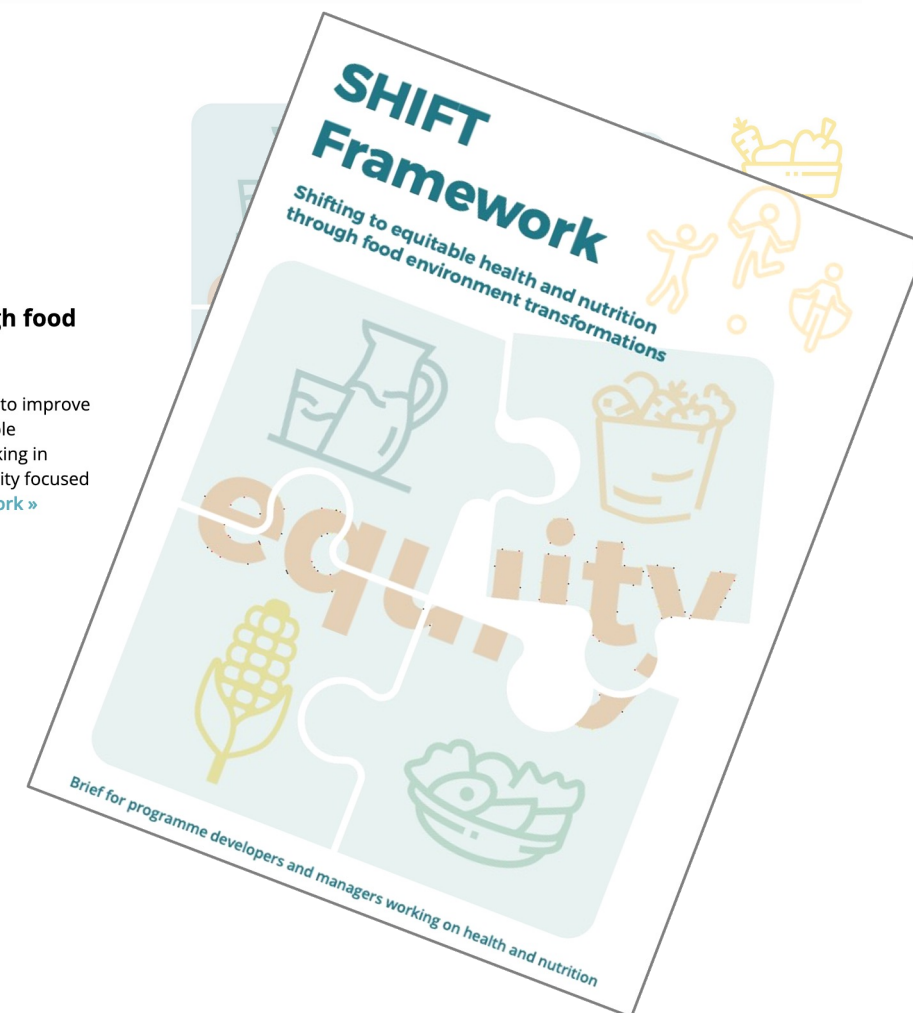
Resources

Who? Technical staff who work with health & nutrition issues

Shift Framework

Shifting to equitable health and nutrition through food environment transformations

A transformative change of our food environment is urgently needed to improve human health and nutrition, planetary health and meet the Sustainable Development Goals. The SHIFT Framework assists technical staff working in nutrition and health in a process of identifying and implementing equity focused interventions related to the food environment. [More on the Framework »](#)





UPPSALA
UNIVERSITET

shiftframework.org

SHIFT COMPENDIUM RESOURCES



to map indicators and
identify health and
nutrition equity gaps
available?

×
NO

transformative action
Guiding questions for a
food environment equity
analysis →

Map
good practices

Step 2: Engage
Are relevant stake-
holders identified and
financing secured?

×
NO

Identify and engage
partners and financing
Guiding questions to
secure partners and
financing based on choice
of intervention setting →

Engage
good practices

**Step 3:
Transform**
Have equity focused
transformative actions
been implemented?

×
NO

Implementation plan
for the intervention
Guiding questions to
implement the equity
focused intervention →

Transform
good practices

Step 4: Monitor
Is the intervention
being evaluated and
outcomes monitored?

×
NO

Monitor process and
outcomes
Guiding questions for
embedding a learning and
adjustment cycle →

Monitor



UPPSALA
UNIVERSITET

Step 1: Map

Are the tools and data to map indicators and identify health and nutrition equity gaps available?

×
NO

Map indicators to assess equity gaps and identify a setting for transformative action

Guiding questions for a food environment equity analysis →

Map

good practices

SHIFT COMPENDIUM RESOURCES



Step 1: Map – guiding questions for undertaking a food environment equity analysis

Write your reflections in each box

What is a health and nutrition problem affecting a disadvantaged group* in your setting?

Perform an analysis of which health and nutrition problems exist in your context

GOOD PRACTICE EXAMPLES



Good practice example for Step 1: Map

For more examples of good practices, see the full [Compendium](#).



Guatemalan school food environment: impact on schoolchildren's risk of both undernutrition and overweight/obesity

Country

Guatemala

WHO region

Americas

Step

Map

Country income level

Middle-income

Study setting

Low-income

Action area

Selected spaces,
Vulnerable groups



UPPSALA
UNIVERSITET

shiftframework.org

SHIFT **COMPENDIUM** RESOURCES

Compendium of Good Practices

Four core criteria:

- Effectiveness
- Efficiency
- Relevance
- Ethical soundness
- Equity-focus

One or more additional criteria:

Sustainability
Possibility of duplication
Involvement of partnerships
Community involvement
Political commitment



UPPSALA
UNIVERSITET

shiftframework.org

SHIFT **COMPENDIUM** RESOURCES

Compendium of Good Practices

Map Search

Click on a marker in the world map to see the case studies from the SHIFT Compendium of Good Practices in Health and Nutrition interventions available.

Framework Search

The SHIFT Framework consists of four interconnected and interrelated steps. Search the SHIFT Compendium of Good Practices in Health and Nutrition interventions by selecting one of the steps below.

Step 1: Map — undertake a food environment equity analysis to identify a population or setting at risk

Step 2: Engage — identify and engage with stakeholders who will assist in supporting / implementing / funding your health and nutrition intervention

Step 3: Transform — implement an evidence-based, informed health and nutrition equity intervention

Step 4: Monitor — integrate a learning and adjustment cycle in the intervention for quality assurance



Step 1: Map
good practices



Step 2: Engage
good practices



Step 3: Transform
good practices



Step 4: Monitor
good practices





UPPSALA
UNIVERSITET

shiftframework.org

SHIFT COMPENDIUM **RESOURCES**

START / RESOURCES

Resources

Below you will find a list of resources recommended to support the transformation of food environments, divided into advocacy-, database- and tools-related areas.

Advocacy

2020 Global Nutrition Report

The 2020 Global Nutrition Report looks beyond global and national patterns, revealing significant inequalities in nutrition outcomes within countries and populations. Chapter 4 specifically is on 'Food systems and nutrition equity'.

Decade of Action on Nutrition 2016–2025

The UN Decade of Action on Nutrition is a commitment by United Nations Member States to undertake 10 years of sustained and coherent implementation of policies, programmes and increased investments to eliminate malnutrition in all its forms, everywhere, leaving no one behind.

Food Systems Game Changers Lab

This platform provides information on 24 Action Agendas co-developed by over 850 game changers from 127 countries as part of a 12-week Solutions Accelerator Program to further support scaling these collective food systems solutions.

QUICK LINKS

[Advocacy](#)

[Databases](#)

[Tools](#)



UPPSALA
UNIVERSITET

Next steps

- Uppsala Health Summit
- Workshop on SHIFT
- Practitioners, policy makers & researchers
- Discuss case examples of field test (Tanzania)





UPPSALA
UNIVERSITET

SHIFT Reference & Round table Group

Thank you to those who participated in the Roundtable event December 14, 2020 and/or contributed comments to draft versions of the SHIFT Framework (listed in alphabetical order according to last name):

- **Helle Mölsted Alvesson**
- **Ruth Bell**
- **Aravinda Berggren-Clausen**
- **Hanna Berhane**
- **Cleophas Chesoli**
- **Peter Delobelle**
- **Eva-Charlotte Ekström**
- **Liselotte Schäfer Elinder**
- **David Guwatudde**
- **Jørgen Torgerstuen Johnsen**
- **Olav Kjørven**
- **Lina Mahy**
- **Elezebeth Mathews**
- **Gisela Nyberg**
- **Soorej Jose Puthoopparambil**
- **Syed Moshfiqur Rahman**
- **Luz Maria De Regil**
- **Mark Spires**
- **Aswathy Sreedevi**
- **Ingrid Stegeman**
- **Carl Johan Sundberg**
- **Göran Tomson**
- **Christopher Turner**
- **Rajesh Vedanthan**



SHIFT Framework

is a framework for developing contextualized interventions for improved equity in health and nutrition through food environment actions.

[More on the Framework »](#)



SHIFT Compendium

is a searchable database of 68 good practices on equity-focused actions on the food environment, health and nutrition linked to the 4-steps of the SHIFT Framework and can also be searched via [keyword](#) or [geographical area](#).



Tools for Transformation

is a set of selected online tools to assist technical staff in implementing health and nutrition interventions to transform a food environment in their setting.

[More on the tools »](#)

SHIFT Framework
is a collaboration
between:



UPPSALA
UNIVERSITET



Karolinska
Institutet



With technical & financial
support from the **World
Health Organization**
Geneva, Switzerland