SHIFT Framework

Health & Nutrition Equity Tool for Food Environment Transformations

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

SHIFT Compendium
is a searchable database of all good practices and equity-focused actions in the food environment, health and nutrition linked to the concept of the SHIFT Framework and can also be searched by keyword or geographical area.

Tools for Transformation
is a set of related online tools to assist technical staff in generating health and nutrition interventions to transform a food environment in their setting. More on the tools »

With technical & financial support from the World Health Organization
Geneva, Switzerland
Food environment refers to “the interface that mediates people’s food acquisition and consumption within the wider food system.”
Addressing differential needs, capabilities, opportunities & resources at multiple levels to achieve health and nutrition goals....
SHIFT Theory of Change

Problem
Unhealthy food environments* result in inequitable health and nutrition outcomes

<table>
<thead>
<tr>
<th>Inputs</th>
<th>Activities</th>
<th>Outputs</th>
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</thead>
<tbody>
<tr>
<td>Technical staff working in health and nutrition, and collaboration with technical staff from other relevant sectors</td>
<td>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</td>
<td>Improved data related to the local food environment interacting with health and nutrition to identify equity gaps</td>
</tr>
<tr>
<td>Data sources identifying equity opportunities in the food environment through selected indicators</td>
<td></td>
<td>Increased capacity of technical staff to design, implement, evaluate equity-sensitive interventions for disadvantaged groups**</td>
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<tr>
<td>Supportive environment for intersectoral action on health and nutrition exists or is possible, i.e. financing within and between sectors</td>
<td></td>
<td>Increased policies and programmes to favor the equitable access to and uptake of healthier foods</td>
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<table>
<thead>
<tr>
<th>Short-Term Outcomes</th>
<th>Mid-Term Outcomes</th>
<th>Long-Term Outcomes</th>
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<tbody>
<tr>
<td>Regional, country and community level champions advocating for equitable health and nutrition actions, policies or programmes</td>
<td>Increased implementation and monitoring of policies and programmes on equity-focused health and nutrition</td>
<td>Increased equity-focused investments through earmarked funding and budget allocation</td>
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<tr>
<td>Identify complementary actions with other sectoral actors and stakeholders</td>
<td>Increased community dialogue meetings, sensitization, targeting key family and community stakeholders on effects of social norms on health and nutrition</td>
<td>Mainstreaming of health and nutrition equity through intersectoral action</td>
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<tr>
<td>National, regional and community level resources to develop factsheets and key messages on health and nutrition for all</td>
<td>Strengthen food marketing and media towards healthier eating</td>
<td>Healthy, affordable and sustainably produced food</td>
</tr>
<tr>
<td>Increased participation of community and formal/informal food vendors in designing equity-focused food environment interventions inspired by good practice</td>
<td>Increased accessibility, diversity, convenience, desirability and quality of healthy foods in selected spaces</td>
<td>Improved quality, diversity and adequate quantity of food consumption, especially for disadvantaged populations</td>
</tr>
<tr>
<td>Restriction of accessibility and marketing of unhealthy foods</td>
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Impact
Closing the health and nutrition gap by reducing the burden of food-related disease, mortality, morbidity and risk factors
The aim of the tool is to actively enable ‘equity-focus’ throughout the transformative process.

**SHIFT Framework**

**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 »

4 Step Process + Compendium of Good Practices + Resources

Who? Technical staff who work with health & nutrition issues

4 Step Process

Step 1: Map
Are health and nutrition equity gaps available?
- Yes: Transformative action
- No: Map good practices

Step 2: Engage
Are relevant stakeholders identified and financing secured?
- Yes: Identify and engage partners and financing
- No: Engage good practices

Step 3: Transform
Is equity focused transformative actions been implemented?
- Yes: Implementation plan for the intervention
- No: Transform good practices

Step 4: Monitor
Is the intervention being evaluated and outcomes monitored?
- Yes: Monitor process and outcomes
- No: Monitor good practices
**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
- **Country income level**: Middle-income
- **Study setting**: Low-income
- **Step**: Map
- **Action area**: Selected spaces, Vulnerable groups

In this good practice the school food environment was mapped through observations and interviews in low-income elementary schools in Guatemala. In the country, children are at risk of both undernutrition and overweight and obesity and at the same time there are high rates of undernutrition. In order to understand the school food environment's impact on undernutrition and overweight, the investigators mapped the food bought from school kiosks, food brought from home, food bought in the street, and food provided to the children by the school, through observations in the schools and in interviews with school principals, food kiosk vendors and children. The aim was to see if the environment is appropriate given the risk of overweight and undernutrition.

**Lessons learned**

- Programs must be implemented during infancy and early childhood to prevent undernutrition.
- Policies focused on nutrition standards of the school food programs to prevent overweight/obesity is recommended.
- Policies regulating the products being sold on school grounds to prevent overweight/obesity is recommended.
- Educating parents and students on nutrition is useful.

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**Year published**: 2015

**Case study authors**: Elisa L. Pehlke, Paola Letona, Kristen Hurley, Joel Gittelsohn

**Equity focus**

targets low-income elementary schools in Guatemala, both undernutrition and overweight/obesity; includes input from children and food environment.
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
Compendium of Good Practices
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.
Next steps

• Uppsala Health Summit
• Workshop on SHIFT
• Practitioners, policy makers & researchers
• Discuss case examples of field test (Tanzania)
SHIFT Reference & Round table Group

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