

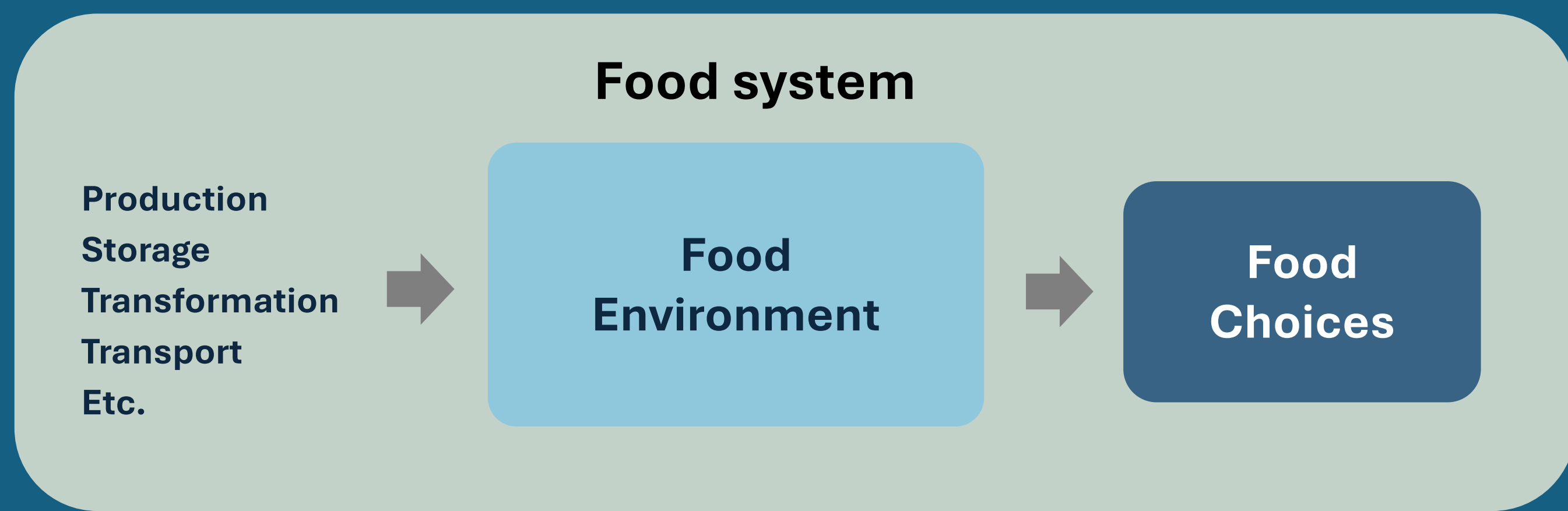
SHOOTING FOOD ENVIRONMENTS

Participatory video-making to support co-analysis and co-design of community action plans for improving adolescents' food environments

WHAT ARE FOOD ENVIRONMENTS?

Food environments refer to the interface where food consumers engage with the food system to make decisions about acquiring, preparing, and consuming food.

Food environments play a key role in shaping food choices and dietary outcomes.



OBJECTIVES

In 2023, researchers from the Alliance of Bioversity International and CIAT and the National Institute of Nutrition of Vietnam, launched activities aimed at co-creating interventions to enhance food environments and foster consumption of sustainable healthy diets among adolescents.



A PARTICIPATORY APPROACH

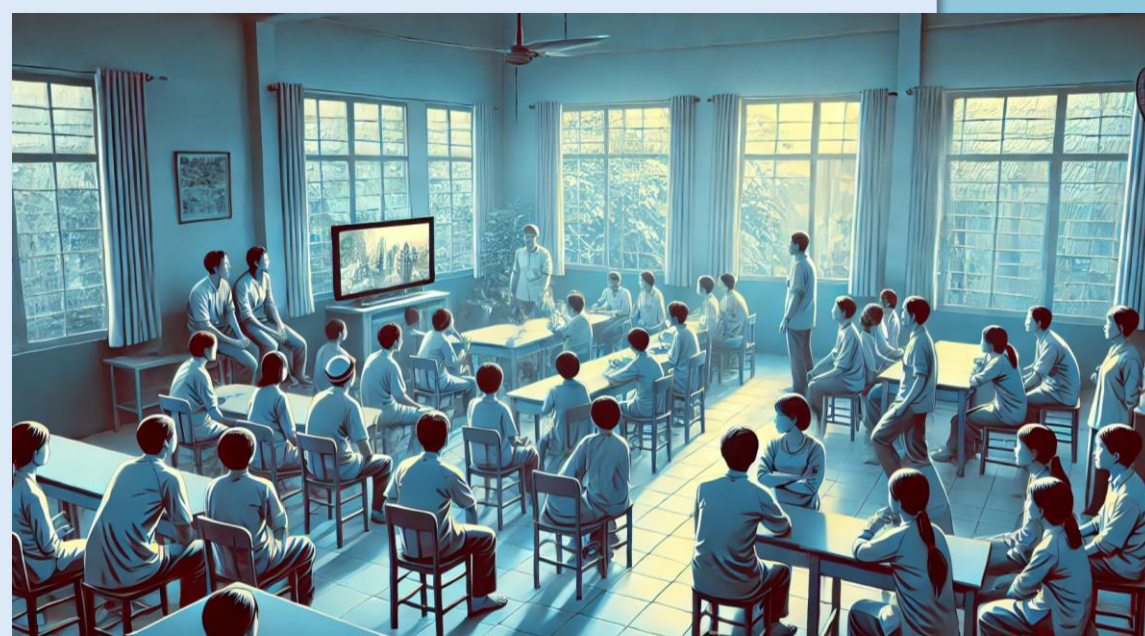
STAGE 1: Participatory video-making with adolescents

- Adolescents explore what shapes their food choices and document their food environments through videos.

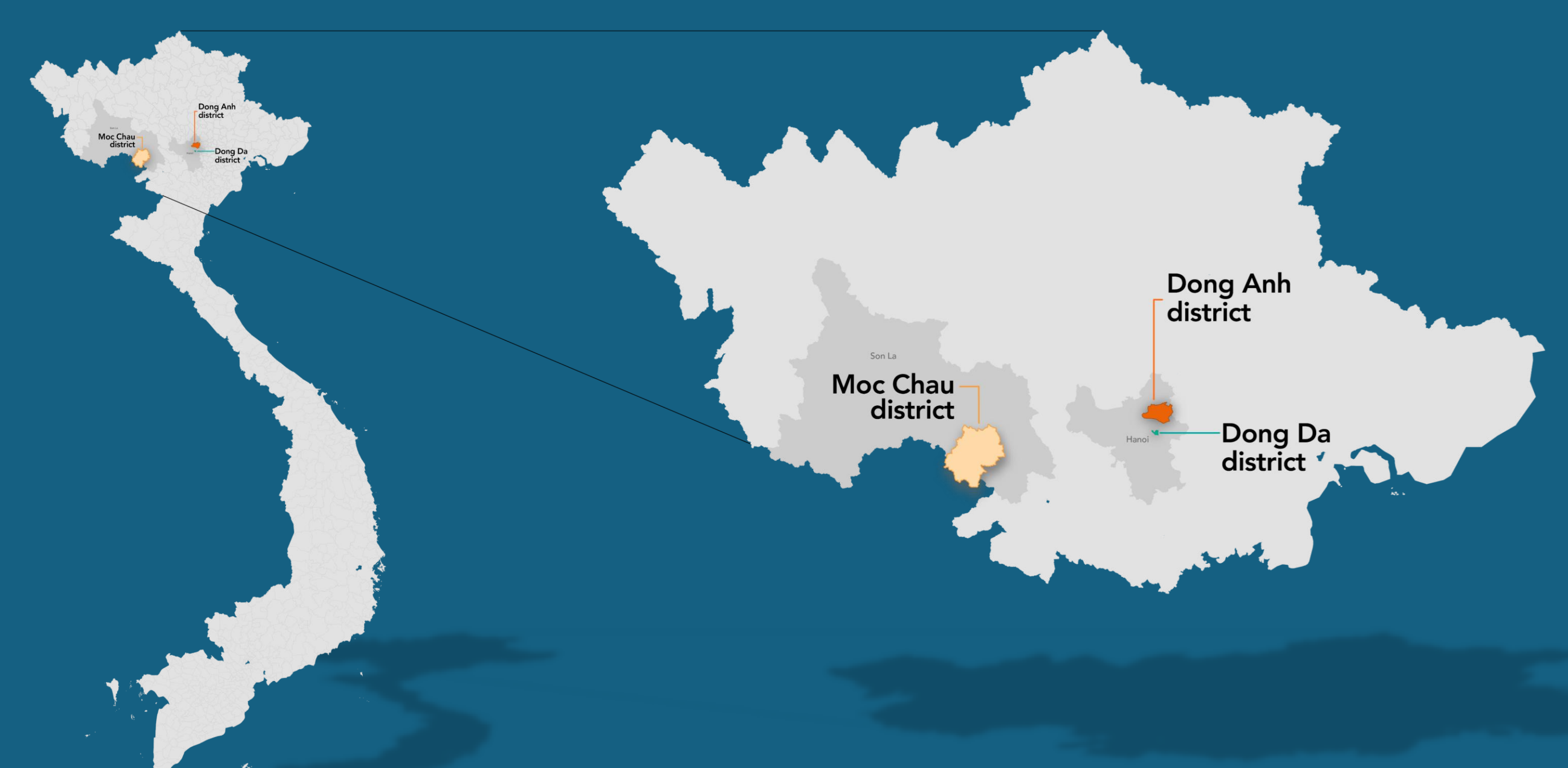


STAGE 2: Co-design with communities and local authorities

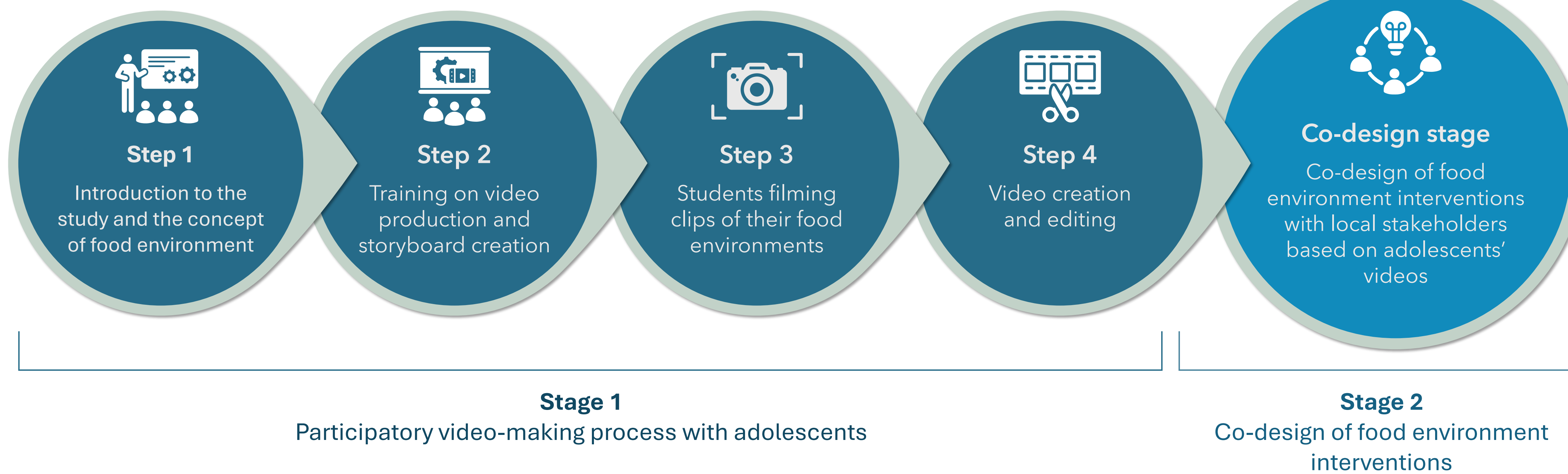
- Introduce the food environment concept
- Discuss the current environment using the videos and other data
- Prioritize opportunities and challenges for healthy diets
- Develop community action plans to enhance food environments for better diets



URBAN, PERI-URBAN AND RURAL SITES



RESEARCH PROCESS OVERVIEW



HIGHLIGHTS: Adolescent food environments

- Adolescents' food environments include street stalls, school canteens, convenience stores, restaurants, supermarkets, wet markets and more
- They have access to a wide range of both fresh, locally sourced foods and packaged, processed and ultra-processed foods
- Affordability, taste and convenience seem to be crucial factors influencing food choices
- Peer pressure, social media, and family influence are also significant
- Nutrition knowledge varies greatly among adolescents, with significant misinformation



HIGHLIGHTS: Opportunities for community action

- Enhance availability of healthy foods at home and school canteens
- Replace unhealthy food advertisements with healthy food messaging in and around schools
- Improve capacity of adolescents and adults to effectively use nutrition information and food labels
- Strengthen culinary knowledge and skills to prepare nutritious and tasty meals
- Increase community awareness of nutrition and food safety practices

Research team

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