



Cork Healthy Cities

a healthier city together

**SUPPORTING, VALIDATING, ENABLING,
STRENGTHENING**



Denise Cahill, Healthy Cities Coordinator

Denise.Cahill@hse.ie

www.corkhealthycities.com

+353-87-2334735

Find us on @corkhealthycity





Cork – Member of the
Network of European Healthy Cities
since 2012



“A healthy city is one that is continually creating and improving the physical and social environments and expanding the community resources that enable people to mutually support each other in performing all the functions of life and in developing to their maximum potential”



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What is a Healthy City?



- It's a process, not an outcome
- Conscious of health and striving to improve it
- Health high on the political & social agenda of cities with explicit political commitment
- Emphasis on intersectoral collaboration and action to address the determinants of health, the need to work in collaboration across public, private, voluntary and community sector
- Commitment to health & a process and structure in place to achieve it

UPSTREAM HEALTH PROMOTION



Looking at a health problem from an upstream public health perspective requires us to address the source of a problem, not simply the downstream symptoms



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World Health Organization



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Cork Healthy Cities Action Plan Phase VII

2020 - 2030

A city that connects to improve the health and well-being of all its people and reduce health inequalities.



Aligning Our Action Plan with the SDGs

Priority Area	PEOPLE	Partners	Time-Frame	Policy Ref
Healthy Early Years	Explore the development of a Child Friendly City in Cork city by:	CYPC, YKABC, CCC	2021 - 2030	Copenhagen Consensus, HI 
	1.1 Publishing demographic data of children in the Cork City Profile			
	1.2 Engaging with the key stakeholders who will lead the Child Friendly City			
	1.3 Organising a Child Friendly City Seminar			
	1.4 Supporting the development of a Child Friendly City Steering Group			
	1.5 Supporting the delivery and implementation of a Child Friendly City Plan			
	Support the development of the Trauma Informed City by:	Cork City Council and partners	2022, 2026, 2030 2020-2025 2020-2030 2020-2030	HI LECP 
	1.6 Publishing relevant data in the Cork City Profile			
	1.7 Participating in the European WHO Taskforce for Adverse Childhood Experiences			
	1.8 Providing training to frontline staff working with people affected by trauma			
	1.9 Promoting an understanding and commitment to the development of trauma informed services			
	Support the continued development of area based prevention and early intervention practice by:	YKABC and partners	2020-2030 2020-2030	
1.10 Actively partnering with existing services and projects				
1.11 Work in partnership with Libraries to promote reading, interactive apps, e-books, parents storytelling, literacy, and play	Libraries, Play Forum			
Support the implementation of the Dolly Parton Imagination Library by:	YKABC and UCC, ETB, HSE, community and voluntary organisations	2020-2022	LECP 	
1.12 Actively participating in a working group "Dolly Parton Imagination Library" and seeking funding to deliver Dolly Parton Imagination Library in three pilot areas, namely Mahon, Knocknaheeny, Carrigtwohill and two direct provision sites including Kinsale Rd and Ashbourne House, with a view to wider area implementation				

Towards a Sustainable Approach

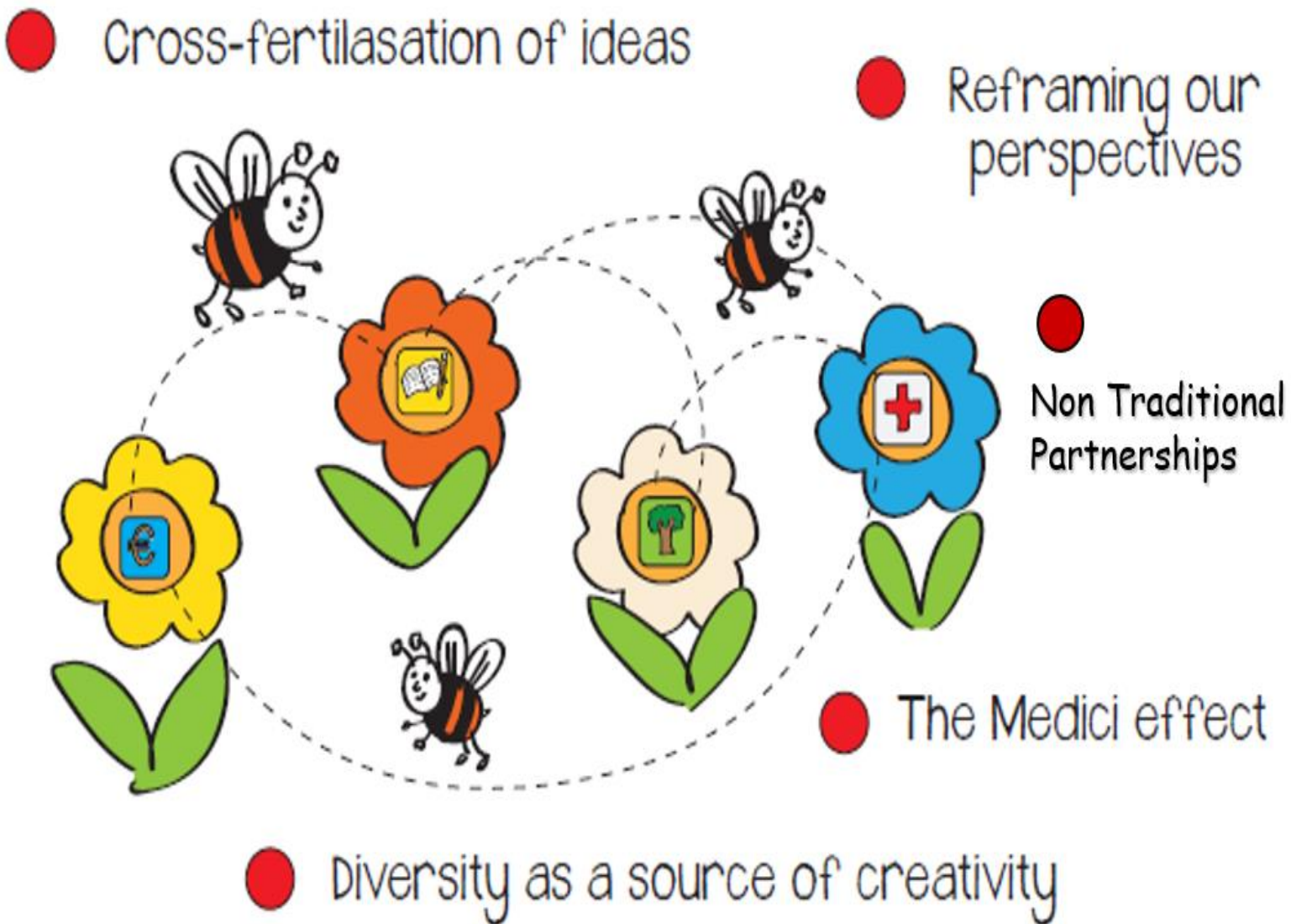
Dealing with issues
from separate silos
doesn't work



Holistic Approach

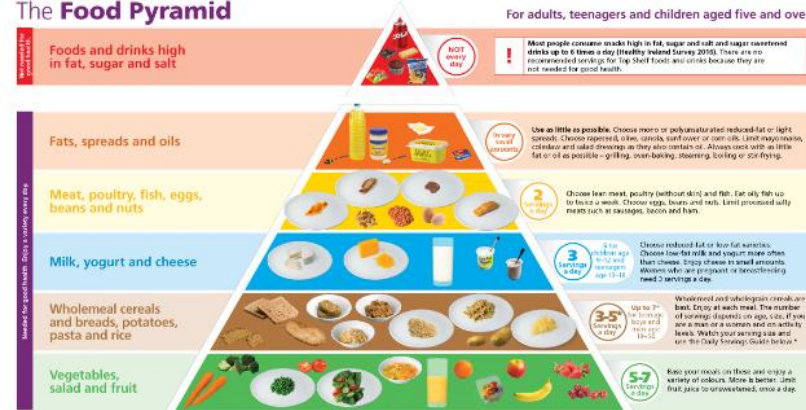


Innovation comes from diverse sectors, cultures, and disciplines when they all intersect, bringing ideas from one field into another

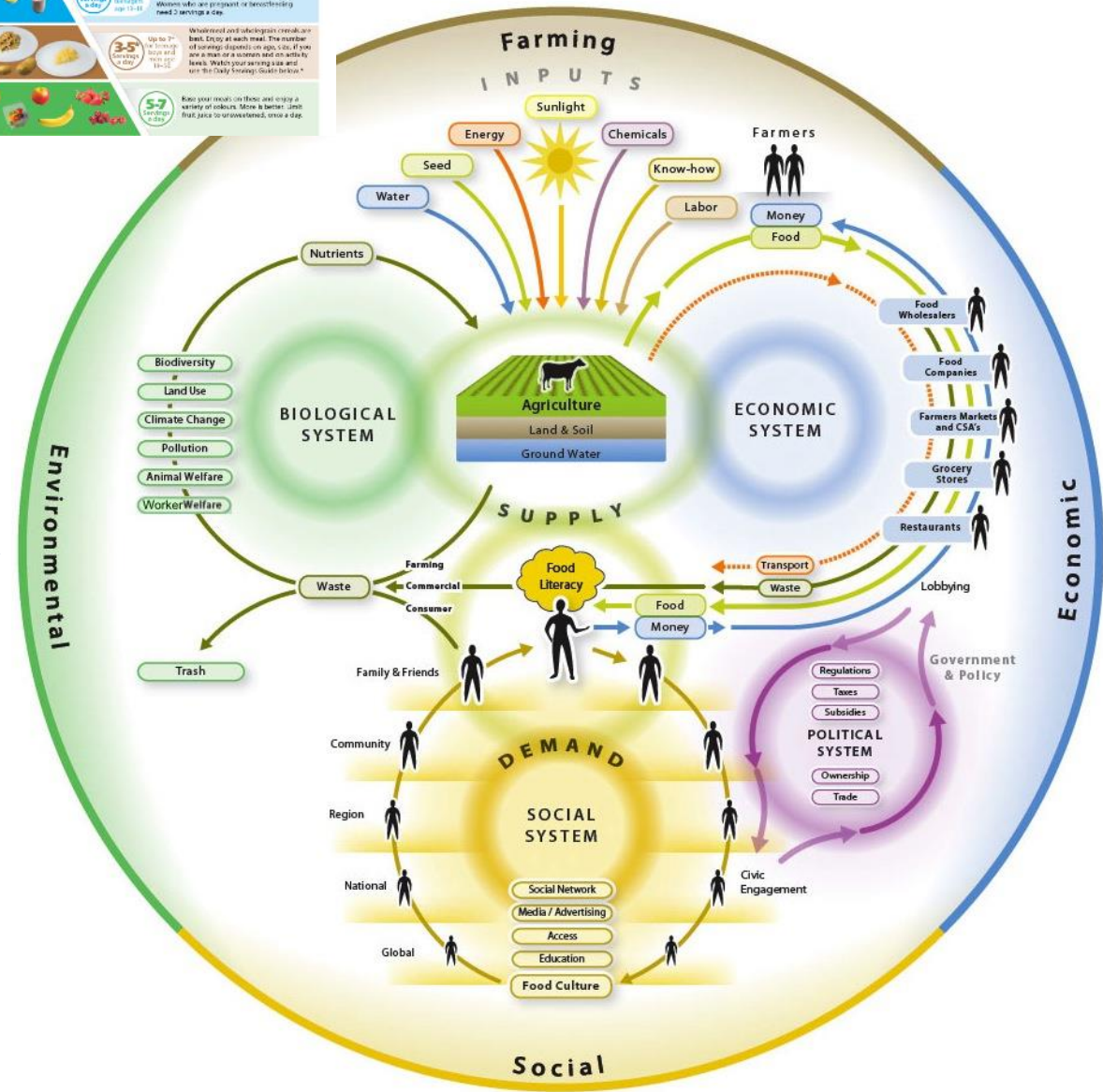
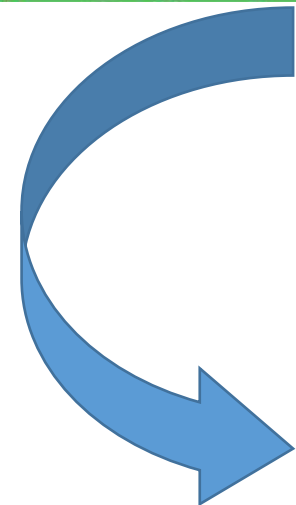


Sustainable and Healthy Food Policy for Cork





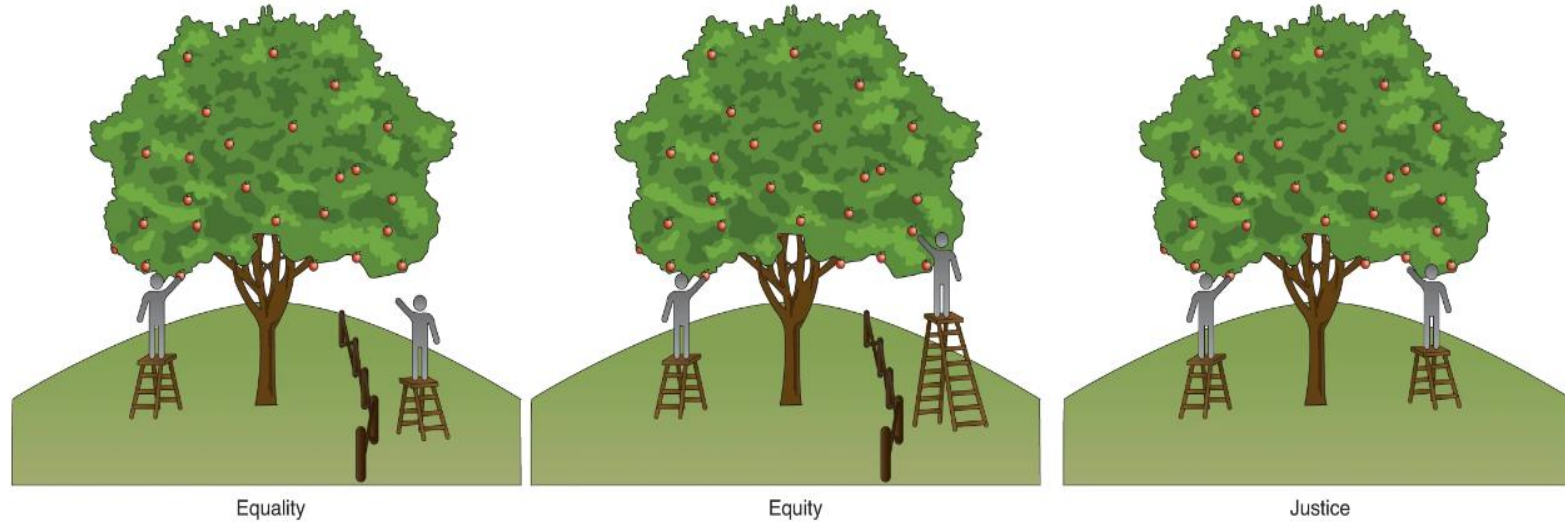
The Food System



- Complex
- Operates at multiple levels
- From 'Farm to Flush'
- One of the main drivers of the obesity epidemic
- increased supply of cheap, palatable, energy dense foods; increased food mobility leading to increased distributions and convenience and more persuasive and pervasive food marketing

The Food System: a stock-take

- 850m hungry; 125m children stunted from malnutrition; 2b suffer micronutrient deficiencies; 2b overweight & obese
- The rise of Big Food
- Marketing budgets that swamp PH messages
- 40% of McDonald's budget aimed at kids
- Nutrition transition: dietary change; meatification
- Sugar, saturated fats, salt ⇒ ultra-processed foods
- Rising obesity, Type II diabetes & other NCDs in China, Mexico & other MICs



Ruth, T. A visual summary. In Design in Tech Report 2019: Section 6: Addressing Imbalance (11 March 2019)

Need to re-imagine a food system for Ireland

- Current roadmap has been designed by Big Food
 - That regards Ireland as a production platform for 7m cattle (currently at 6.526 million)
 - With scaling-up of farm size/herd numbers the 'only' option
- But we are a society as well as an economy, with human, cultural & environmental assets.
- We also face the prospect of more severe climate impacts
 - The agri-food system must prepare for this (Resilience)
- Food can be part of a major civic renewal offering a multitude of social, economic & environmental benefits: it serves to connect important aspects of life



Agri-food in Ireland

POLICY CONTEXT

- There is no *food* policy rather an agro-food / agro-export strategy
 - Food Harvest 2020 ;Food Wise 2025: Dairy & beef, Growth in exports

ENVIRONMENTAL CONTEXT

- The environmental burden of production is considerable:
 - Agriculture a/c for 1/3 of national GHG emissions;
 - Water quality: EPA reports collapse in no of pristine rivers
 - Biodiversity: loss of bird species (Whittled Away – Padraig Fogarty)

HEALTH

Growing disconnect between what we produce & what we eat:

- Imports > exports in food calories; 4th largest consumer of sugar in world, 3rd of chocolate; 3rd of 25 in fast-food transactions; only 1 in 4 consume 5-a-day;
- 1 in 4 adults obese; by 2030 IE predicted to be most overweight in Europe. Poor diet is Ireland's leading risk factor in burden of disease. Yet Bord Bia pouring money into developing new snacks
- c.0.5m people defined as food poor; growing network of food banks; yet these do not address food insecurity

ECONOMICS

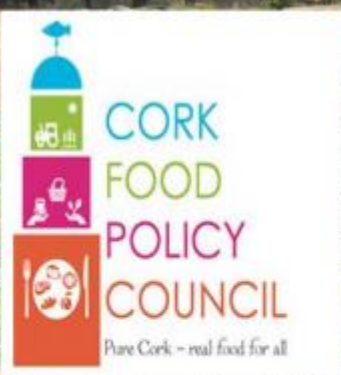
- 2/3 Irish farms not 'economically viable'. CAP payments = 65% of farm income. age, succession, scale: min no of dairy cows ↑ as milk prices ↓

Creating a food policy must begin from below

The city-region offers huge potential by co-designing policies around local needs & resources (human, physical)

- Shortening supply chains; new opportunities for producers
- Providing urban public land for small scale farmers to thrive
- Public procurement schemes: sustainable public sector canteens
- Organic food standard in hospitals & public bodies
- Supporting city-based initiatives: Farmers Markets, Social enterprises, Food Festivals, community food growing; etc.
- Diversify retail offering by facilitating local farmers markets
- Healthy Communities - reconnecting food with health: growing, cooking, eating





Cork Farming Policy Council

Resilient
Economic
Environmental
Equitable
Sustainability
Local Producers
Nutrition
Health
Business
Food
Eco-footprint

Catering
Retail
Waste
Processing
Community
Self-reliance
Production
Biodiversity



SAT SUN OCT 7TH 8TH

FOOD HARVEST FESTIVAL

SATURDAY 7 OCTOBER
TOURS, WORKSHOPS, TALKS, DEMONSTRATIONS AND TASTINGS
ALL EVENTS ARE FREE

SUNDAY 8 OCTOBER
MUSIC, WORLD FOOD DAY FEAST OF VEGETABLE CHILLI TALKS,
HARVEST DISPLAYS, APPLE PRESSING, FORAGING WALK,
FACE PAINTING, SEED SAVING WORKSHOP, PUMPKIN CARVING
ALL WELCOME

SEE WWW.CORKFOODPOLICYCOUNCIL.COM FOR DETAILS





Feed the City

- 15 March 2014
- Sourced 1 ton of 'waste' veg
- Veg prepped by 100 CIT students
- Pots & cooking by Hare Krishna London
- 5,000 bowls of curry
- Cookery demos, talks, stands, children's entertainment,
- Successful media campaign



https://www.youtube.com/watch?v=AT49_V1Hp2Y

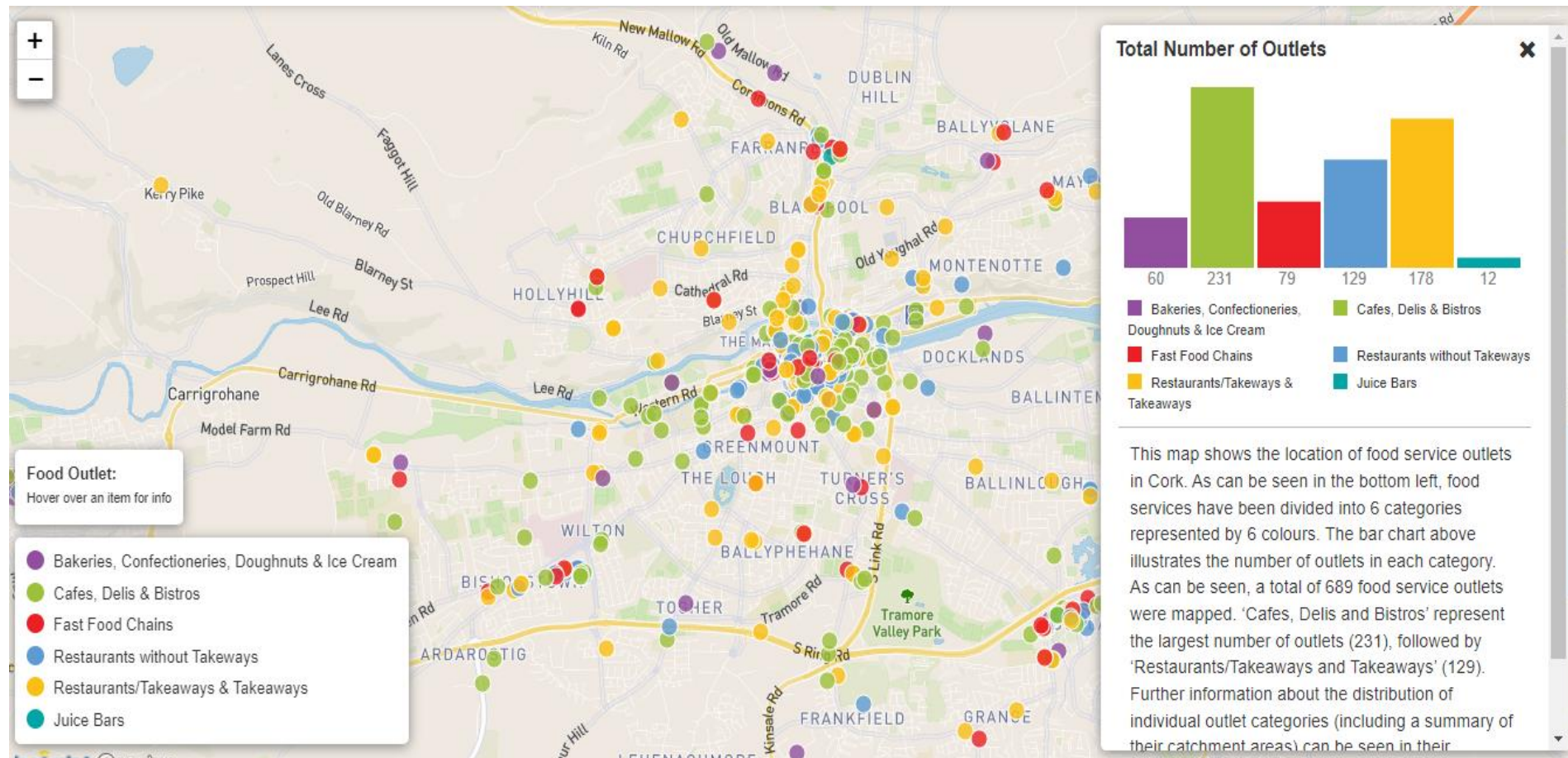


Acknowledging, Encouraging and Rewarding
Sustainable Food Practitioners in Cork City and County



Sustainable & Healthy Food Awards

Cork Food Map



<http://corkfoodpolicycouncil.com/the-cork-food-map/>

Green Spaces for Health - Community Food Growing



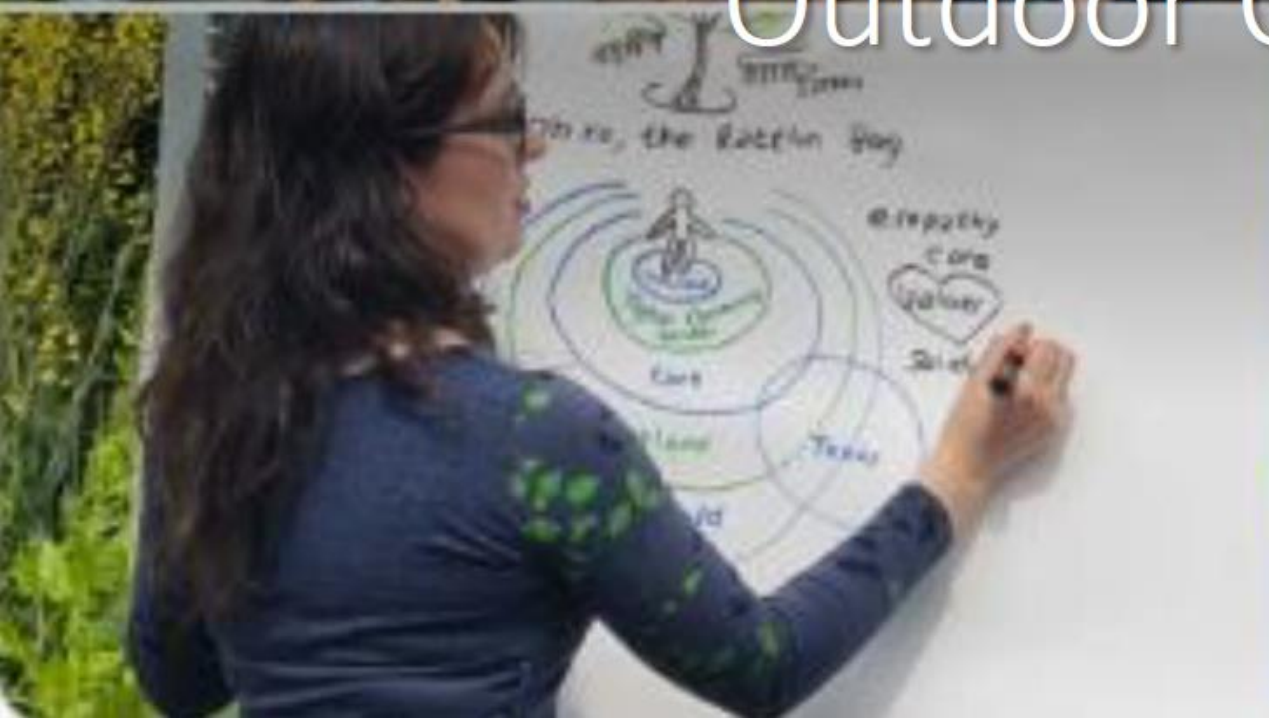
Permacultural Approach in an urban context

- Design System base on design principles
- Ecosystem mimicry
- Complex system optimization
- Conscious design of agroecosystems
- Bringing wildness back, natural spaces and our connection to nature





Outdoor Classroom

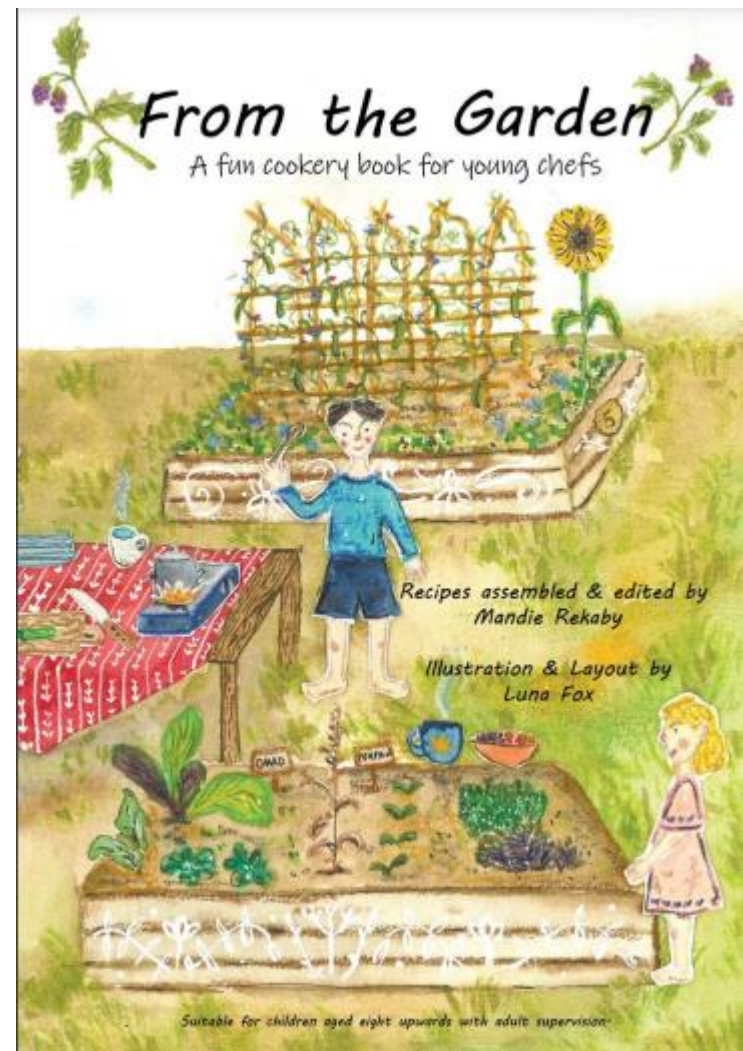
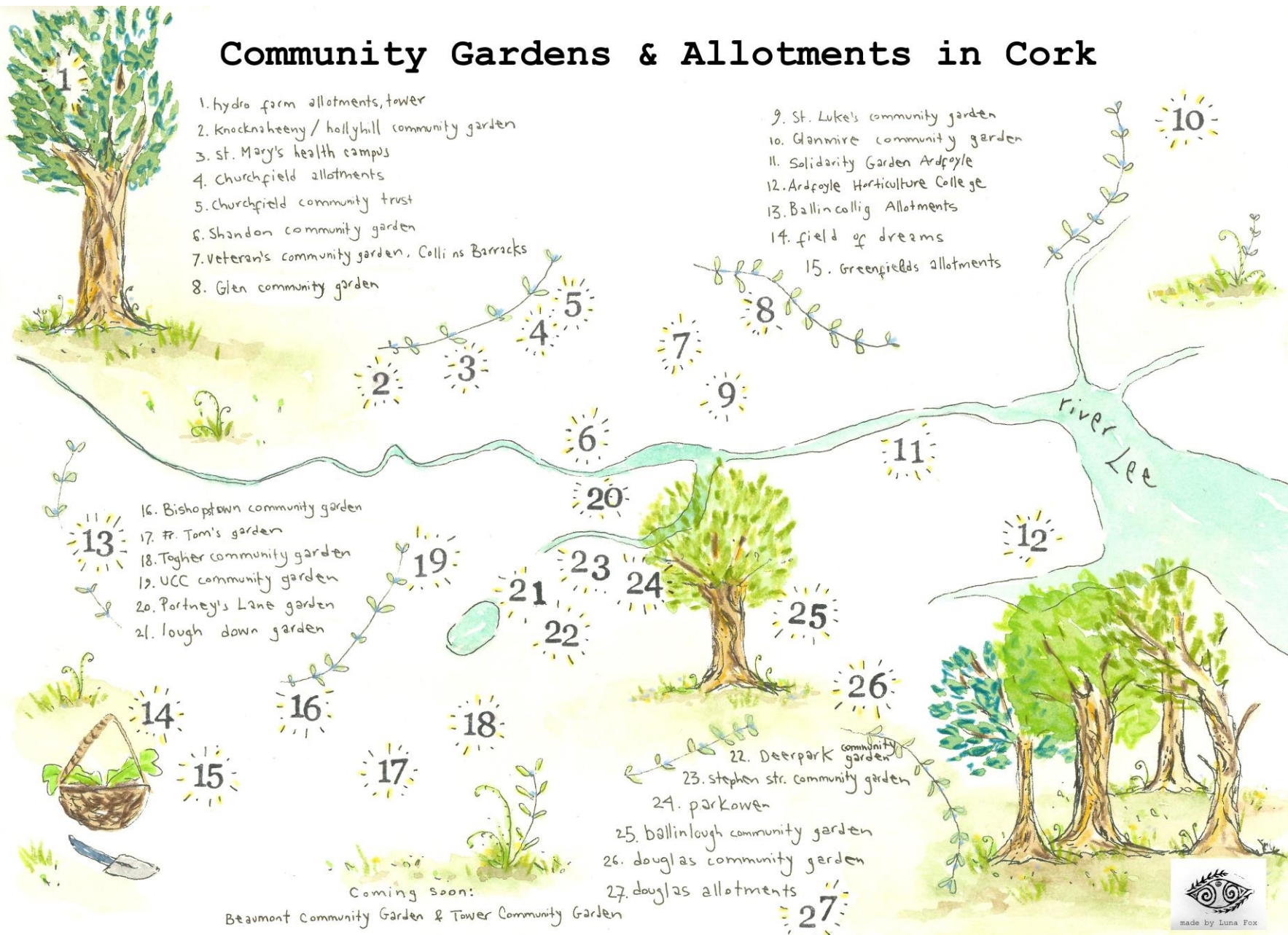


Experimenting





Community Gardens & Allotments in Cork



08:00

Ground-breaking project to enable families to grow food from their own countries in city

The International Garden was initially designed to create a safe space for migrants including newly arrived Ukrainian families in Cork.



The Solidarity Garden, Ardfoy



Place Standard Tool – Food Environments



The Power of Place



FEAST



Food systems that support transitions to healthy and sustainable diets



School of
Public Health



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- Hire a Development Worker – Sandrine Bertin
- Further development of Community Food Growing
- Acquire funding to develop Togher Market Garden
- Cork Food Hub
 - To increase yield - secure land for urban agriculture and market gardens.
- Develop a Food Policy for Cork City
- Collaborate on European initiatives
 - FEAST Living Lab
 - Mapping key stakeholders and existing policy actions in Cork City
 - (FEAST2030, FOODPATH-Europe 2024)

Our Roadmap

POLICY PROCESS

- April – August 1, 2024 Desktop **Review** of other European food policies and development of Food Policy Discussion Document
- August 15th 5pm Launch **Discussion document** (Cork on a Fork Festival)
- Oct 2024 Presentation to **LCDC** on the discussion document and seek endorsement of the proposed roadmap
- Nov– Feb 2025 **Community & Stakeholder consultations** across the city (Locations to be agreed)
- Nov - Dec 2024 **Food Mapping** will be carried out in Sláintecare Region of the city as a case study to be incorporated into the process
- 2025 select 20 representatives across Cork City to engage in a **Citizens Jury (led by Lord Mayor Dan Boyle)** under the 5 objectives of the Food Policy. 2 weekends with feedback from consultations and inputs from experts on each topic
- Dec 2025 Development of **Cork Food Policy**

A Resilient Local Healthy Food System for Cork



Our Vision is to work in partnership to

Influence local food policy to follow best practice in developing a healthy, sustainable and resilient food system

Support new initiatives that promote knowledge, skills and experience around food

Advocate for innovative community food initiatives that seek improvements to the food system, improving equitable access to quality food



NOURISHING FOOD FOR ALL



SUSTAINABLE FOOD SYSTEM



A THRIVING LOCAL & DIVERSE FOOD ECONOMY



RESILIENT COMMUNITY-CENTRED FOOD ENVIRONMENTS



LIFE LONG LEARNING & SKILLS

We are keen to hear from you



Visit <https://consult.corkcity.ie/>



‘Humanity can be stewarded successfully through the 21st century by addressing the unacceptable inequities in health and wealth within the environmental limits of the Earth, but this will require the generation of new knowledge, implementation of wise policies, decisive action, and inspirational leadership’.

THANK YOU

Denise.Cahill@hse.ie