

CALL „FENV“ „Food environments for improved nutrition“

FoCo-Active: Addressing the triple burden of malnutrition through behavioural change in food consumption and physical activity: A rural-urban comparative study in Tanzania

country/countries	Tanzania
funding agency	Federal Ministry of Food and Agriculture - BMEL
project management	Federal Office for Agriculture and Food – BLE
project coordinator	Humboldt-Universität zu Berlin (HUB)
project partner(s)	Leibniz-Zentrum für Agrarlandschaftsforschung (ZALF) e.V., Deutsche Sporthochschule Köln (DSHS), Sokoine University of Agriculture (SUA), University of Dar es Salaam (UDSM)

project budget	1479867,47 €
project duration	08.07.2022-30.09.2025
key words	Triple burden of malnutrition, food and physical activity environments, dietary behaviour, communication tools, physical activity, health literacy
background	<p>The “triple burden of malnutrition”, meaning the coexistence of undernutrition, overweight and obesity and micronutrient deficiencies, is a growing challenge in sub-Saharan Africa. Nutrition transition refers to changes in lifestyle and dietary patterns driven by ongoing urbanization, globalization and economic growth and is rapidly taking place in some developing countries. However, poor households particularly in rural areas still consume mainly grain- and tuber dominated diets that are lacking in micronutrients due to low accessibility and affordability of nutrient-dense foods. The increased prevalence of overweight and obesity can be partly attributed to the urbanized lifestyle leading to unhealthy dietary practices and increasing levels of physical inactivity/sedentary behaviour, fuelling a rise in diet-related non-communicable diseases (NCDs), such as type 2 diabetes, cardiovascular disease and certain forms of cancer. All these risk factors are lifestyle related and are influenced by a change from traditional to more Western or urban lifestyles.</p>
objective	<p>The interdisciplinary research project FoCo-Active focusses on analysing and combating the triple burden of malnutrition in Tanzania. FoCo-Active applies an innovative approach and will simultaneously address food and physical activity environments, diets, consumer behaviour and physical activity levels/sedentary behaviour in urban and rural settings. FoCo-Active will identify health related gaps fostering the triple burden challenge and will design and implement a tailored intervention program including i) demonstration plots/trainings for simple low cost innovations to strengthen production and post-harvest treatments of nutrient-dense plant foods for an improved food environment, ii) market options for healthy and nutrient-dense (plant-) foods, iii) improved options and space for physical activity, and iv) a health literacy program including specific communication tools. Finally, impacts of interventions will be evaluated and tailored guidelines will be developed and disseminated.</p>
results	-
recommendations	-

photos

