

## Introduction

Achieving sustainable, equitable and large-scale improvements in food and nutrition security remains a major global challenge. Researchers, practitioners and policy and investment decision-makers are increasingly favouring “systems approaches” to understand the complex, multi-scalar factors that influence food choices in a given setting, and design actions to enable and encourage healthy diets. Food systems approaches consider the range of individual and contextual factors that mediate food acquisition and consumption, and span issues of governance, equity, sustainability and drivers of change.

## Session outline

This session is associated with the [Food Systems for Improved Nutrition](#) development programme, led by [Julia de Bruyn](#). In two short panel sessions, a theme leader will invite research insights from a series of panel members (including relevant case studies and broader perspectives). Each panel will be followed by small group discussions, in which session participants are invited to share their own reflections and to draw out implications for future research and practice.

### Theme 1. Food system actions for improved nutrition: concepts and practice

This panel will critically reflect on conceptual frameworks that underpin food systems and nutrition-oriented research, and consider their evolution and effectiveness in informing programme design, implementation and evaluation. Panel members will share their first-hand experiences of developing and validating frameworks and tools for African food environments, as well as perspectives on harnessing research findings to inform effective policies and programmes for nutrition and health. In this panel, and our follow-on discussions, we aim to draw out contrasts from Global South and Global North settings, and identify opportunities for lessons and partnerships across contexts.

Theme leader: [Christopher Turner](#) (Natural Resources Institute)

Panel members:

- [Shilpa Constantinides](#) (Drivers of Food Choice, University of South Carolina)
- [Dominic Rowland](#) (Action Against Stunting Hub, LSHTM & SOAS, University of London)
- [Delia Randolph](#) (Natural Resources Institute)
- [Joyce Kinabo](#) (Sokoine University of Agriculture & Tanzania Food and Nutrition Centre)



### Theme 2. Approaching gender, equity and diversity in food systems for nutrition

This panel will share new insights, concepts and debates from innovative research on gender and inequalities in food systems for nutrition. We will reflect on current approaches to conceptualising and measuring norms, agency and power related to inequalities, and the opportunities, disconnects and challenges that occur within and between theory, research and practice. The panel and participants will co-create research priorities and new collaborations for empowering and equitable research and practice.

Theme leader: [Lora Forsythe](#) (Natural Resources Institute)

Panel members:

- [Jody Harris](#) (Institute for Development Studies & World Vegetable Center)
- [Alessandra Galiè](#) (International Livestock Research Institute)
- Gwen Varley (Natural Resources Institute)
- [Sarah Mayanja](#) (International Potato Center)
- [Tania Martinez Cruz](#) (Natural Resources Institute)

