Dialogue 4: “Africa Rapid Urbanization and Growing Middle Class: Challenges and Opportunities to Achieving Healthier Diets and Optimal Nutrition”

Dialogue #4 allowed participants to review recent trends and patterns in urbanization, dietary changes, and the growing overweight and obesity levels in Africa. Participants also reflected on the causes and consequences of the shifts in dietary patterns as well as challenges and opportunities to achieving healthier diets and optimal nutrition. The dialogue explored the required priority actions including policy and regulatory options for urgently addressing malnutrition in all its forms and for promoting healthier diets and lifestyles especially in key sectors like health, agriculture, and urban planning.