Foodscape Walkabouts & Urban Songlines.

Visual and Participatory tools for planning of community food programs – case of Health & Local Community and Ellebjerg programs

Bent Egberg Mikkelsen, professor, Aalborg Universitet
Arkitektskolen 1. September, 2016
Food & placemaking

Place is part of food

Food is part of place
## Selecting communities

<table>
<thead>
<tr>
<th>Variable</th>
<th>Characteristic</th>
<th>Unit</th>
<th>Bornholm Island</th>
<th>Odsherred (Match)</th>
<th>Capital Region</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Geophysical</strong></td>
<td>Population</td>
<td>1000</td>
<td>41</td>
<td>32</td>
<td>1.754</td>
</tr>
<tr>
<td></td>
<td>Area. Square km</td>
<td>km²</td>
<td>588</td>
<td>355</td>
<td>2568</td>
</tr>
<tr>
<td><strong>Health status</strong></td>
<td>Overweight, BMI ≥25</td>
<td>%</td>
<td>50</td>
<td>53</td>
<td>41</td>
</tr>
<tr>
<td></td>
<td>Diabetes</td>
<td>%</td>
<td>6,5</td>
<td>5,7</td>
<td>4,5</td>
</tr>
<tr>
<td></td>
<td>High blood pressure</td>
<td>%</td>
<td>16</td>
<td>23</td>
<td>22</td>
</tr>
<tr>
<td><strong>Health behavior</strong></td>
<td>Citizens with very unhealthy diet behaviors</td>
<td>%</td>
<td>14</td>
<td>16</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Citizens with &lt; 30 min/day MVPA behavior</td>
<td>%</td>
<td>36</td>
<td>41</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td>Citizens with self perceived poor health</td>
<td>%</td>
<td>18</td>
<td>21</td>
<td>15</td>
</tr>
<tr>
<td><strong>Socio Economic Position (SEP)</strong></td>
<td>Without occupational affiliation</td>
<td>%</td>
<td>26</td>
<td>28</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td>Without higher education (only primary + sec. school)</td>
<td>%</td>
<td>19,1</td>
<td>18</td>
<td>7,6</td>
</tr>
</tbody>
</table>
Selecting & engaging communities
How do we assess readiness?

- Evidence - what works elsewhere
- What the community already has
- What the community sees as problems
Mapping the FoodScapes
Being a Civic University & practising Service Learning
Images of Sydhavn Activity- & Foodscapes
lifelong learning

Photos and GIS mapping: Magnus Matias Isbrand Høyrup
Challenges in complex interventions

1. difficulty of standardizing the design
2. delivering the interventions in a way that is sensitive to the features of the local context
3. organizational and logistical difficulty of applying experimental methods to service or policy change
4. length and complexity of the causal chains linking intervention with outcome.

# Socio Economical Position

## Sydhavn keyfigures

<table>
<thead>
<tr>
<th>Socio-Economic Category</th>
<th>Outside Labor market</th>
<th>Unemployed</th>
<th>No education</th>
<th>Under education</th>
<th>Low salary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Områdefornyelse Sydhavn</td>
<td>22.1%</td>
<td>8.8%</td>
<td>32%</td>
<td>18.9%</td>
<td>40.2%</td>
</tr>
<tr>
<td>Det Grønne Sydhavn</td>
<td>18.5%</td>
<td>7.5%</td>
<td>28.2%</td>
<td>19.1%</td>
<td>44.9%</td>
</tr>
<tr>
<td>Sydhavnens Port</td>
<td>28.9%</td>
<td>11.9%</td>
<td>39.4%</td>
<td>16.5%</td>
<td>37.9%</td>
</tr>
<tr>
<td>Tegl- og Sluseholmene</td>
<td>9.6%</td>
<td>2.9%</td>
<td>15.8%</td>
<td>13.7%</td>
<td>21.7%</td>
</tr>
<tr>
<td>Københavner gennemsnit</td>
<td>17.1%</td>
<td>5.9%</td>
<td>21.3%</td>
<td>22.7%</td>
<td>30.6%</td>
</tr>
</tbody>
</table>
Places of interest PoI

• Places
• Hot spots
• Action possibilities
• Affordance locations
• Touch points
Features of a place

- Meaningful
- Functional
- Activity enhancing
- Owned by somebody
- Can be shared
Stakeholders

- Municipality
- Urban renewal
- Local activists
- Community leaders
- Parents/school boards
- Senior groups
- Researchers
- Foundations
Steps
Discover and map the action possibilities

• Performing the PLU stakeholder analysis.
• Foodscape walkabout – exploring the food environment.
• The path between the hot spot = songline.
• Identifying hot spots*.
• Capturing action possibilities using
  – Visuals
  – Narratives
• GeoMapping the hot spots.

*Places of Interest (PoI)
Choosing intervention sites
Stakeholder identification PLU approach
(Readiness)

<table>
<thead>
<tr>
<th>Stakeholder</th>
<th>Power</th>
<th>Legitimacy</th>
<th>Urgency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Municipality</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>School Head teacher</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Local Media</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shoop keepers association</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Local NGO’s</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Category</th>
<th>Low</th>
<th>Low-medium</th>
<th>Medium</th>
<th>Medium-high</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>
1\textsuperscript{st} iteration
Identifying community support

<table>
<thead>
<tr>
<th>Describe the type of stakeholders (E.g. community leaders)</th>
<th>Power</th>
<th>Legitimacy</th>
<th>Urgency</th>
<th>Total score ((P<em>L</em>U)) (&quot;The importance of that stakeholder&quot;&quot;)</th>
<th>Success criteria (&quot;What is in it for me)&quot;</th>
<th>Adoption of innovation ((Early mover, laggard etc.))</th>
<th>Actions that might get the stakeholder what he wants</th>
<th>Resources needed for such actions ((money, time, knowledge))</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
2\textsuperscript{nd} iteration

mapping actions opportunities

Mapping the Ellebjerg school garden

No access

Unsafe

Playground

Pain

Mess

Risk of drowning

Social interaction

Hiding place

Teglborg et al 2014
The janitor’s story

The janitor thinks the garden is great, but there is not always time to maintenance, because other jobs around the school often have a higher priority than the garden. He used to play and grow things in the garden when he was a child.

“The children love to be in the garden”

“They sometimes use the garden for projects, like the windmills they made in a science project”

“The garden is divided between the children and the elderly”

“Sometimes the garden grow out of control, and the stinging nettles grow larger than the children”

Teglborg et al 2014
The following illustration is created on the basis of the walkabout with end-user 2.

Bundgård, L & Jørgensen, NK: The further development of a foodscape approach based method for assessing action and intervention opportunities in a local community food environment.
4th iteration
adding narratives
Choosing intervention components score card

<table>
<thead>
<tr>
<th>Intervention component</th>
<th>Price</th>
<th>Strength of evidence base</th>
<th>Acceptability as assessed by mediators, How meaningful it is to the mediators</th>
<th>Acceptability as assessed by target group How meaningful it is to the end users/target group</th>
<th>Infrastructures or activities already present</th>
<th>Total score</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low</td>
<td>Low</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Low-medium</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium-high</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>High</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Garden became the place

Vision: an intergenerational green hotspot
Community Program Development

ten steps

• Sketch a protocol
• Identify stakeholders
• Assess their readiness
• Map what's already there
• Map needs & expectations

• Identify action opportunities
• Draw on the evidence base
• Create alliances
• Choose intervention components
• Re-engineer your protocol
What to do, with who & where

• Best theoretical foundation
• Strongest evidence base
• Most engaged mediators
• Most changeable environments
• Best affordances
• Most things to improve
• Ongoing activities
Thanks for your attention

bemi@dcm.aau.dk, 25 38 43 66

• Personal web site:
  http://personprofil.aau.dk/119690?lang=en
• Linked in: http://dk.linkedin.com/pub/bent-egberg-mikkelsen/7/713/13b
• ResearchGate:
  http://www.researchgate.net/profile/Bent_Mikkelsen
• Instagram: @bentegberg
• Web: capfoods.aau.dk
• Publons: https://publons.com/author/559299/bent-egberg-mikkelsen#profile
Thanks to the people of Bornholm & Sydhavn

the Sol team

Charlotte Glumer
Ulla Toft
Lise L Winkler
Tine Buch Andersen
Bjarne Bruun Jensen
Paul Bloch
Helene C. Reinbach

The Sydhavn Campus’n Community co-workers. Nethe K Jørgensen, Line
Bundsgård, Anna Pries, Lovisa
Pettersson, Milou van Empel,
Session A3 Community gardens as spaces for knowledge, learning & action

School gardens in Denmark -- organization and effects of the Gardens for Bellies school garden program, Pernille Malberg Dyg

Seeding social capital? Community gardening and social capital, Søren Christensen, Tania Aese Dræbel

Activity enhancing urban spaces -- new green potentials for local action, Bent Egberg Mikkelsen

Agronomical and collective knowledge: comparative analysis of two urban gardens in Greece, Vasiliki Giatsidou, Maria Partalidou

Chairs: Bent Egberg Mikkelsen, Pernille Malberg Dyg
Aalborg University and Metropolitan University College are proud to welcome you to the 10th International Conference on Culinary Arts & Sciences in Copenhagen. It takes place July 6-7th in Central Copenhagen, with pre-conferences on July 5. The conference theme is Future Foodscapes and 6 important themes will be covered:

- Food service and hospitality
- Food heritages and authenticity
- Big food data and small devices
- Urban food systems and sustainable diets
- Gastroscopy and culinary sciences
- Food choice and dynamic consumption

We invite you to submit your best work and are looking forward to see you in Copenhagen.

http://www.capfoods.aau.dk/iccas17