

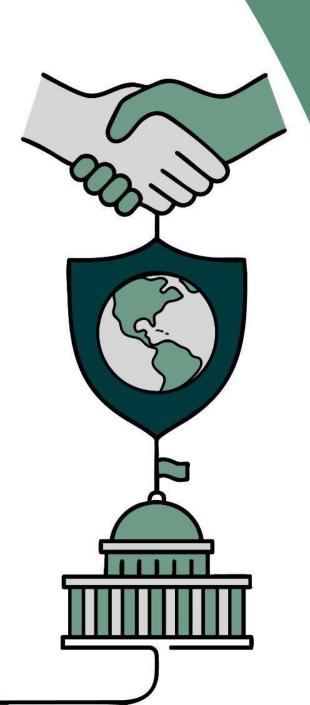


Human Security and Regional Stability: Parliamentary Responses to Challenges in the Americas and the Caribbean

First Gathering of the ParlAmericas
Parliamentary Network on Security

November 27 - 28, 2025

Panama City, Panama







Food Security: Legislative Responses to End Hunger

Session 3

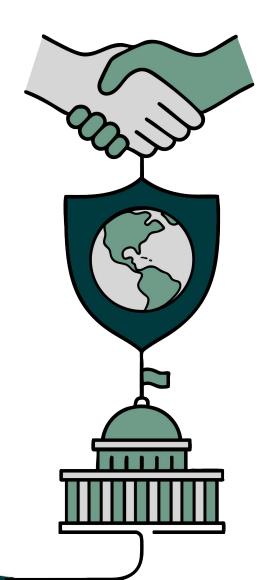






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FOOD SECURITY:

Legislative Proposals to Combat Hunger

A dialogue on the food future of the Americas and the Caribbean

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28/11/25











1. General overview of the state of food insecurity in the Americas and the Caribbean. Different experiences based on gender, age and other factors.

Subregión	Prevalencia de Hambre (2023, %)	Personas Afectadas (millones)	Inseguridad Moderada/G rave (2023, %)	Personas Afectadas (millones)
Sudamérica	5,2	22,8	25,1	110,4
Mesoamérica	5,8	10,5	28,2	51
Caribe	17,2	7,7	58,8	26,3

Situación actual del hambre en la región

Cifras Clave 2023

En 2023, el hambre afectó a 41 millones de personas en la región (6,1% de la población), mostrando una reducción significativa de años anteriores.

Tendencia y Variaciones

Con una reducción de 2,9 millones desde 2022, es la única región con tendencia a la baja. El Caribe presenta la mayor prevalencia (17,2%).

The COVID-19 pandemic exacerbated this crisis, deepening pre-existing inequalities throughout the region.

DIFFERENTIATED IMPACT OF HUNGER

Factor	Impactos Principales	Estadísticas Clave (ALC, 2019 2023)	Ejemplos Subregionales/Países
Género	Mujeres con mayor inseguridad y menores ingresos, recursos y oportunidades laborales; indices mayores de obesidad, anemia y cargas reproductivas. La brecha para mujeres es de 6,7% mayor que la de hombres)	La anemia afecta al 22 % de mujeres en edad fértil, con mayor prevalencia en el Caribe (30,3 %).	Brecha creciente en Mesoamérica (7,9 %); Argentina y Perú: altas disparidades.
Edad	Niños y adolescentes más vulnerables a desnutrición crónica y sobrepeso; adultos mayores a enfermedades no transmisibles (ENT). Doble carga en <5 años: retraso en crecimiento y obesidad.	Doble carga nutricional en la región: en la primera infancia hay desnutrición y sobrepeso; en la adolescencia la obesidad alcanza a casi un tercio; y en adultos más de 100 millones de personas.	Baja lactancia exclusiva en Caribe (26%) y se ha duplicado el sobrepeso infantil en Sudamérica desde 2000.
Etnia	Las poblaciones indígenas y afrodescendientes enfrentan una desventaja estructural: viven en territorios con rezago y tienen menos acceso a una alimentación adecuada y a servicios esenciales	Las comunidades indígenas y afrodescendientes enfrentan una doble carga nutricional con mayor intensidad que la población no indígena, y su riesgo relativo es hasta tres veces superior.	Guatemala: 70% RC en Totonicapán (indígena); Bolivia: altos rezagos en norte indígena.
Otros (Ruralida d/Pobrez a)	Rurales y pobres extremos más expuestos a subalimentación; urbanización fomenta obesidad por ultraprocesados.	Rural: 35,3% en rezago RC; pobreza extrema: 21,2% en territorios rezagados. Inseguridad: 39,3% en Mesoamérica rural.	Haití: 48,2% subalimentación; pequeños productores: ingresos 73% menores.

WOMEN:

They face greater obstacles in rural areas due to gender gaps in access to productive resources, education and employment.

CHILDREN (BOYS AND GIRLS):

They are vulnerable to malnutrition, which affects their physical and cognitive development in an irreversible way.

OLDER ADULTS:

They are affected by poverty and chronic illnesses and face barriers in accessing healthy foods.

Non-communicable diseases: high blood pressure, diabetes, cardiovascular diseases, cancer and chronic respiratory diseases.

2. Explaining the connections between food security, human security and stability

Food security is not an isolated issue: it is intertwined with human security and social, economic and political stability. When analyzed through the lenses of gender, age and other factors, these connections become even clearer and more urgent.

1. FOOD SECURITY AND HUMAN SECURITY:

DEFINITION OF HUMAN SECURITY: "It goes beyond the absence of violence; it involves guaranteeing the basic conditions for a dignified life: health, education, housing, food and participation."

FOOD AS A CORE ELEMENT: "Without stable access to healthy, nutritious and culturally appropriate food, physical and mental health, productivity and social cohesion are compromised."

DIFFERENTIATED IMPACT OF FOOD INSECURITY:

- WOMEN: increases vulnerability to domestic violence, labor exploitation and poverty.
- CHILDREN AND YOUTH: hunger and malnutrition affect cognitive and emotional development, limit educational and employment opportunities and perpetuate cycles of insecurity.
- OLDER ADULTS: lack of access to healthy diets increases chronic diseases and dependency, weakening autonomy and the perception of personal security.

2. FOOD SECURITY AND SOCIAL/POLITICAL STABILITY

COMMUNITY STABILITY:

"In communities with access to sufficient, good-quality and nutritious food, conflicts are reduced and solidarity networks are strengthened."

INSTABILITY DUE TO FOOD CRISES:

- FORCED MIGRATION: food shortages drive internal and cross-border displacement.
- SOCIAL PROTESTS: increases in food prices often trigger demonstrations and political tensions.
- 3. INTERSECTIONAL FACTORS: These can lead to the loss of identity, culture and tradition.
- **GENDER:** Women, as those responsible for food management in many households, become key actors of food stability or vulnerability.
- AGE: A lack of access to adequate food can have a devastating effect, impacting not only physical health, but also cognitive, emotional and social development. It leads to difficulties in school, problems getting well-paid jobs, greater susceptibility to violence and exploitation, and vulnerability to recruitment by criminal or other groups.
- **TERRITORY:** Rural areas with low investment in food infrastructure face a higher risk of exclusion and conflict because of little access to food, drinking water, education and health care.

4. STRATEGIC CONNECTIONS

• FOOD SECURITY → HUMAN SECURITY:

Ensuring adequate food protects people's health, dignity and autonomy.

• HUMAN SECURITY → STABILITY:

When basic needs are met, social tensions decrease and trust in institutions increases.

STABILITY → FOOD SECURITY:

A stable political environment facilitates investment, inclusive public policies and resilience to climate or economic crises.

5. IMPLICATIONS FOR INCLUSIVE POLICIES

GENDER- AND AGE-SENSITIVE DESIGN:

Food programs must take into account the different vulnerabilities faced by women, children, older adults, rural and Indigenous populations and others—"leaving no one behind."

ADAPTIVE SOCIAL PROTECTION:

This comprehensive approach makes it possible to address food insecurity and poverty by combining different strategies and support programs for the most vulnerable people, for example: cash transfers, community dining halls and school feeding as buffers in times of crisis.

TERRITORIAL RESILIENCE:

Investing in local agri-food systems strengthens both food security and social cohesion.

COMMUNITY PARTICIPATION:

This is essential to guarantee inclusive, equitable and sustainable food governance, taking into account in decision-making the needs and priorities of stakeholders and thus reinforcing institutional legitimacy and stability.

Summary: Food security is the heart of human security and the foundation of social and political stability. Without it, inequalities of gender, age and territory are amplified, generating tensions that put peace and sustainable development at risk.

Inseguridad alimentaria en personas adultas mayores				
Factores diferenciados según grupo etario				
Grupo etario	Edad	Género	Otros factores clave	
Adultos mayores jóvenes (60–69)	The state of the s	Las mujeres asumen roles centrales como cuidadoras, sosteniendo el	The state of the s	
	A CONTRACTOR OF THE PROPERTY O	Las mujeres continúan como cuidadoras, pero enfrentan barreras para acceder a una nutrición adecuada.	The state of the s	
Adultos mayores longevos (80+)	Alta dependencia y movilidad reducida. Requieren apoyo para adquirir y preparar alimentos.	muchas sin protección social	En contextos rurales, enfrentan mayor riesgo de desnutrición y exclusión alimentaria.	

1. Sharing with parliamentarians some concrete priorities for legislative action on food security

■ TABLA SÍNTESIS: PILARES Y ACCIONES LEGISLATIVAS				
PILAR	OBJETIVO	ACCIONES LEGISLATIVAS		
Valor agregado e innovación	Mejorar ingresos y calidad con productos y saberes de procesamiento local	lincentivos fiscales, compras públicas, estándares del		
Uso de subprod. agroindustriales	Reducir pérdidas y crear nuevos alimentos/insumos	Reglamentos promov el upcycling, certificación sanitaria ágil, fondos de bioeconomía		
Ciencia abierta	Democratizar evidencia y tecnologías	Requisitos de datos abiertos, repositorios nacionales, licencias abiertas		
Bioeconomía	Escalar soluciones basadas en biodiversidad	Estrategia nacional con financiamiento, clústeres regionales, medidores de impacto		
Fomentar sistemas alimentarios desde el campo a la mesa: buenos, limpios y justos. Que aseguren dietas saludables		Políticas de entornos alimentarios, agroecología,		
SIPAM y patrimonio	Proteger sistemas alimentarios ingeniosos y tradicionales	Reconocimiento legal, salvaguardas, promoverr compras patrimoniales		
Paz y cohesión	Tejer confianza e inclusión	Programas alimentarios comunitarios, con sinergia entre agro, gastronomía, turismo, desarrollo territorial y generar empleo juvenil		

PILLAR	OBJECTIVE	LEGISLATIVE ACTIONS
Recognition of the human right to food	Give relevance to the pillars and different approaches of Food and Nutrition Security (SAN).	Approve constitutional amendments or laws for this right with a gender, ethnic, age and rurality approach.
Strengthen family farming and artisanal fishing	Support producers and their families as the primary source of food.	Legislate for preferential public procurement from small producers and soft loans; allocate GDP-level budget.
Food loss prevention (PDA)	Avoid food losses throughout the entire cycle.	Implement surplus food laws and prevention codes.
Promote healthy diets	As a source of quality of life and longevity.	School programs on healthy gastronomy and nutrition with local purchasing.
Promote agroecology and climate resilience	reduce excessive purchase of agrochemicals	Legislate early-warning systems and funds, climate insurance.
Alliances	Promote the integration of the five "helices" of sustainable development.	Promote programs on food quality and nutrition, access to land and others.
Financing and monitoring	Give priority to R&D in research and technology transfer.	Prioritize these topics in international cooperation.

NICOYA BLUE ZONE: LIVING EVIDENCE

PROMOTE A HEALTHY LIFESTYLE AND GASTRONOMY FOR OPTIMAL LONGEVITY AND QUALITY OF LIFE.

Dan Buettner, in his Netflix series "Live to 100: Secrets of the Blue Zones," identifies some of the healthy habits and lifestyles of people living in these areas: the importance of a healthy and nutritious diet, exercise, social connection and telomere length of chromosomes. Their diet is based on fruits, vegetables, legumes, whole grains and fermented foods.

One example of these six Blue Zones in the world is in Guanacaste, Nicoya, Costa Rica, where the population's diet is based on local products (Km 0), which together with other factors favor a longer life expectancy.

Their healthy "eco-gastronomy" is based on the Mayan Indigenous trilogy (maize, beans, cucurbits—squash, pumpkins, chayotes, edible greens), avocados, fruit trees and others. Maintaining an active lifestyle and sharing with family, friends and neighbors, along with spirituality and a calm, unhurried life, are key.

Studies have shown genetic evidence, since chromosome telomere length is associated with longevity and health. In addition, the intestinal microflora has many beneficial bacteria.





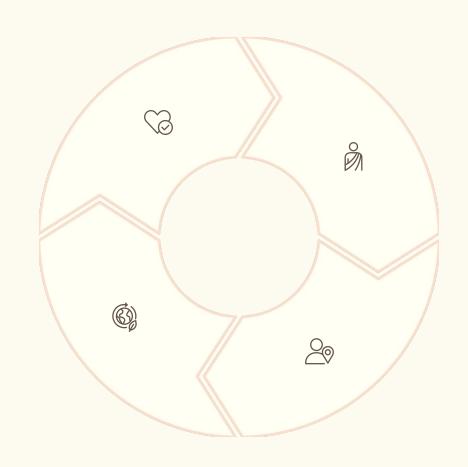
BENEFITS OF HERITAGE GASTRONOMY

COMMUNITY HEALTH

Nutritious foods free of chemicals.

SUSTAINABILITY

Protection of the environment.



CULTURAL IDENTITY

Preservation of ancestral traditions.

LOCAL ECONOMY

Support for regional producers.

A CALL TO ACTION

Food security is not only a human right, but also a pillar of socio-economic stability. Strategies such as the network of Important Systems of World Agricultural Heritage (SIPAM) promote agrobiodiversity and food security in regions with knowledge and flavors that preserve their traditional practices and identity to this day.

COMBAT HUNGER

With comprehensive and sustainable policies

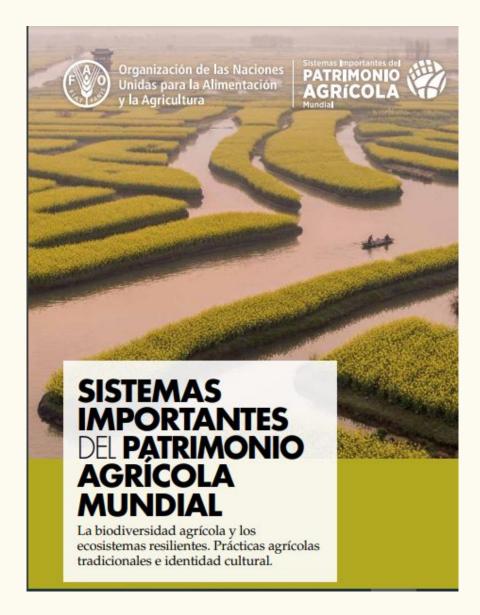
IMPROVE COMMUNITY HEALTH

To the community

PRESERVE TRADITIONS

Strengthens resilience

Supporting agroecology, heritage eco-gastronomy and local consumption is an investment in our collective future.









Social and Economic Security: Protecting Livelihoods and Reducing Vulnerabilities

Session 5

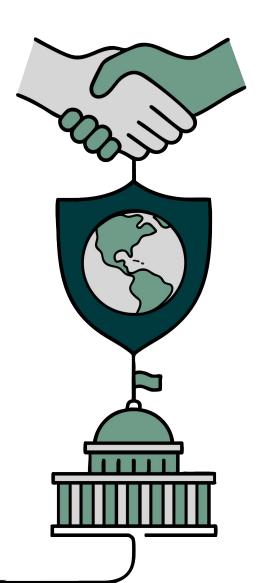






Simone Cecchini

Director CELADE - CEPAL



Promoting inclusive social and economic security that responds to demographic shifts





Simone Cecchini

Director, Latin American and Caribbean Demographic Centre (CELADE) - Population

Division of the ECLAC

First Gathering of the ParlAmericas Parliamentary Network on Security

Human Security and Regional Stability: Parliamentary Responses to Challenges in the Americas and the Caribbean

28 November 2025, Panama City

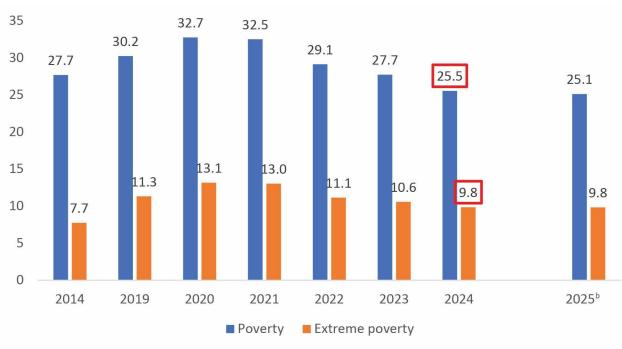
Complex social panorama of Latin America and the Caribbean, impacted by rapid demographic change

- **Human security**: overlapping threats of poverty, inequality, economic crises, violence, natural disasters, epidemics
- Demographic shifts have profound impacts on societies and economies.
- Low fertility, ageing, and migration affect all public policy domains: especially education, health, pensions, care, the labour market, productivity, savings.

High levels of income poverty and inequality, albeit with recent reductions

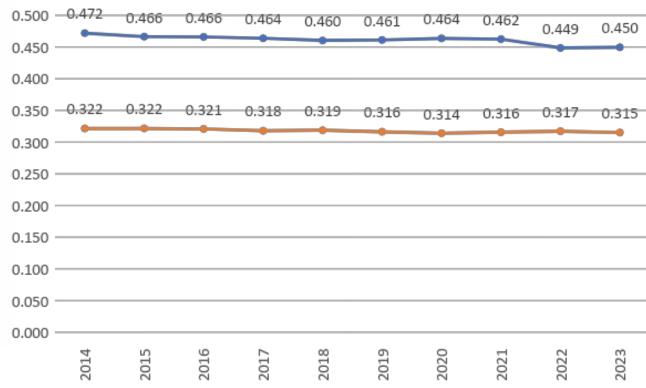
Latin America (18 countries): population in extreme poverty and poverty, 2014–2025

(Percentages)



Source: Economic Commission for Latin America and the Caribbean, on the basis of the Household Survey Data Bank (BADEHOG).

Latin America (15 countries) and OECD (33 countries): Gini index, 2014–2023



Source: Economic Commission for Latin America and the Caribbean, on the basis of the Household Survey Data Bank (BADEHOG), and World Bank Open Data (https://data.worldbank.org/).

Simple average.

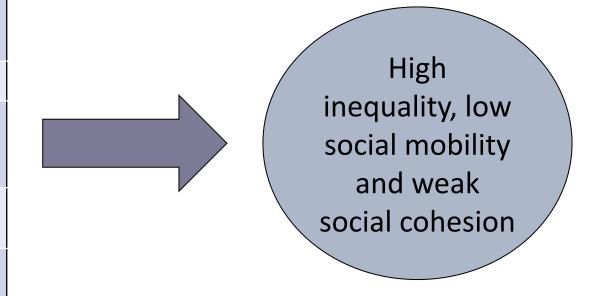
^a Weighted averages for the following countries: Argentina, Bolivarian Republic of Venezuela, Brazil, Chile, Colombia, Costa Rica, Dominican Republic, Ecuador, El Salvador, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay, Peru, Plurinational State of Bolivia and Uruguay.

^b Projections.

The main factors that explain the trap of high inequality, low social mobility and weak social cohesion in Latin America and the Caribbean

The main factors behind inequality:

- Low growth, a sluggish labour market and uneven productivity
- 2. Regressive tax systems
- Weak social policies and social protection policies that do little to reduce production-based inequality
- 4. Education systems with serious deficiencies
- 5. Structural gender inequality and inadequate care policies and systems
- Large inequalities and spatial segregation in urban areas



Discrimination and human rights violations experienced by certain population groups

Source: Economic Commission for Latin America and the Caribbean. (2024). *Development Traps in Latin America and the Caribbean:*Vital Transformations and How to Manage Them (LC/SES.40/3-P/-*).

Low fertility rates: with 1.8 live births per woman the region stands below the replacement rate

Latin America and the Caribbean (47 countries and territories): total fertility rate, 2024 (Number of live births per woman aged 15-49)

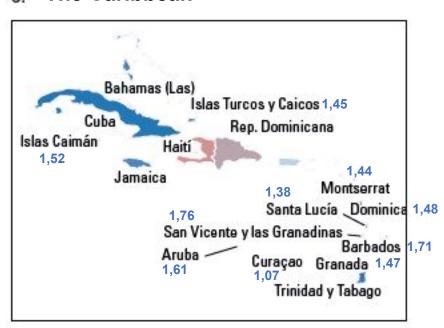
A. South America



B. Central America

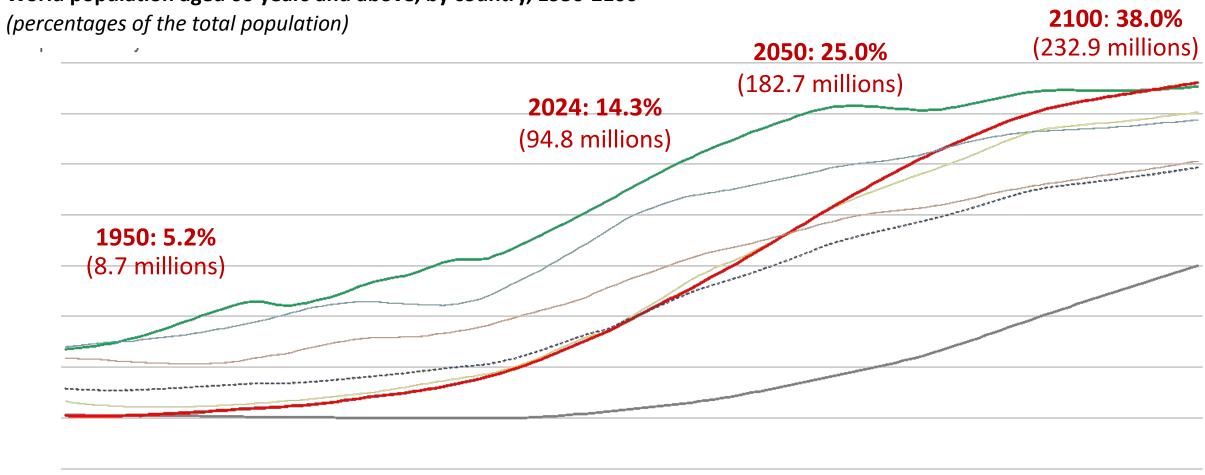


The Caribbean



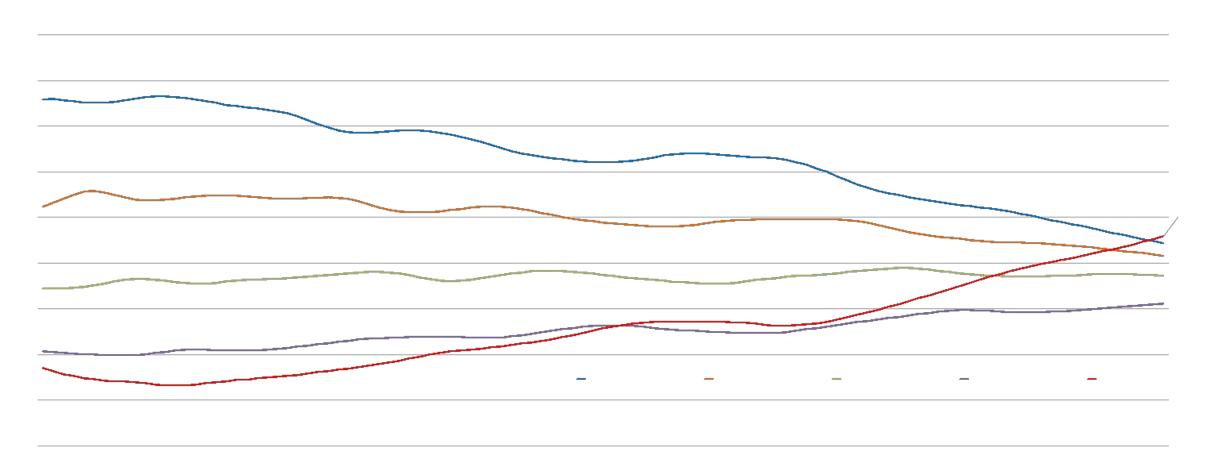
Rapid population aging: in 2050 there will be twice as many older people than in 2024

World population aged 60 years and above, by country, 1950-2100



The 80 and over age group is the fastest growing

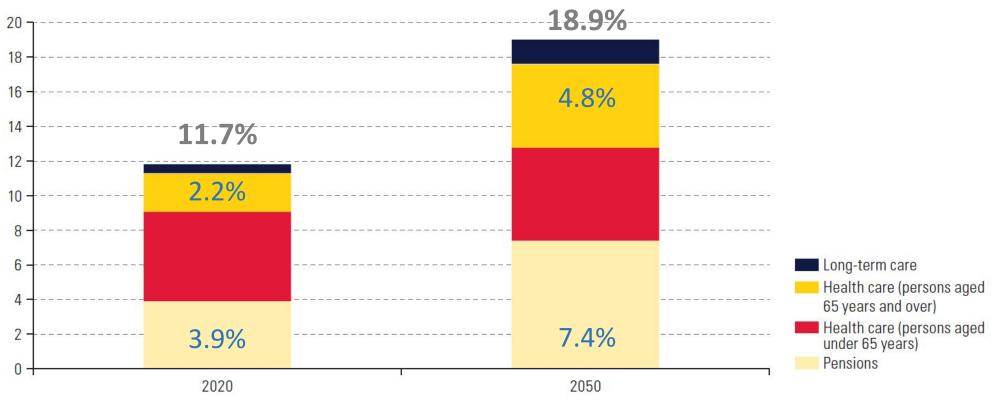
Latin America and the Caribbean: Relative distribution of the older population by age group, 1950-2060 (percentages of the population aged 60 and over)



We need to plan ahead, as ageing will lead to increased spending on pensions, health care and long-term care

Latin America and the Caribbean (16 countries): public and private spending on pensions, health and long-term care, 2020 (estimations) and 2050 (projection)

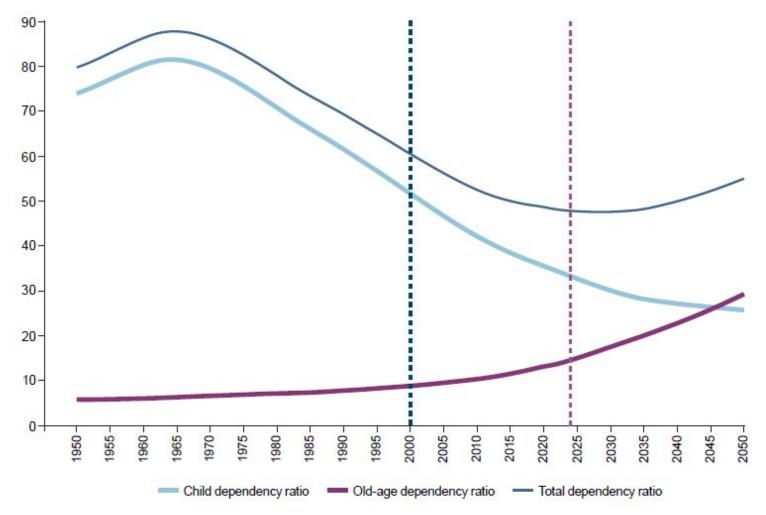
(Percentages of GDP)



Source: Economic Commission for Latin America and the Caribbean (ECLAC), on the basis of N. Aranco and others, *Ageing in Latin America and the Caribbean: social protection and quality of life of older persons*, Washington, D.C., Inter-American Development Bank (IDB), 2022.

The rapid increase in the dependency ratio of older people will bring to the end of the demographic dividend in 2028

Latin America and the Caribbean: Total, child, and elderly demographic dependency ratio, 1950–2050 (per 100)

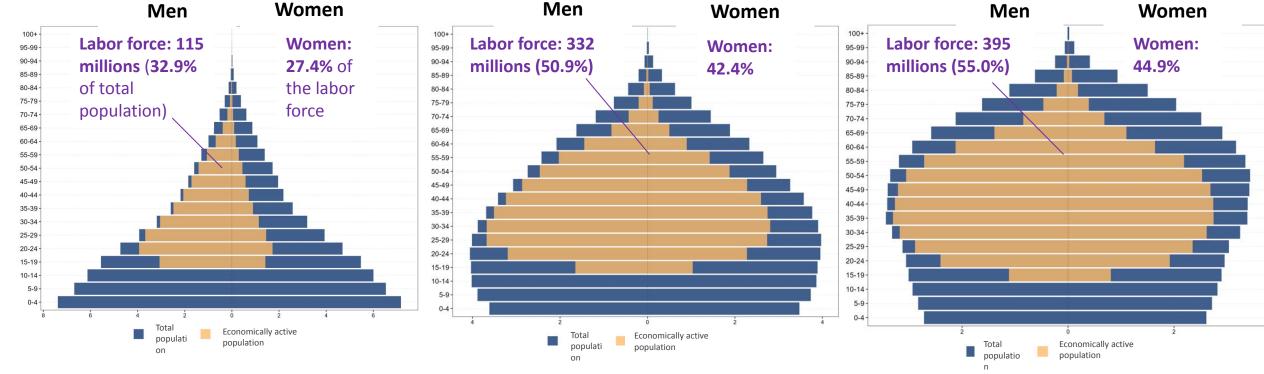


The workforce is also aging. It grows with greater participation of women

Latin America (20 countries): sex and age structure of the total population and labor force, 1980, 2024 and 2050 (percentages)

1980 2024 2050

Men Women Men Women Men Wor



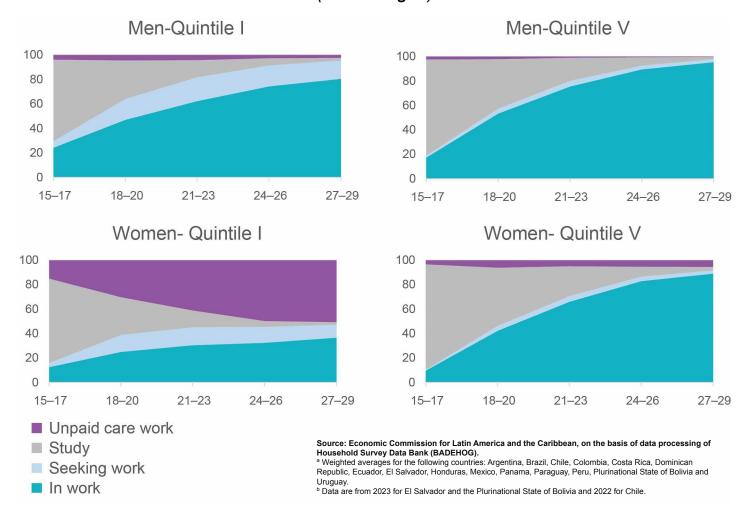
Source: Economic Commission for Latin America and the Caribbean (ECLAC)/United Nations, "Estimates and projections: Excel files. Revision 2024" [online]

https://www.cepal.org/es/subtemas/proyecciones-excel;

An excessive burden of care work holds young women back from participating in work and education

Latin America (15 countries):^a main activity of persons aged 15–29, by income quintile and age range, 2024^b

(Percentages)



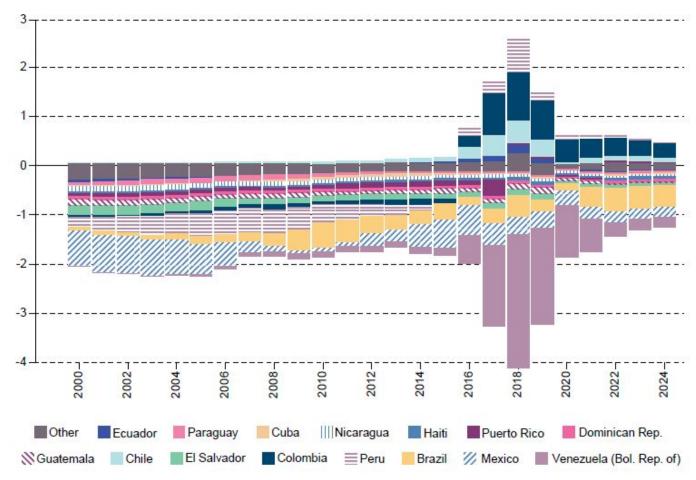
- A larger proportion of **young women** than of young men have unpaid domestic and care work as their main activity in all age groups.
- In the first quintile, 38% of young women (aged 15–29) are mainly engaged in unpaid care work, compared with 3.4% of men.
- The excessive burden of unpaid work limits young women's participation in education, the labour market, the public and political spheres and leisure activities.

Growth of intra regional migration, mostly linked to emigration from Venezuela

- Since 2016, acceleration of emigration from Venezuela, reaching a peak in 2018 (1.4 million).
- The intensity of the flow of Venezuelan migrants to countries such as Brazil, Chile, Colombia, Ecuador and Peru is unprecedented in the region's recent history.

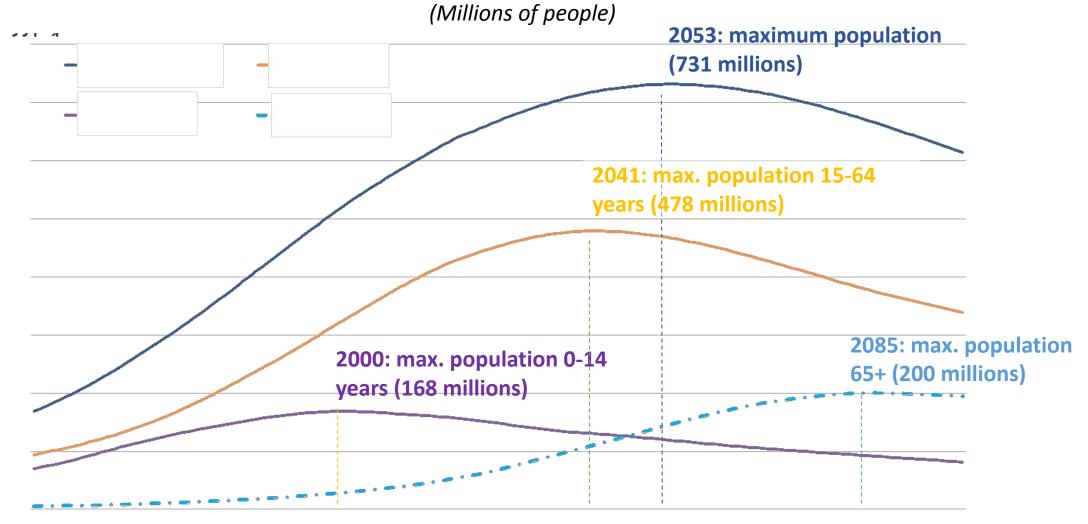
Latin America and the Caribbean (15 countries): net migration, by country, 2000-2024

(Millions of people)



In 2024, the population of Latin America and the Caribbean reached 663 million people. It will peak in 2053

Latin America and the Caribbean: Total mid-year population by age group, estimated and projected, 1950–2100



Impacts of demographic trends on education systems

- Demographic data allows to estimate future educational demand.
- The size of the population to be included in the education system is a key dimension for **estimating human and financial resource needs**.
- Progressive decrease in the size of the educational demand from the child and adolescent population. Window of opportunity to reinvest resources in policies that help address the historical shortcomings of education systems in terms of quality, equity, and inclusion.
- Migration also has effects on the size and age structure of the population, and therefore on the education systems of countries of origin and destination.

Key strategies for escaping the trap of high inequality, low social mobility and weak social cohesion

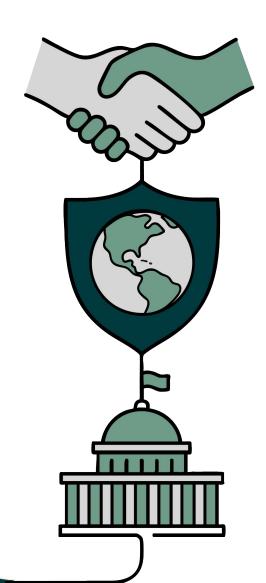
- 1. Reduce **education** inequality
- 2. Create quality jobs by accelerating productive transformation
- 3. Improving and expanding social protection
- 4. Advance gender equality and the care society
- 5. Tackle the **discrimination** against and exclusion of persons with disabilities, Indigenous Peoples and migrants
- 6. Strengthening **institutional frameworks** for social policy and financing thereof (more progressive tax structures)
- 7. Improve data and foresight: support the production and dissemination of regular demographic data. Translate data into budgetary and legislative action





Andrea Villalobos

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Human Security and Health: A Comprehensive Perspective

First Meeting of the Parliamentary Network on Security in the Americas Human Security and Regional Stability: Parliamentary Responses to Challenges in the Americas and the Caribbean

Panama, November 28, 2025



Human Security

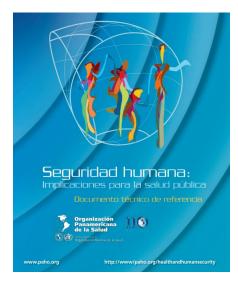
The main objective is to protect and guarantee three essential freedoms for individuals and communities:



- ☐ freedom to live without fear
- freedom to live without want
- libertad para vivir con dignidad



OPS CD50.R16 Salud seguridad humana



Seguridad humana: implicaciones para la salud pública



OPS CD59-INF-15-s-salud-seguridad-hu mana-bienestar

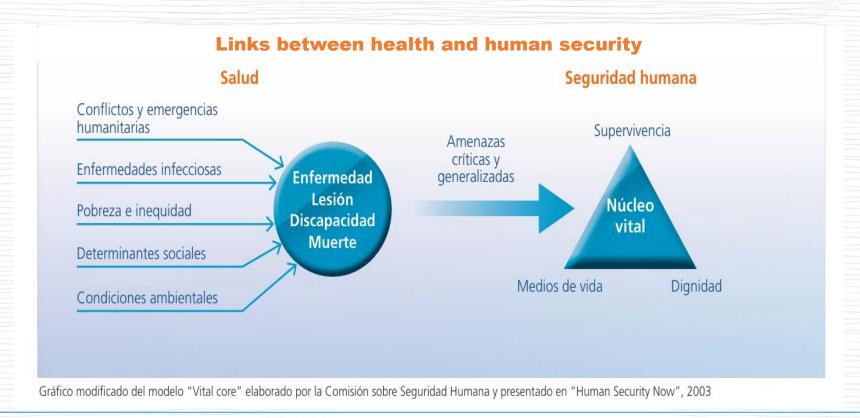
This framework gives health interventions a broader and deeper purpose, because it links them to multiple aspects of human freedom and fulfillment.

Requires greater collaboration between governments, parliaments, international organizations, and civil society to address widespread and cross-cutting threats to human life and integrity.

Health as a pillar of human security

Health issues are increasingly becoming threats to human security due to their scale, complexity, and urgency.

There is a relationship of interdependence between these concepts.







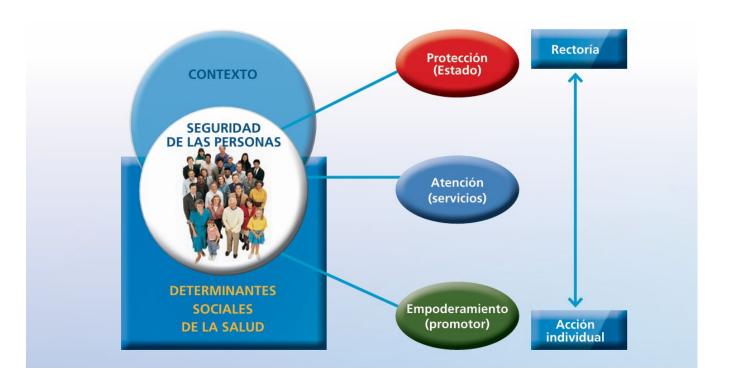
Social protection

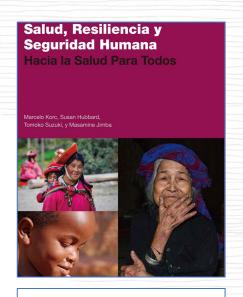
The protection pillar of the human security approach is fundamental to public health. Protection helps people cope with risks, contingencies, and deprivations that affect their livelihoods.

When they work well, these mechanisms break cycles of poverty, protect the most vulnerable, and reduce exposure to risks that can lead to situations of insecurity.

It includes policies such as:

- Exemption from healthcare costs,
- Conditional cash transfers,
- ✔ Food subsidies,
- ✓ Social pensions,
- and School support.





Resilient health systems

Resilience is not built overnight.

It requires a vision of statehood, sustained investment, solid regulatory frameworks, and the participation of all sectors of government, including parliaments, and of society as a whole.

Strengthening resilience involves:

- Move toward universal health access and coverage.
- Invest in primary health care.
- Strengthen disaster risk reduction.
- Improve epidemiological surveillance
- and ensure that services effectively reach the most vulnerable populations.



Threats to human security

Multiple factors simultaneously threaten human security in the Americas:

- Emerging communicable diseases,
- Economic crises,
- · Violence,
- Natural disasters and impacts of climate change,
- Mass migration,
- and Persistent inequalities.

- ✓ In the health sector alone, PAHO analyzes more than 2.4 million public health alerts each year and detects around 160 acute events in the region, many of which have the potential for international impact.
- ✓ The recent dengue epidemic in the region—with more than 11 million cases and nearly 6,000 deaths in 2024—demonstrated the importance of robust surveillance systems and prepared health systems.
- ✓ Major epidemics and pandemics not only put lives at risk; they also affect trade, supply chains, tourism, and employment.
- ✓ The 3.5% contraction in global GDP during the COVID-19 pandemic is a stark reminder that health security is essential for economic and social stability.

Impact of violence on physical and mental health

Threats to human security include violence in all its forms.





It is estimated that one in five people in conflict situations will suffer from a mental health disorder, with a high probability of becoming trapped in a cycle of violence.

Lack of access to quality treatment for these conditions can have negative social and economic consequences.

PAHO works to support countries in developing policies, plans, and services that promote mental health, prevent the development of mental disorders, reduce the burden of disease, and strengthen rehabilitation.

Recent figures highlight the seriousness of the problem: 1 in 3 women and girls over the age of 15 has experienced physical or sexual violence at some point in her life, which equates to 123 million women affected.

Parliaments in social, economic, and human security

Functions of human security in the field of health



Fuente: Salud, resiliencia y seguridad humana, Hacia la Salud para todos

- Ensure the necessary public funding to guarantee the resilience of national health systems;
- ☐ Facilitate the involvement of other sectors beyond health, such as agriculture, environment, or science and technology, to prevent potential disease transmission, strengthen the One Health approach, and respond to antimicrobial resistance;
- □ Advance innovation and improve access to health technologies and medical products through appropriate legal and regulatory frameworks, sufficient public budgets, and evidence-based decisions.

THANK YOU



