



DOUGHNUT ECONOMICS - A ROADMAP FOR A THRIVING SUSTAINABLE CITY

by

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Abstract

On April 3, as Covid-19 was spreading around the world, Cyclone Harold made landfall in Vanuatu, a small island state in the middle of the Pacific Ocean. With its economy that is heavily dependent on tourism already suffering, relief efforts were made difficult as resources were dedicated to combating Covid-19. Moving forward, resilience needs to be the imperative of development. Societies that have the ability to bounce back will likely be those that will flourish. As economic recovery plans are being drawn up, the question is, do we rescue our economy to how it was, or do we reset it towards a more resilient path? Malaysia, being an exceptionally open economy, has benefited greatly from globalisation. However, this also leaves us exposed, with external shocks contributing to previous economic crises. As an outcome, negative social impacts have been sorely felt, with more than 600,000 people reported to be unemployed. Paradoxically, those that benefit least from the global economy, such as daily wage earners, farmers and informal workers, are some of the most impacted. Added to the above, failure to prevent environmental damage will increase the risk of communities that are most vulnerable to its impacts. Does this mean we need to move towards a model to degrow and deglobalise the economy? No, as a small and open developing economy, we need to continue to trade with other nations and grow economically. Nonetheless, firstly, we need to reset our development goal. Economic growth, often pursued narrowly through increasing the gross domestic product, as well as the pursuit of globalisation, should be understood as a means to an end, rather than an end in itself. The goal of development should be broader to encompass all social, economic and environmental objectives, such as those identified in the Sustainable Development Goals. Secondly, there is a need to focus on building the resilience of local economies – both rural and urban. Covid-19 has demonstrated the impacts that could have been mitigated through the combination of a robust social protection system and economic activities that are resilient to external shocks. Harvard University Professor Dani Rodrik pointed out that more open economies spend more to compensate against the risk of external shocks. Open economies, such as Sweden's and the Netherlands', spend 22.3 per cent and 26.7 per cent of their GDPs on social protection. Malaysia, with our regional peers Singapore spending 4.2 per cent and Vietnam 6.3 per cent, has room to increase at 3.8 per cent. Thirdly, strong and adaptive institutions are required to address crises. It is worth highlighting that Malaysia has responded relatively well to previous crises. This has been attributed to a combination of a strong institutional capacity and the presence of state-owned enterprises that are able to maintain some control over the economy. In light of the emerging and complex challenges that we face, these institutions will need to play a role to align itself to broader development goals. In times of crisis, alternative models such as doughnut economics have emerged as a solution to the conventional model. While they offer useful ideas, Malaysia needs to develop in its own mould and based on its own characteristics. In the quest for resilience, the common characteristic required is the ability to adapt to change. As John Maynard Keynes, who spearheaded a revolution in economic thinking during the Great Depression, professed, "the difficulty lies not so much in developing new ideas as in escaping from old ones".

Keywords: COVID-19, moving control order, urban activities, new normal, water quality, pollution, urban drainage, local government,

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Introduction

Perhaps the two most important questions confronted by economists today are on the issue of development – what is it and how do we measure it? Economies and societies have indeed evolved in the past few centuries. However, have economic theories and economic toolkits changed in tandem? Are economic theories still relevant in explaining economic challenges of today's world? Can economic tools provide solutions to make the world a better place to live in now and in the future?

Seen by some as “The John Maynard Keynes of the 21st century”, Kate Raworth, an Oxford economist, discusses these issues at length in her book, *Doughnut Economics: Seven Ways to Think Like a 21st-Century Economist*, giving timely insight at a critical time for humanity. Raworth begins by asking a fundamental question: “What enables human beings to thrive? A world in which every person can lead their life with dignity, opportunity and community – and where we can all do so within the means of our life-giving planet.” And for that, her answer in the book is: “We need to get into the ‘Doughnut’.” That ‘Doughnut’ basically is her attempt to redraw economics. The quote in the beginning of the book states – “the most powerful tool in economics is not money, nor even algebra. It is a pencil. Because with a pencil you can redraw the world”.

While it is impossible to discard long-established economic theories and great economic thinkers, she decided to change her approach. Rather than making economic theories the goal itself, she applies them in reverse, that is, by setting humanity's long-term goals first and then

seeking out the economic thinking which is appropriate to achieve them. And as it turns out, the diagram, or the picture she drew, came up looking like a doughnut! Basically, the doughnut-shaped diagram has a pair of concentric rings.

Below the inner ring, that is, the social foundation, lies critical human deprivations, such as hunger, illiteracy, social inequity, absence of political voice, gender bias, the absence of peace and justice, and lack of work and poor income or inequality of income level. And beyond the outer ring is the ecological ceiling, where critical planetary degradation, such as climate change, chemical pollution, biodiversity loss, land conversion and air pollution are situated.

Between these two rings is the Doughnut itself. Thus, the essence of the Doughnut is “a social foundation of well-being that no one should fall below, and an ecological ceiling of planetary pressure that we should not go beyond. Between the two lies a safe and just space for all”. Growth is inherent to our thinking on economy, social and financial systems. We see growth as a fix for everything and a means to balance our society today.

However, this growth that we are addicted to is not a natural one. It is an infinite growth in a world of finite resources. Is this growth really good for us and is it really the only way forward? Kate Raworth, a renegade British economist, challenges growth as a progress indicator for our society and economy. She is instead proposing the creation of thriving systems that meet the needs of all people within the needs of the planet. Systems that



are ecologically and socially just. Thriving systems, not constantly growing systems.

Sustainable Development Goals and Development Growth

Twenty-first century economists should revolutionize mainstream economics, Kate Raworth said. Recently, mainstream economics has been heavily criticized. Apart from the latest 2008 global financial crisis, mainstream economics is criticized because its flawed theories that rely on market mechanism have resulted in shortfall on humanity’s needs, as shown by increasing inequality and deprivation, various conflicts around the world as well as hunger and poverty that not only appear in poor countries, but also in developed countries.

On the other hand, mainstream economic theories that support capitalistic behavior of business also taxed the earth’s ecological capacity and resources, as shown by increasing carbon dioxide emissions, ocean acidification and air, water and soil pollution. Twenty first century economists and today’s economics students should develop new paradigms and theories to solve those problems. Mainstream economic theories rooted in 18th century philosophy and 20th century methodology are insufficient for today’s economists.

For a long time, development was equated with economic development. In 1987, the Brundtland Commission introduced an ecological dimension to development, emphasizing limits to growth. With the introduction of UNDP’s Human Development Reports in 1990, a social dimension was added. In addition to economic growth, human well-being (as

reflected in longevity, education and income) was accepted as a yardstick for development. The 2030 Agenda for Sustainable Development and the Sustainable Development Goals (SDGs), the 2015 world’s development agenda for the coming decades, seeks to integrate the ecological sustainability dimension into economic development and poverty alleviation and social development efforts. In the 2030 Agenda, economic growth, social development and ecological sustainability go hand in hand.

The language of inclusive and sustainable development illustrates more generally an incorporation of the social and ecological dimensions in thinking about development. In other words, the suggestion is that development is more than economic development: social and ecological aspects matter too. Commonly, sustainable development is explained in terms of a triple bottom line (the three Ps of Profit, Planet and People), suggesting that it is about balancing economic growth with environmental and social considerations.

In what follows, refer to this approach as the weak definition of sustainability. In this weak definition, economic growth is taken for granted. For example, SDG8 mentions the promotion of sustainable and inclusive economic growth. In other words, economic development and poverty alleviation are based on orthodox economics and therefore on assumptions of (the need for) never-ending economic growth: “growth is an axiomatic necessity”.

Strong definitions of sustainability deplore that sustainable development “has become to mean ‘environmentally friendly economic



growth'. In strong definitions, sustainable development has been argued to imply the prevalence of the environmental dimension over the economic one. The prioritization of the environmental (planet) and (arguably also the) social (people) pillar over the economic (profit) one may require a rather radical departure from assumptions of economic growth, including zero-growth or even de-growth, as argued in post-growth or ecological economics.

What if unorthodox, ecological economics got it right that post-growth (used here as an umbrella term for zero-growth and de-growth) is the new economic norm? Or, what if we take seriously the argument that we should at least be agnostic about growth, as Raworth has argued in her Doughnut Economics? What are the implications for human rights law and for the field of human rights and development? How could poverty alleviation look like in a growth agnostic scenario?

Sustainable development typically pursues three objectives at once: economic development, social development and ecological development. Strong definitions of sustainable development introduce a hierarchy between these objectives and give prominence to the ecological and social one.

The Concept of Doughnut Economics

The model for a doughnut economy has been developed by the British economist Kate Raworth in a report for Oxfam entitled A Safe and Just Space for Humanity. The idea quickly spread throughout the world. The essence is that social and environmental sustainability must be guiding principles for economic policy in

the 21st century and together direct economic behaviour. There is no triple bottom-line: social and environmental sustainability are in the lead, economy follows.

The idea behind the doughnut model is simple. If you only look at the shape of a doughnut, you see two circles. A small circle in the middle and a large circle on the outside. The smallest circle represents the minimal social objectives (basic-needs) that apply to each country. The large circle represents the self-sustaining capacity of the planet. All societies must develop policies that stay between the two lines. Where economic behaviour nowadays has far-reaching consequences that go beyond both lines, future economic policy must aim to make societies thrive between the lines. Kate Raworth proposed seven ways of mind shift for economists that will pave the way to solving humanity's future problems.

First, twenty-first century economists should have different goals rather than merely focusing on Gross Domestic Product (GDP) growth. At first, Raworth recounted the history of economics thinking which, as science, has lost sight of the goal for the sake of economics as "science". Then, she criticizes GDP as the main economic goal of mainstream economists and policy makers because as stated earlier, GDP as measure of progress has created shortfall on humanity's needs fulfilment and overburdened the earth's ecological capacity. Instead, she proposed a "Doughnut" as a new goal, which represents the just and safe space of humanity's thriving life. It is called "Doughnut" because it is a ring-shaped figure in which the inner side is the Social Foundation of humanity,



comprising water, food, energy, health, education, income and work, peace and justice, social equity, gender equality, housing, and networks. On the outer side of the Doughnut lies the Ecological Ceiling of earth, which consists of climate change, ocean acidification, chemical pollution, nitrogen and phosphorus loading, freshwater withdrawals, land conversion, biodiversity loss, air pollution and ozone layer depletion.

Second, to reach the goals within the Doughnut, twenty-first century economists should see the big picture of the economy. Instead of looking at the circular flow model of market, she proposed an embedded economic model, one that situates the economy within the greater sphere of society and earth's biosphere. So, instead of only looking at mechanism, today's economists must understand and admit the role of other entities, such as earth's biosphere as provider of resources and store of energy, society that provides connections, households that provide care and prepare human resources and the commons that create innovative way of using and preserving common resources; although market mechanism is still included in the model it is not regarded as the only mechanism to rely upon.

Third, twenty-first century economists should put aside homo economicus as the sole concept of economic agent in mainstream economics. This is because, as psychologists and behavioral economists have found, mankind is not always as rational as the homo economicus assumption stated. Instead, Raworth proposed an economic agent model which is socially adaptive. So, in criticizing the

homo economicus model, she argued that human beings are socially reciprocating rather than self-interested, have fluid values rather than fixed preferences, are interdependent rather than isolated and embedded rather than dominating the living system. She also proposed today's economists to understand the norms and networks of mankind rather than solely focusing on market mechanism as a tool of policy-making for the people. Despite good elaboration on the issue of economic agent, this book is solely taken.

Fourth, twenty-first century economists should understand the complexity of the economic system rather than narrowly using the general equilibrium model comprising Supply and Demand as proposed by Alfred Marshall. She instead proposed complexity theory's approach of Feedback Loop model, comprising stock concept, flow concept, reinforcement (positive) force, balancing (negative) force, and delay. She argued that by analysing the economic system with the complexity theory approach, economists can understand better the effects of economic phenomena and policies, especially that affecting society and the environment. Instead of treating those effects as externalities, the Feedback Loop model will provide comprehensive insights for economists on the causes and effects of economic systems within a greater system of society and ecology. She also proposed that the mindset of economists today should move from engineer like mechanics into a biologist like gardener equipped with ethical conduct. As she stated, future economists should have at least four codes of ethical conduct: (i) act to service others; (ii) respect autonomy of communities; (iii)



be prudential in policy making; and (iv) work with humility.

Fifth, twenty-first century economists should design a distributive economic system to achieve the Doughnut's social foundation. Instead of relying on GDP growth to redress inequality as shown in the flawed Kuznet Curve, she proposed the idea of tackling inequality through a mechanism based on network theory of efficiency and resilience, where a network will be resilient if smaller nodes (entities) are also given a role to play in the system. Tackling inequality, she argued, cannot be done merely through income distribution. A distributive economic system must also provide wealth-sources distribution, comprising: (i) land distribution by imposing land value tax; (ii) labor distribution by creating a new enterprise model such as labor-owned enterprise; (iii) money creation distribution through cryptocurrency, community voucher to complement sovereign currency and a full-reserve banking system; (iv) technology distribution by imposing tax on robot, introduction of robot-dividend for citizens and promoting human-niche occupation; (v) knowledge distribution through open source knowledge sharing system rather than relying on individual copyright mechanism. The distribution of wealth-sources will provide economic system resilience by giving small parties a chance to involve in the economy.

Sixth, twenty first century economists should design a regenerative economic system to preserve the Doughnut's ecological ceiling. As in the previous case, instead of relying on GDP growth to clean up the environment as shown in the

Environmental Kuznet Curve, Raworth proposed some designs of regenerative firms, cities, and nations. The basic idea is the current design of production and resource usage is linear; this means raw materials and energy are taken to make products for use by customers and products end up as waste or heat. She criticized that design and instead promoted the idea of a pair of circular production design systems. On one wing of the design, biological nutrients such as soil, plants and animals are regenerated into production process after consumption is done. On the other wing, technical nutrients such as plastics, synthetics and metals are restored in production process by repair, reuse, refurbishment or recycling. In order to support the design and scale it up, this design must be partnered with biometric statistics, pro-environmental financing, government support and communal actions through open-source networks.

Seventh, twenty-first century economists must be agnostic to the GDP growth. Raworth analysed the possibility of GDP growth in the future while the economy moves toward Doughnut vision. Furthermore, by analysing the debate between "keep-on-flying" versus "prepare-to-land" approach of growth, referring to Robert Solow's airplane metaphor of growth stages, she concluded that a green GDP growth requires an absolute and huge decoupling between growth and resource usage. This decoupling is difficult if not impossible to achieve. Then, she proposed an economic model in which society can thrive whether the GDP is growing, stagnant, or declining. This requires financial system reform that moves from gain-seeking behaviour and interest-basis



toward value-basis financing and imposition of cost on holding money (demurrage), reform in the political field targeted at taxation reform such as incentives for labour intensive industry and justice taxation as

well as alternative measure of success in the international field, and reform in society especially on tackling consumerism and promoting cooperation and sharing based economy.



Doughnut Principles of Practice

In order to ensure the integrity of the ideas of Doughnut Economics as they are put into practice, we have turned the Seven Ways to Think, and the five key design traits of organisations, into the Doughnut Principles of Practice. We ask that these principles are followed by any initiative that is working to put the ideas of Doughnut Economics into practice.



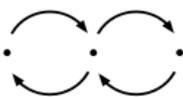
Embrace the 21st century goal. Aim to meet the needs of all people within the means of the planet. Seek to align your organisation's purpose, networks, governance, ownership and finance with this goal. Expect the work to be challenging, innovative and transformative.



See the big picture. Recognise the potential roles of the household, the commons, the market and the state – and their many synergies – in transforming economies. Ensure that finance serves the work rather than drives it.



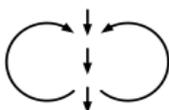
Nurture human nature. Promote diversity, participation, collaboration and reciprocity. Strengthen community networks and work with a spirit of high trust. Care for the wellbeing of the team.



Think in systems. Experiment, learn, adapt, evolve and aim for continuous improvement. Be alert to dynamic effects, feedback loops and tipping points.



Be distributive. Work in the spirit of open design and share the value created with all who co-created it. Be aware of power and seek to redistribute it to improve equity amongst stakeholders.

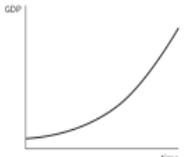
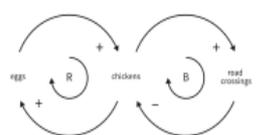
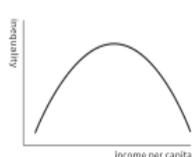
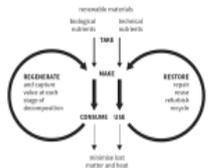
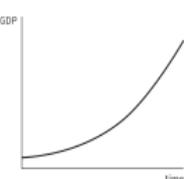
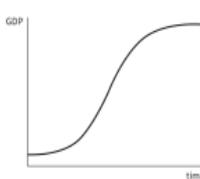


Be regenerative. Aim to work with and within the cycles of the living world. Be a sharer, repairer, regenerator, steward. Reduce travel, minimize flights, be climate and energy smart.



Aim to thrive rather than to grow. Don't let growth become a goal in itself. Know when to let the work spread out via others rather than scale up in size.

Seven ways to think like a 21st century economist

Seven Ways to Think:	From 20th-Century Economics	To 21st-Century Economics
1. Change the Goal	 <p>GDP</p>	 <p>the Doughnut</p>
2. See the Big Picture	 <p>self-contained market</p>	 <p>embedded economy</p>
3. Nurture Human Nature	 <p>rational economic man</p>	 <p>social adaptable humans</p>
4. Get Savvy with Systems	 <p>mechanical equilibrium</p>	 <p>dynamic complexity</p>
5. Design to Distribute	 <p>growth will even it up again</p>	 <p>distributive by design</p>
6. Create to Regenerate	 <p>growth will clean it up again</p>	 <p>regenerative by design</p>
7. Be Agnostic about Growth	 <p>growth addicted</p>	 <p>growth agnostic</p>



Doughnut Economics and Sustainable Urbanisation

In strong definitions, sustainable development has been argued to imply the prevalence of the environmental dimension over the economic one. The prioritization of the environmental (planet) and (arguably also the) social (people) pillar over the economic (profit) one may require a rather radical departure from assumptions of economic growth, including zero-growth or even de-growth, as argued in post-growth or ecological economics.

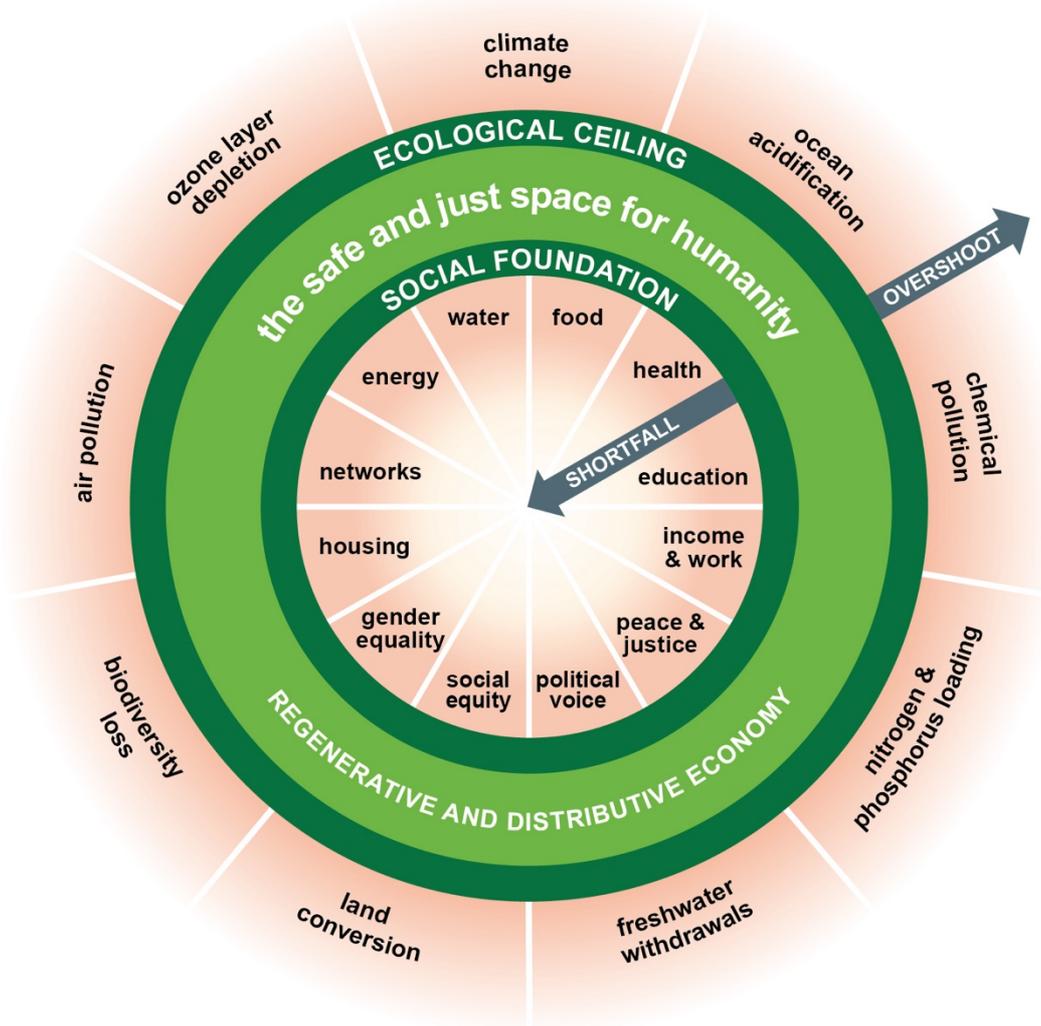
This article asks the “what if” question. What if unorthodox, ecological economics got it right that post-growth or growth agnosticism is the new economic norm? What are the implications for human rights law and for the field of human rights and development? How could poverty alleviation look like in a growth agnostic scenario? The objective of this article is to draw out in an exploratory way some of the implications of strong definitions of sustainable development for human rights law and its relevance for development.

The Doughnut of social and planetary boundaries envisions a world in which people and planet can thrive in balance – in other words, it offers a compass for guiding 21st century prosperity. The Doughnut’s social foundation, which is derived from the social priorities in the UN Sustainable Development Goals, sets out the minimum standard of living to which every human being has a claim. No one should be left in the hole in the middle of the Doughnut, falling short on the essentials of life, ranging from food and water to gender equality and having political voice. The Doughnut’s ecological ceiling comprises nine planetary

boundaries, drawn up by Earth-system scientists in order to identify Earth’s critical life-supporting systems and the global limits of pressure that they can endure. Humanity must live within these ecological boundaries if we are to preserve a stable climate, fertile soils, healthy oceans, a protective ozone layer, ample freshwater and abundant biodiversity on Earth.

Between the social foundation and the ecological ceiling lies a doughnut-shaped space in which it is possible to meet the needs of all people within the means of the living planet – an ecologically safe and socially just space in which humanity can thrive. If humanity’s goal is to get into the Doughnut, the challenge is that we are currently far from doing so, as shown below. Worldwide, billions of people still cannot meet their most essential needs, yet humanity is collectively overshooting at least four planetary boundaries, and is driving towards climate breakdown and ecological collapse.

The red wedges below the social foundation show the proportion of people worldwide currently falling short on life’s essentials. The wedges radiating beyond the ecological ceiling show the current overshoot of planetary boundaries. The challenge of our times is that we must move within the Doughnut’s boundaries from both sides simultaneously, in ways that promote the wellbeing of all people and the health of the whole planet. Achieving this globally calls for action on many levels, including in cities, which are proving to be leaders of driving such change. The Thriving City Portrait aims to amplify that potential.



When Kate Raworth listed the indicators that describe such systems, she got a doughnut-looking dashboard. Kate pioneered this model in 2018 and it consists of 3 concentric circles, where the objective is to not allow anyone to fall short on the social foundation or go beyond the limits of the planet. We must look at it as a reference for how we shape our economic, environmental and social future. This tool and guidance that the doughnut offers can be used for just about any unit of the society. Even as the development strategy of a city. Kate Raworth introduce us to the one donut that actually turns out to be good for us and good for cities that want to thrive in the 21st century. Because this century has begun with

repeated global shocks from financial meltdown and rocketing food prices in 2008 in the midst of climate breakdown and most recently the duress of covert lockdown.

These impacts are hitting people with sharp inequalities of race and gender of wealth and power. Global north and global south. What these repeated crises tell us is that we're deeply interconnected with each other and with that the crises that are emerging are actually resulting from the very systems that we've created and that these shocks are deeply disruptive to human well-being, destructive of our collective resilience and for many are an existential risk. We urgently need a new vision of progress that is fit for



the century ahead of us. Doughnut Economic as a compass for human prosperity in the 21st century. The goal here is to leave nobody falling short in the hole in the middle of the donut falling short on the essentials of life like food water health care housing political voice social equality.

We get everybody over the social foundation into the green ring of the donut itself but at the same time do not overshoot its ecological ceiling, because there we put so much pressure on the life supporting systems of this delicately balanced. Planet that we push her out of balance we cause climate breakdown we acidify the oceans we create a hole in the ozone layer and critical loss of biodiversity and ecosystems. These nine planetary boundaries are what earth system scientists believe hold this one habitable planet in the universe in such a benevolent state for humanity. The aim is to meet the needs of all people within the means of the living planet.

Doughnut Economics: A New Way of Thinking About the Development of Cities?

Living in dynamic balance in the doughnut we are far out of balance today. Billions of people worldwide still cannot meet their most basic needs. Yet we've already overshoot multiple planetary boundaries on climate change on excessive fertilizer use, land conversion and critical levels of biodiversity loss. This challenge of meeting the needs of all within the means of the planet, we have to take it on for the first time because last centuries economic theorists and government policy makers business leaders and community activists they never saw this challenge. This is a challenge of our times and we need to come up with solutions

policies theories and practices and business models of our own. We believe this is the challenge that our children's children will remember us for. Will ask what did we do once that we knew?

So, what if we could take this global concept of the donut and bring it down to the scale that policy making actually happens at the national level or the city level? That's exactly what we've been doing at donut economics action lab, together with biomimicry 3.8 C40 cities and circle economy we've down scaled the donut to the scale of the city. We invite every visionary 21st century city to ask itself this question:

- a. How can your city become a home to thriving people in a thriving place? While respecting the well-being of all people and the health of the whole planet and we can take that question and dive into its four lenses that make up the city portrait.
- b. What would it mean for the people of your city to thrive based on their own values and vision?
- c. What does a good life look like in terms of community housing health care education transport political voice and social equality?
- d. How far is your city today from meeting its own people's vision of thriving?
- e. What would it mean for your city to truly belong within its natural habitat?

What if your city were as generous and resilient as the wildland next door be it a forest a savannah or a wetland how could your city's landscapes and greenspaces pavements and rooftops be designed to sequester as much carbon dioxide as the forest next door to store as much groundwater after storm to house as much



biodiversity, or to cool as much air as the forest does from the treetops to the forest floor. Because the more that your city can match the generosity of the living world in which it's embedded, the more it can become resilient and thriving as a place to live. So, these two lenses, the local aspiration of thriving people in a thriving natural habitat they set out the local aspirations of a city. A powerful starting point but as we all know; every city is deeply connected to people and places nearby and worldwide.

Local aspiration has to be set in the context of global responsibility. and so now we need to ask, how could your city start to respect the health of the whole planet think of all the food clothing electronics consumer goods, construction materials that are imported into your city every year. and the stream of waste that then flows out. Think of all of earth's resources embedded in those imports the carbon emissions water use fertilizer the land converted timber minerals and metals extracted, and then asked what would it take for your city to respect the well-being of people worldwide? Think again of the food the clothing, electronics and consumer goods that are brought into your city every year.

Whose labour went into growing and picking cutting and stitching digging and carrying, assembling and packing and transporting all of those products to your city and then disposing of the waste that they ultimately produce. What can be done by city actors from the municipality and businesses to residents and civic groups alike to ensure that the way the city is procuring and purchasing respects workers and communities nearby and worldwide throughout those supply chains? Together

these four lenses of the city portrait the social and ecological the local and the global they bring a new perspective to what it means to be a thriving city. they show a holistic view of the challenges and opportunities that face a 21st century city.

We have downscaled the donut for three cities Portland Philadelphia and Amsterdam and run workshops with city staff and change makers looking at their city for the first time. Through the perspective of these four lenses of the portrait and what's come clear in those workshops is that the city portraits help to widen the possibilities of the city's future. Take Amsterdam for example affordable housing is a challenge in the city but policymakers know that if they simply allow more housing to be built the way it's always been done it will result in more carbon emissions.

Deepening the city's contribution to the climate crisis. Amsterdam has a committed to become a 100-circular city by 2050 and that includes the housing sector.

- a. How could housing circular design be built in the city not only to sequester carbon emissions but to reduce air pollution, reduce the generation of waste and excessive land use?
- b. How can circular housing be built so that it enhances the local ecological conditions of the city?
- c. How can houses be constructed so that they sequester carbon in their very timbers so that they support biodiversity by building niches for wildlife in the walls, so that they harvest solar energy through rooftop horticulture or solar panels?
- d. In the local social lens, how can circular housing deepen community, expand affordability to a wider diversity of



people, ensure they deliver health and good jobs and income in the process of building those houses?

- e. How can the construction materials be procured in a way that respects the health and the jobs and the security of people working in construction supply chains worldwide?

These holistic lenses give us a chance to deepen Amsterdam's vision of becoming a circular city. However, where we think that the city portrait really comes to life is turning it into a city selfie because we have taken publicly available targets and statistics. However what if the people of the city themselves decided to make it a portrait of who they are today through the lens perhaps of food or of energy or of housing starting by plotting onto the portrait all the initiatives and policies and strategies that are underway to bring that transformation about looking for the deep interconnections between the social and ecological the local and global lenses that create the synergies that are needed, bringing to bear the visions and the values that people in the city hold dear for what they think will be a thriving future for themselves.

Bringing in voices lived experience of city histories and stories from different communities, showing the diversity of experience and life in the city, and then highlighting initiatives that could be taken

now that would bring new synergies and take the city from where it is to. Where it wants to get to so that's an overview of the city portrait and its idea as a city selfie. We believe there are at least nine ways of turning it into transformative actions let's call them the nine m's start by using the portrait as a mirror reflecting the current status of your city and its impacts worldwide. Turn it into a mission create a compelling vision of what thriving means to your city and what it can become.

Use the portrait to mobilize city change makers and stakeholders who are ready to drive that transformation. Onto the portrait maps the existing policies and initiatives that are already taking your city in the direction it wants to go. Let it inspire a holistic mindset backed up by the values and ways of working that are needed to turn this into reality. Connect it with other methods that you're already using to bring about change.

Use it to build momentum through an iterative process of action and reflection. Monitor how and where the city is making progress or not into getting into the doughnut. Lastly make it irresistible be creative. Have fun share learning and share success. This is an overview of how we've down scaled the donut and turned it into a city portrait. We hope that it inspires your city on its own journey to becoming a 21st century thriving city.

WHAT WOULD IT MEAN FOR THE PEOPLE OF AMSTERDAM TO THRIVE?

HEALTHY

	CITY TARGET	CITY SNAPSHOT
HEALTH	All citizens have an equal chance of living a healthy life, regardless of socioeconomic status, or background.	Around 40% of citizens are overweight and almost half (49%) have a moderate-to-high risk of depression or anxiety.
HOUSING	There is sufficient availability of affordable and decent homes.	In 2018, almost 60,000 home seekers applied online for social housing, while only 12% were successful. Overall, almost 20% of city tenants are unable to cover their basic needs after paying monthly rent.
WATER	Public water is accessible, attractive, clean and safe for all users.	Tap water quality in 2017 was rated well above the legal standard.
FOOD	A target is currently under development.	In 2018, over 1,200 households made use of the city's food banks.

CONNECTED

	CITY TARGET	CITY SNAPSHOT
CONNECTIVITY	The digital city is designed in collaboration with citizens, and many other city actors. The municipality's interaction with citizens is accessible, understandable and inclusive.	98% of Dutch households had access to the internet in 2017. 13% of Amsterdamers over 19 years old experience severe loneliness.
COMMUNITY	Amsterdam is an inclusive and connected city.	81% of city residents stated that they felt connected to the city in 2017. Residents' ratings of their neighbourhoods ranged from 6.8/10 in Nieuw-West, to 8.1/10 in Zuid.
MOBILITY	The city is accessible to everyone via public transport, in a safe and sustainable way.	In 2017, citizens made an average of 665,000 journeys by bike every day, and in 2018 they gave the city's public transport a rating of 7.7 out of 10.
CULTURE	All citizens and visitors are provided with a high-quality, innovative and diverse cultural offering, and all Amsterdam children become acquainted with art and culture.	In 2017, the City's Kunstenplan introduced a programme of after-school activities in arts and culture, predominantly for children from low-income households.



EMPOWERED

	CITY TARGET	CITY SNAPSHOT
PEACE & JUSTICE	Amsterdam is a safe and liveable city for residents and visitors.	In 2017, 25% of citizens were the victims of a crime, and 3% of citizens said they had experienced domestic violence over the past five years.
SOCIAL EQUITY	Citizens enjoy greater independence and seldom experience inequality of opportunity.	16% of residents in lower-income neighbourhoods feel they lack control over their lives — higher than the national average of 11%.
POLITICAL VOICE	Citizens have an increased say, involvement and role in deciding what happens and how it gets implemented.	Voter turnout for the 2018 city elections was 52%, compared to 79% for the 2017 national election.
EQUALITY IN DIVERSITY	Amsterdam is an inclusive and connected city.	In total, 15% of residents reported experiencing discrimination in 2017: 39% of incidents concerned ethnicity, or skin colour, and 29% concerned nationality.

ENABLED

	CITY TARGET	CITY SNAPSHOT
JOBS	Citizens are provided with attractive commercial facilities throughout Amsterdam, plus entrepreneurs benefit from a good business climate.	Local entrepreneurs gave the city business climate a rating of 6.75 out of 10, in 2017.
INCOME	Financial (income) security is assured for citizens who cannot (completely) provide for their own livelihoods.	Almost 1 in 5 of all households (18%) qualified to apply for the social benefits scheme due to their low income and savings in 2016.
EDUCATION	Every child receives a good education in a high-quality school environment.	In 2019 there were 175 unfilled teaching posts in city schools.
ENERGY	Make the city natural gas free before 2040.	The City is currently working on making 28 neighborhoods become natural-gas free.

WHAT IS AMSTERDAM'S IMPACT ON THE WELLBEING OF PEOPLE WORLDWIDE?

HEALTH

GLOBAL TARGET / SDG 3
Ensure healthy lives and promote wellbeing for all at all ages

GLOBAL STATUS
Dangerous working conditions often lead to:
- accidents and injuries
- long-term health problems
- raised suicide rates

FOOD

GLOBAL TARGET / SDG 2
End hunger, achieve food security and improve nutrition

GLOBAL STATUS
Malnutrition is often prevalent among vulnerable factory workers, due to low wages and excessive hours of work.

CULTURE

GLOBAL TARGET / SDG 11.4
Strengthen efforts to protect and safeguard the world's cultural and natural heritage

GLOBAL STATUS
Globalisation can inspire innovation worldwide but it can also undermine the diversity of local identities and cultures.

In East Africa, the influx of cheap second-hand clothing exported by Western countries both damages local craft industries and undermines regional textile markets.

COMMUNITY

GLOBAL TARGET / SDG 12.4
By 2020 achieve the environmentally sound management of chemicals and all wastes ... and significantly reduce their release to air, water and soil in order to minimize their adverse impacts on human health and the environment.

GLOBAL STATUS
Industrial activity often contaminates the soil, air and water resources of surrounding communities.

In Paraguay, some large soybean farms have been in violent conflict with local communities over land use, sometimes resulting in arrests and even death.

ELECTRONICS

"We all have problems with our lungs and pain all over our bodies"
- female cobalt miner, the Democratic Republic of the Congo

TEXTILES

"Our salary is so low that I can't afford the food in the factory canteen - even that is out of my reach." - Carment worker, Cambodia



ELECTRONICS

"Mining for lithium so that people in other countries can switch to the electric car will kill our communities and our landscapes."
- Indigenous leader, Argentina

PEACE & JUSTICE

GLOBAL TARGET / SDG 16
Promote peaceful and inclusive societies for sustainable development, access to justice for all, and effective, accountable and inclusive institutions at all levels.

GLOBAL STATUS
Workers in poorly regulated global supply chains can face forced labour, intimidation and violence.

In 2016, 12 of the 13 major mines in the eastern Democratic Republic of Congo were controlled by armed groups.

In Thailand's seafood industry, migrant workers face violence, trafficking and modern-day slavery.

EQUALITY IN DIVERSITY

GLOBAL TARGET / SDG 5
Achieve gender equality and empower all women and girls.

GLOBAL STATUS
Employers often exploit the vulnerability of marginalised communities.

In Asia, female garment workers often face forced overtime, sexual harassment and being fired if pregnant.

EDUCATION

GLOBAL TARGET / SDG 4
Ensure inclusive and equitable quality education and promote lifelong learning opportunities.

GLOBAL STATUS
The use of child labour in industrial and agricultural supply chains very often undermines children's education.

In the Democratic Republic of Congo, children work 12-hour days for \$1-2, carrying sacks of cobalt - a mineral used to make batteries for mobile phones.

JOBS

GLOBAL TARGET / SDG 8
Promote full and productive employment and decent work for all.

GLOBAL STATUS
Globalization has created job opportunities for millions of workers. However, these jobs often entail:
- forced overtime
- insecure contracts
- stressful conditions
- restrictions on unions

In Ghana, more than 3,500 workers on cocoa plantations are engaged under conditions of forced labour.



Conclusion

That is basically the gist of Raworth's concept of Doughnut Economics. The next question would be how to operate, measure, and achieve it. At the heart of Doughnut Economics are seven new ways of how economics and societies should be viewed in today's world – change the goal; see the big picture; nurture human nature; get savvy with systems; design to distribute; create to regenerate; and, be agnostic about growth.

Some of the new perspectives and measures are indeed revolutionary, such as changing the goal from gross domestic product (GDP) to Doughnut. For more than 70 years economists have seen GDP as the mother of all data. Now it appears that looking at GDP per se seems inadequate. Hence the goal now is not to get a higher percentage of GDP as possible, but to get into the Doughnut. Doughnut Economics is rapidly moving from the fringe to the mainstream.

Amsterdam in Holland was recently confirmed as the first 'Doughnut City', using the model to underpin its economic development strategy. Many other cities are also moving towards adopting this powerful and fascinating tool for reimagining cities and their economies. And to do this, the shift in mindset and perspective is important. Now, the focus is no longer on the market, but on Planet Earth itself.

It's time to realise that the earth has its boundaries, not something which is inexhaustible. Next, is the importance of society rather than an individual. It is time to

shift attention and see individuals as socially adaptable humans rather than the rational economic man. And perhaps the one important shift highlighted in the book, which obviously remains invisible in economic theory, is the importance of the household in the economy.

Much has been said about labour and wage labour in the market, but what about the unpaid care provided at home – cooking, washing, nursing, sweeping? While each family might have their own mechanism to deal with this, it is time for public policy to be directed towards this issue as a crucial measure to enhance happiness, well-being, and productivity of the people at large.

One of the important aspects of getting into the Doughnut is in having greater redistribution of income and wealth. Besides a minimum wage, the doughnut economy also proposes other measures, such as to have living wages and a maximum wage. Furthermore, a national basic income, paid unconditionally to all, is also proposed, so that with or without jobs, every person must be ensured that they have sufficient income to meet the basic needs of their daily life.

The scope and targets of Doughnut economics are in line with the United Nations' 17 Sustainable Development Goals 2030 agenda. And since the government has just announced its Shared Prosperity 2030 economic model, much of the input from Doughnut economics can be useful in ironing out its fine details.



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