



**African Population and  
Health Research Center**

**Developing a package of effective interventions for  
healthier food environments in Kenya, Tanzania and  
Uganda  
Dr Gershim Asiki**



**PRICELESS SA**

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# Why is the project needed

- Rising burden of NCDs in East Africa
- Lack of evidence about how environments drive dietary behaviours in African countries
- Most research has focused on individual level drivers in Africa (Gissing *et al.* 2017 *Public Health Nutrition*)
- Individual-level approaches have limited success when they don't account for the wider context that drives dietary behaviours

## Drivers of dietary behaviours in women living in urban Africa: a systematic mapping review

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Submitted 31 August 2016; Final revision received 15 March 2017; Accepted 18 April 2017

### Abstract

**Objective:** To (i) systematically review the literature to determine the factors influencing diet and dietary behaviour in women living in urban Africa; (ii) present these in a visual map; and (iii) utilize this to identify potentially important areas for future research.

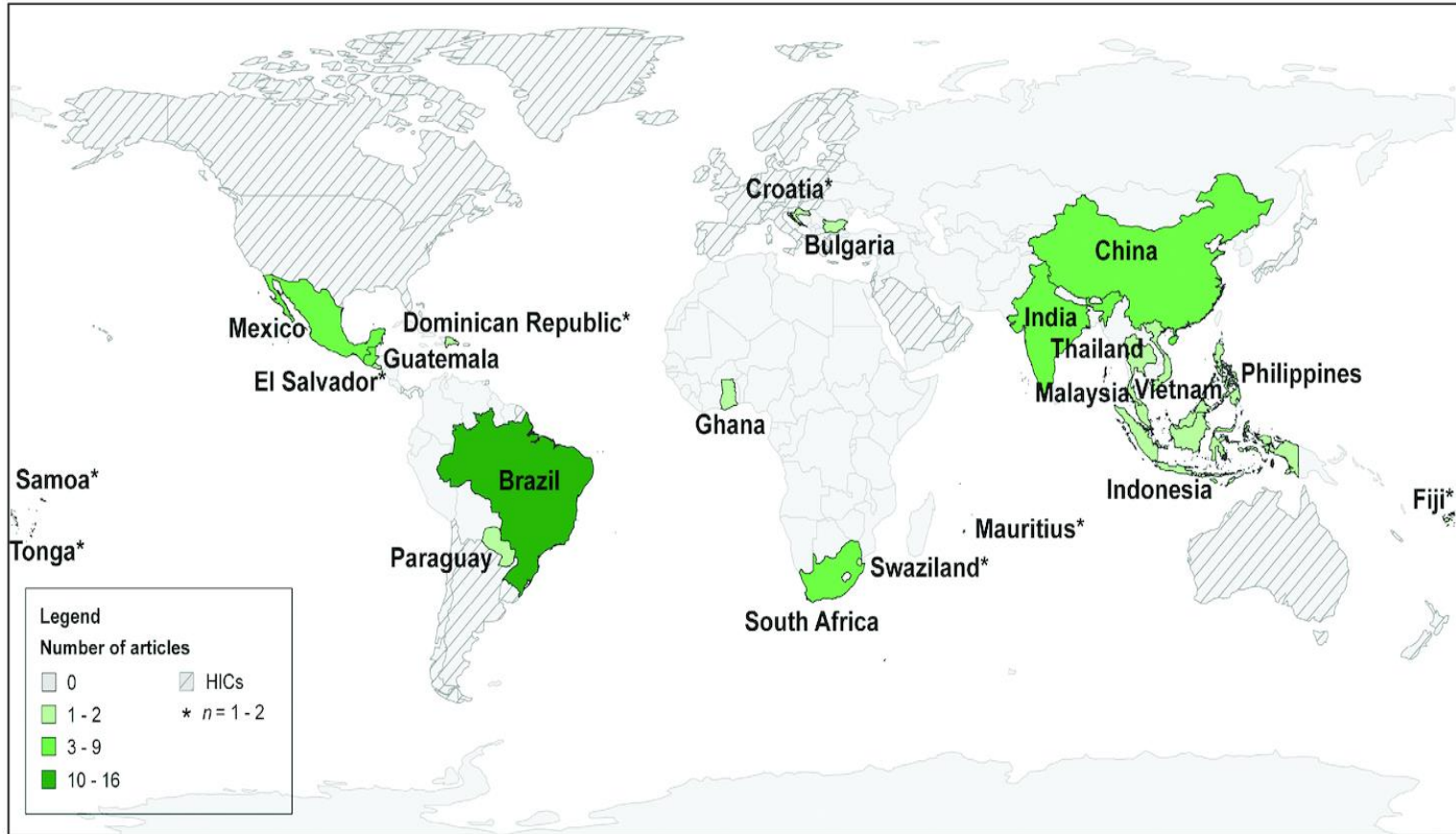
**Design:** Systematic mapping review. The review protocol was registered at PROSPERO (<http://www.crd.york.ac.uk/PROSPERO/>; registration number CRD42015017749). Six databases were systematically searched, followed by reference and citation searching. Eligibility criteria included women aged 18–70 years living in urban Africa, any design/methodology, exploring any driver, using any measure of dietary behaviour. Quality appraisal occurred parallel with data extraction. Twelve predominantly cross-sectional quantitative studies were included; reported in seventeen publications. Determinants were synthesized narratively and compiled into a map adapted from an existing ecological model based on research in high-income countries.

**Setting:** Urban Africa.

**Subjects:** African women aged 18–70 years.

**Results:** Determinants significantly associated with unhealthy dietary behaviour ranged from the individual to macro level, comprising negative body image perception, perceptions of insufficient food quantity and poorer quality, poorer

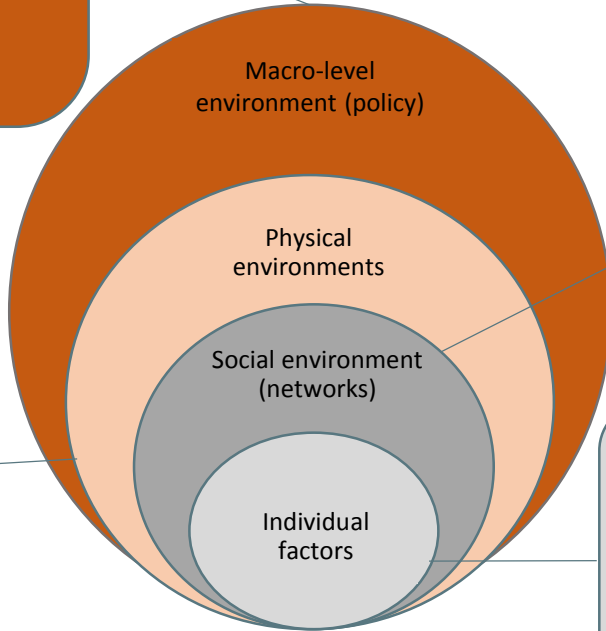
# Food Environment research across LMICs before 2017



Adapted from Story *et al.* (2008) *Annu. Rev. Public Health*; 29:253-72

- Policy (across sectors)
- Governmental and political structures
- Marketing/advertising policy
- Government readiness

- Family structure
- Friends, Peers
- Social support
- Social norms
- Social capital
- Social practices



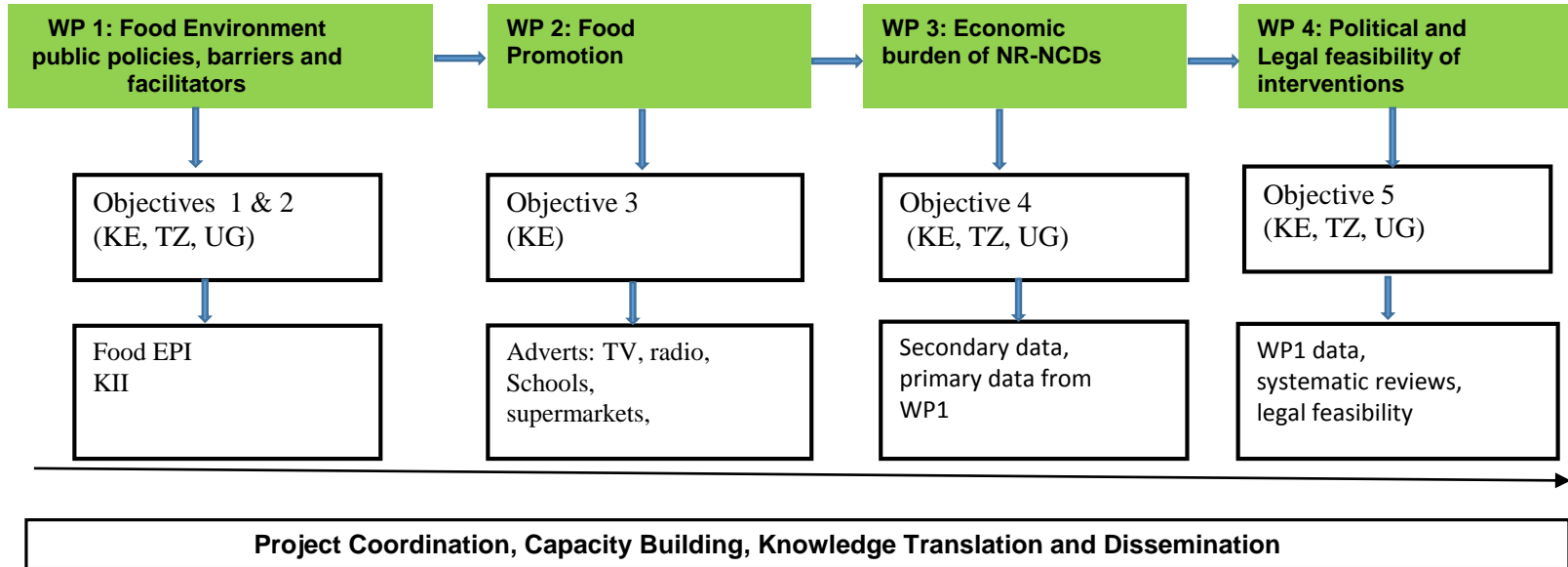
- Home
- School/college
- Work
- Neighbourhood & communities
- Food outlets access/availability

- Attitudes, beliefs, preferences, knowledge
- Sex, age, ethnicity
- Income, education

# Aims of the project

1. Assess gaps related to the development and implementation of food environment public policies and government actions in Tanzania and Uganda
2. Identify barriers and facilitators to development and implementation of food environment related policies in Kenya, Tanzania and Uganda
3. Assess the frequency and nature of unhealthy food and beverage marketing to children and the power of promotions in Kenya
4. Estimate the economic burden of particular nutrition related NCDs
5. Design context-specific interventions using the policy review, administrative and legal feasibility assessments

# Overview of project organization, implementation, and work packages



# WP1: Healthy Food Environment Policy Index tool

## 2 COMPONENTS

POLICIES



INFRASTRUCTURE  
SUPPORT

## 13 DOMAINS

Food composition  
Food labelling  
Food promotion  
Food prices  
Food provision  
Food retail  
Food trade & investment

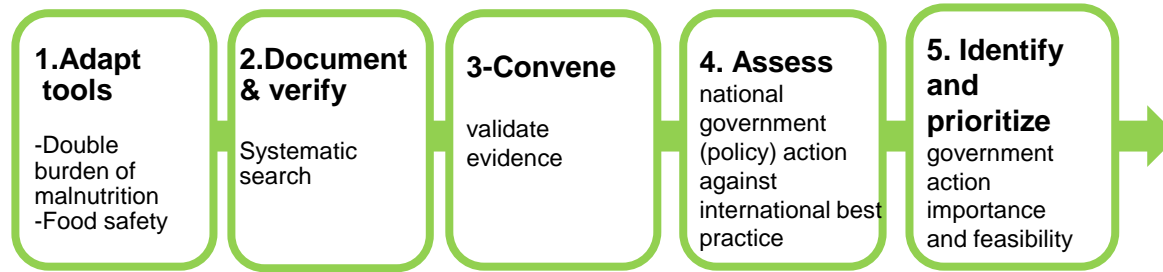
Leadership  
Governance  
Monitoring & evaluation  
Funding and resources  
Platforms for interaction  
Health in all policies

**GOOD PRACTICE**  
  
*-international best practice*  
*-stage of national policy*



# WP1- Data collection

## 1. Steps in food EPI process- completed in Kenya, on-going in Tanzania and Uganda



## 2. Key informant interviews (barriers and facilitators)- to be conducted

- 10 key policy and decision makers from each country
- Explore experiences, successes and challenges in developing and implementing policies
- Explore perceptions about the importance of cost information needed for decision-making
- Assess political and administrative feasibility of adopting the priority interventions

## WP2: Promotion of unhealthy foods to children



- Frequency and level of exposure
- The persuasive power and techniques used for adverts
- Collect and analyse adverts
  - TV- free to air
  - Radio- in selected localities
  - Outdoor advertising (school zones and during sports)
  - In stores and supermarkets
- IDs with policy makers, school authorities, media houses, store managers, food vendors, sports event managers, children

## WP3: Economic burden of nutrition related NCDs

- Evidence to support the adoption of fiscal and regulatory interventions
  - Estimate the true cost of NCDs and enhance the case for investment
  - Undertake costing exercises (cost of illness study)
- Research activities will include
  - Case definition
  - Identify and measure resource-use components
  - Identify sources of unit cost
  - Value resource-use components by applying unit cost
  - Estimate total cost disaggregated by relevant population cohort

## WP4: Political and legal feasibility of priority interventions

- To develop context-specific regulatory interventions to promote healthy diets that align with and leverage the political and regulatory environment
- Methodology of legal feasibility assessments- two stage process (Pomeranz)
  - **Stage 1: systematic review-** establish potential evidence-based routes to implement priority interventions (review local laws, laws in other countries to adopt and implement the intervention e.g. the Chilean marketing and labelling laws)
  - **Stage 2: Evaluation of legal feasibility-** followed by development of how best to intervene by understanding the political process

# Three top Food Environment Research priorities

1. Double duty actions- tackling the full spectrum of nutrition challenges including undernutrition, overweight, obesity, and NRCDs
  - development, testing and validation of standardized instruments and metrics to profile food environment
2. Associations between food environment exposure and dietary, nutrition, and health outcomes
3. Robust longitudinal and experimental studies at multiple scales to assess the impact of interventions on diets, nutrition status, and health outcomes

# ACKNOWLEDGEMENT

This research is funded by  
The International Development Research Centre, Canada  
to APHRC and  
The SA MRC Centre for Health Economics and Decision Science /PRICELESS SA



International Development Research Centre  
Centre de recherches pour le développement international





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