

DEVELOPMENT OF THE AFRICAN URBAN FOOD ENVIRONMENT FRAMEWORK



Project overview



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Funding acknowledgement (2017-2019)

The **TACLED project** was funded by a Global Challenges Research Fund Foundation Award led by the MRC, and supported by AHRC, BBSRC, ESRC and NERC, with the aim of improving the health and prosperity of low and middle-income countries.

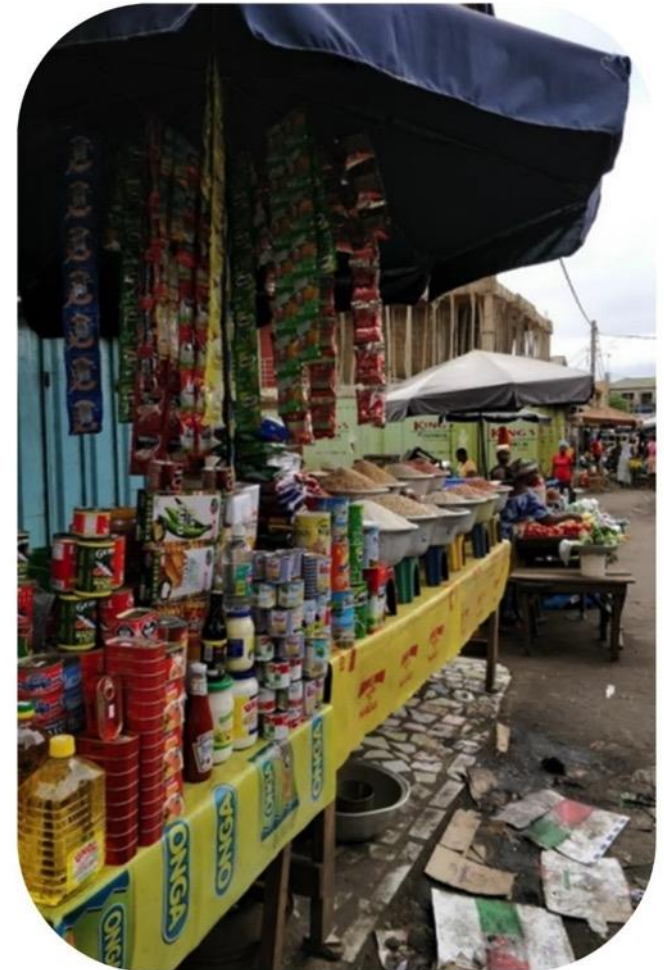


The **DFC project** was funded by the Drivers of Food Choice (DFC) Competitive Grants Programs, which is funded by the UK Government's Department for International Development and the Bill & Melinda Gates Foundation, and managed by the University of South Carolina, Arnold School of Public Health, USA.



Why were the projects needed?

- Prevalence of overweight/obesity in urban areas is high especially amongst women in both Ghana (49.0%) and Kenya (43.3%).
- Ghana and Kenya advancing towards the latter stages of the nutrition transition.
- NCDs recognised as pressing public health concern – estimated to account for 43% of total deaths in Ghana vs. 27% in Kenya.
- National policies emphasise the need for interventions that respect the cultural context.



What are the aims of the projects?



- To assess current food consumption and dietary practices in African cities.



- To examine factors in urban food environments that drive the consumption of unhealthy food and beverages.



- To identify context-relevant interventions and policy to promote healthier diets.

Why are we investigating food environments?

- Lack of evidence about how environments drive dietary behaviours in African cities.
- 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.

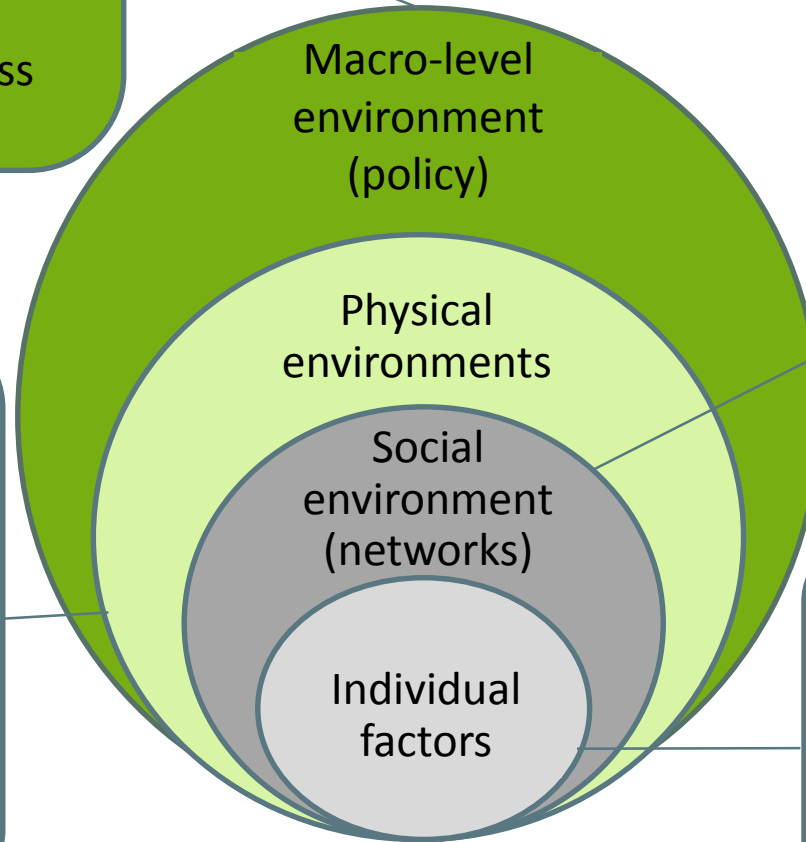
Subjects: African women aged 18–70 years.

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

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

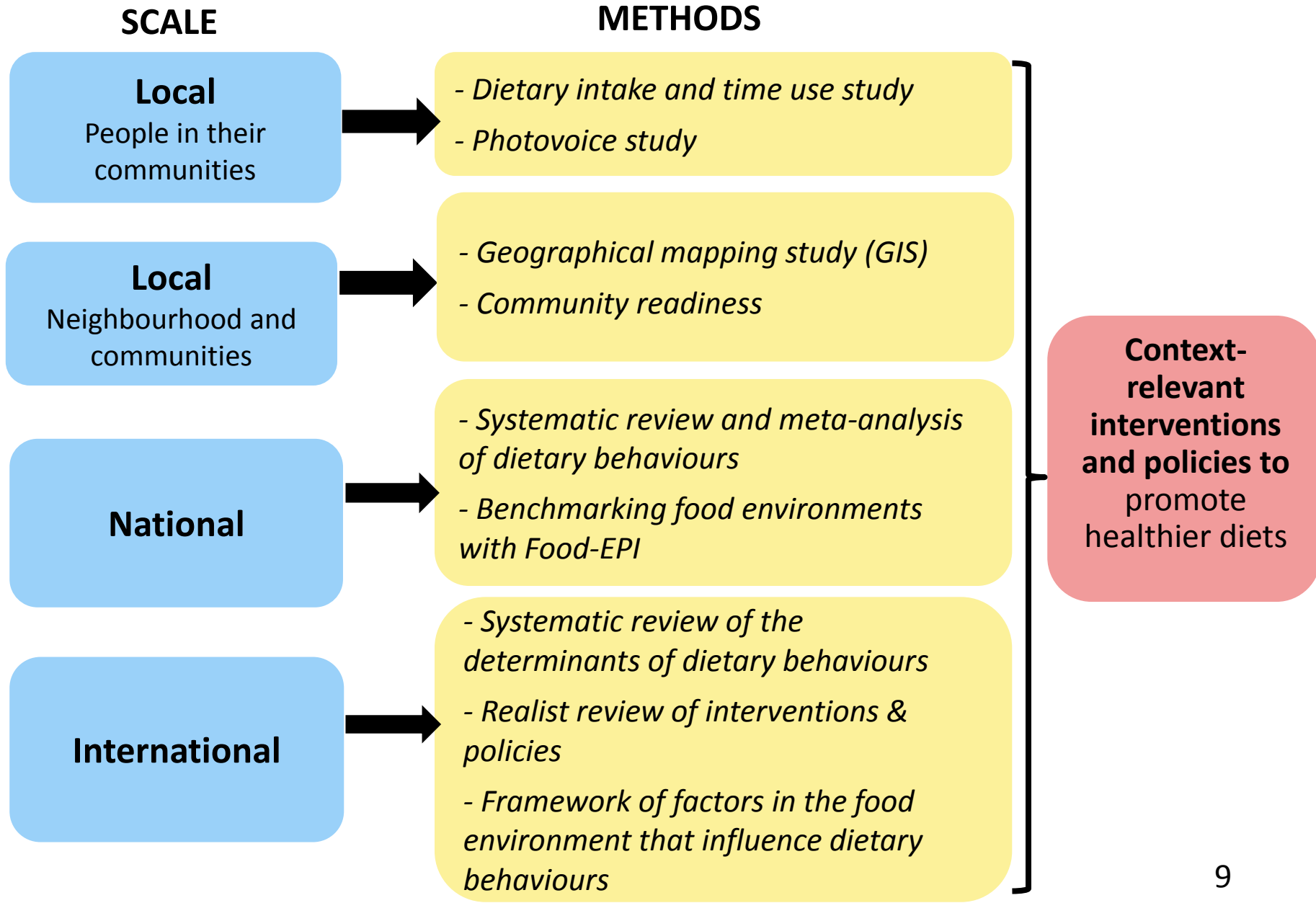
- Family structure
- Friends, Peers
- Social support
- Social norms
- Social capital
- Social practices



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

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

Research involving individuals, communities, local and national stakeholders-urban Ghana and Kenya



Developing a framework of how the food environment influences dietary behaviours in urban Africa

Aims

- To develop a framework that is culturally adapted for the urban African context
- Identify factors that are a **priority for** research and interventions in urban Africa

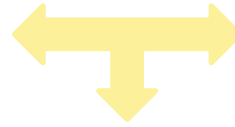


Summary of methods- based on concept mapping

PHASE 1: GENERATION OF FACTORS

Evidence

Reviews, primary & secondary data



Eminence

PHASE 2: FRAMEWORK EVALUATION

Online survey- Africa Nutrition Society members

International Symposium in Ethiopia at ANEC conference

71 experts from/working in Africa contributed

26 African countries represented; multi-disciplinary backgrounds

Evaluation of comprehensiveness & utility for research/interventions
(>two-thirds agreed)

Additional factors identified

Scoring of factors for importance for research/interventions

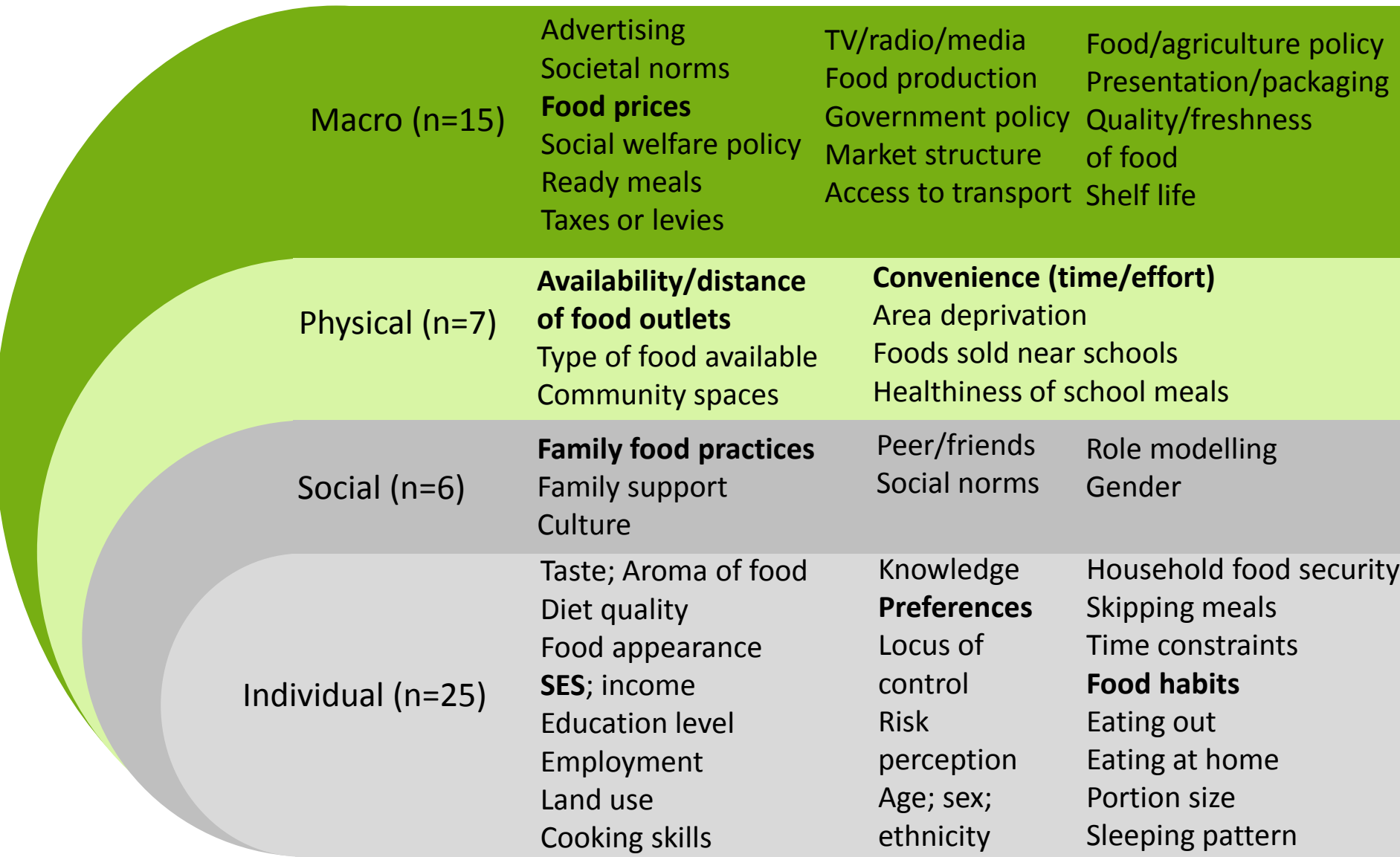


PHASE 3: FINALISE FRAMEWORK

>100 factors

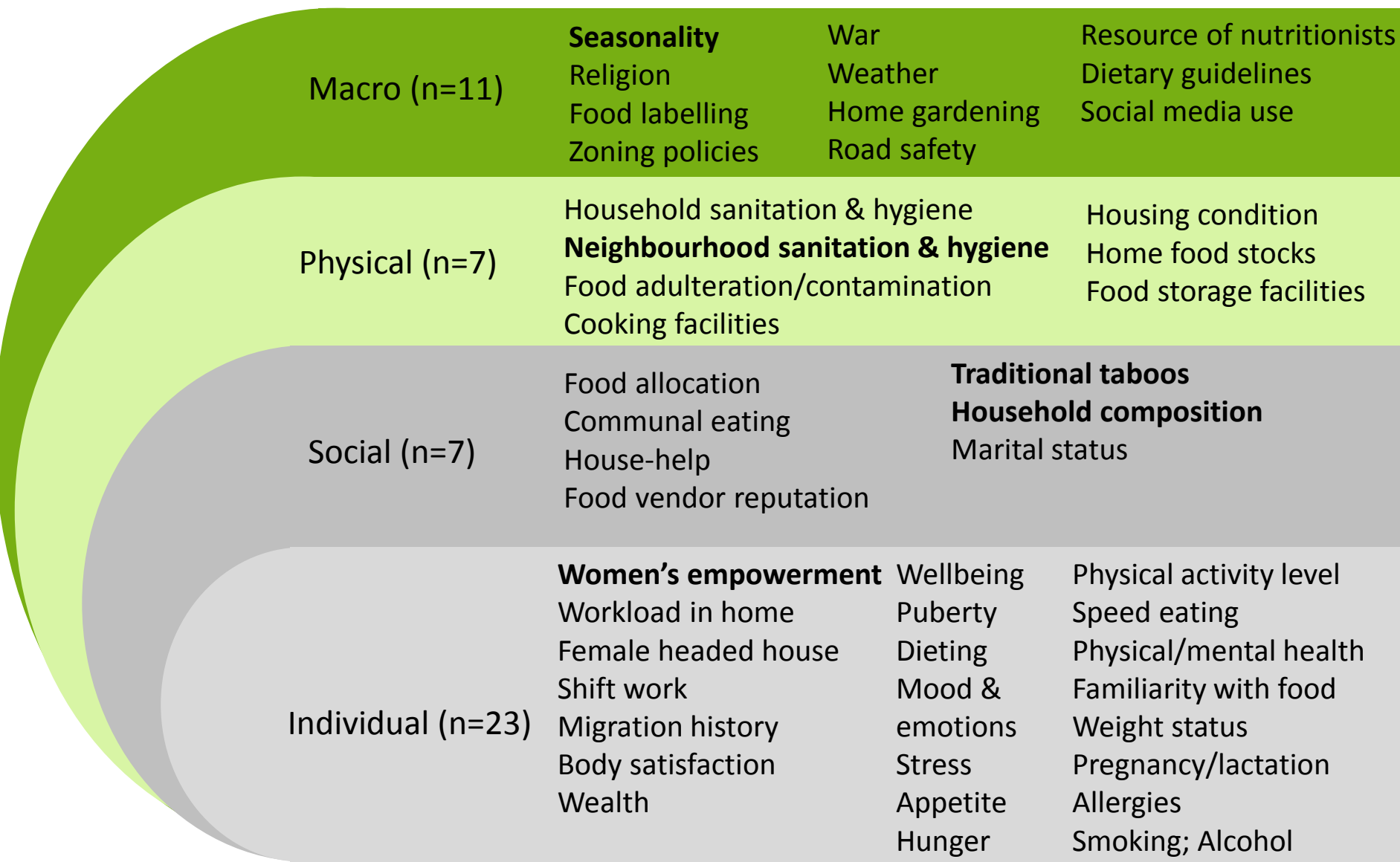
Around half were shared factors with the Story food environment framework and half were additional factors that emerged in African setting

Shared factors with high income country framework*



(*Story et al. food environment framework)

Additional factors that emerged in the urban African setting



Key findings: what the study tells us about nutrition transition and its drivers in these two countries?

- Drivers of food choice across all the different food environment levels are important - suggesting policies and interventions are needed at multiple levels.
- There are many factors (almost 50) that have emerged as additional influences of food choice in the urban African context that are not captured/accounted for in existing portfolio of recommended interventions to prevent NCDs.
- Offers opportunity to create new ideas for novel interventions and policies that prevent NR-NCDs as well as multiple burdens of malnutrition in these communities.

Conclusions



Policies to reduce **the price** of healthier food should be explored.



Develop interventions that address the **Africa specific factors** that have emerged.



Focus on developing home-based family interventions to improve dietary habits.

Recommended further research(Framework ork)



Research the broader food environment (the physical and macro levels) as well as identify pathways of the factors that influence dietary behaviours.



Explore and evaluate existing interventions to promote healthy diets in a way that goes beyond 'what works', but also identifies 'for whom it works and in what context'

Especially women and adolescents

THE AFRICAN URBAN FOOD ENVIRONMENT FRAMEWORK

Any questions?

