Food System Factors Associated With Diet Quality in Nigerian Women of Reproductive Age

Ifeoma Akeredolu, PhD, Yabba College Of Technology, Lagos; Yeside Adesiyun, MS, Federal Institute of Industrial Research, Oshodi, Lagos; Olutayo Adeyemi, PhD, University of Ibadan, Ibadan, Nigeria

Background: Improved diets are an important outcome of food systems transformation. Poor diet quality is a major cause of malnutrition and disease globally and in Nigeria. However, few empirical studies of factors associated with diet quality in Nigeria exist, especially for adults, and using representative data.

Objective: This study assessed diet quality among Nigerian women of reproductive age (15–49 years old) and identified factors associated with diet quality.

Study Design, Settings, Participants: The study was cross-sectional, used the most recent (2018) Nigeria Demographic and Health Survey, and included 41,140 women. Data was representative of the six geopolitical zones and 36 states of Nigeria. The sample was selected using a two-stage cluster randomized design.

Measurable Outcome/Analysis: Logistic regression with complex survey design in Stata 15.1 was used. The global diet quality project indicator, which measures whether a woman eats food from each of the five food groups specified by national dietary standards around the world, was used to define the outcome (ALL-5). These food groups are starchy staples; vegetables; fruits; animal-source foods; pulses, nuts, and seeds. Individual factors (wealth index, education, employment, exposure to media index) and consumer behaviour factors (clean fuel access, refrigerator ownership, and distance to water source) of the food systems framework were primary exposures. Covariates included woman’s age and cohort, religion, rural residence, and geopolitical zone.

Results: ALL-5 was achieved by 24% of women; 40% of women ate ≤3 food groups. There was no association between wealth index or consumer behaviour factors and achieving ALL-5. Odds of achieving ALL-5 increased (p<0.001) by 24%, 47%, and 69% with primary, secondary, and tertiary education, compared to no education. Odds of achieving ALL-5 increased by 62% (p<0.001) with increasing media exposure. Yet, 55% of women had zero exposure to media (radio, newspaper, television, or the internet).

Conclusion: Nigerian women have poor diet quality. Increased access to information likely improves diet quality. Barriers to media access and use among Nigerian women must be identified and addressed.

Funding: None

Foundation Nutrition Course Promotes Diversity, Encourages Cultural Humility, and Empowers Students as Food Citizens

Oyinlola Babatunde, PhD, MPH, RDN, FAND, babatunde@ecu.edu, East Carolina University; Elizabeth Wall-Bassett, PhD, RDN, FAND, Western Carolina University

Objective: To assess students’ exposure to diverse cultural foodways on developing cultural humility and appreciation of other cultures.

Use of Theory or Research: Constructivism educational learning theory and constructs of Bandura’s social cognitive theory.

Target Audience: Undergraduate students.

Course/Curriculum Description: An online asynchronous foundation nutrition course (Cultural Foods) open to all undergraduate students (2-course sections, N=110, Fall 2022) included foundation knowledge on factors that influence food habits and culture, during the first 4 modules. An assignment followed the modules for real-life application and demonstration of foundation knowledge concepts. This “ethnic grocery store” assignment required each student to visit a local ethnic food market of their choice and to reflect on their perspectives of another ethnic group’s cultural foodways. The purpose of the structured activity was to provide exposure to other cultures firsthand and to build cross-cultural skills, and empower-