

# “We need to go back to the time of our grandparents”

## Perceptions of health and environmental aspects of nutrition

### - Qualitative findings from urban Burkina Faso

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## Background


- Rapid urbanization, modernization of diets, and upsurge of diet-related non-communicable diseases in Burkina Faso
- Environmentally friendly diets as a potential tool for health promotion


## Aim

- Identification of nutrition knowledge and beliefs about environmentally friendly and healthy diets among adults in Ouagadougou, Burkina Faso

## Setting and Methods

 3 informal and 2 formal neighbourhoods in northern Ouagadougou, Burkina Faso

 *Participant number:* 36 (18 ♂, 18 ♀)  
*Age range:* 25-73 years

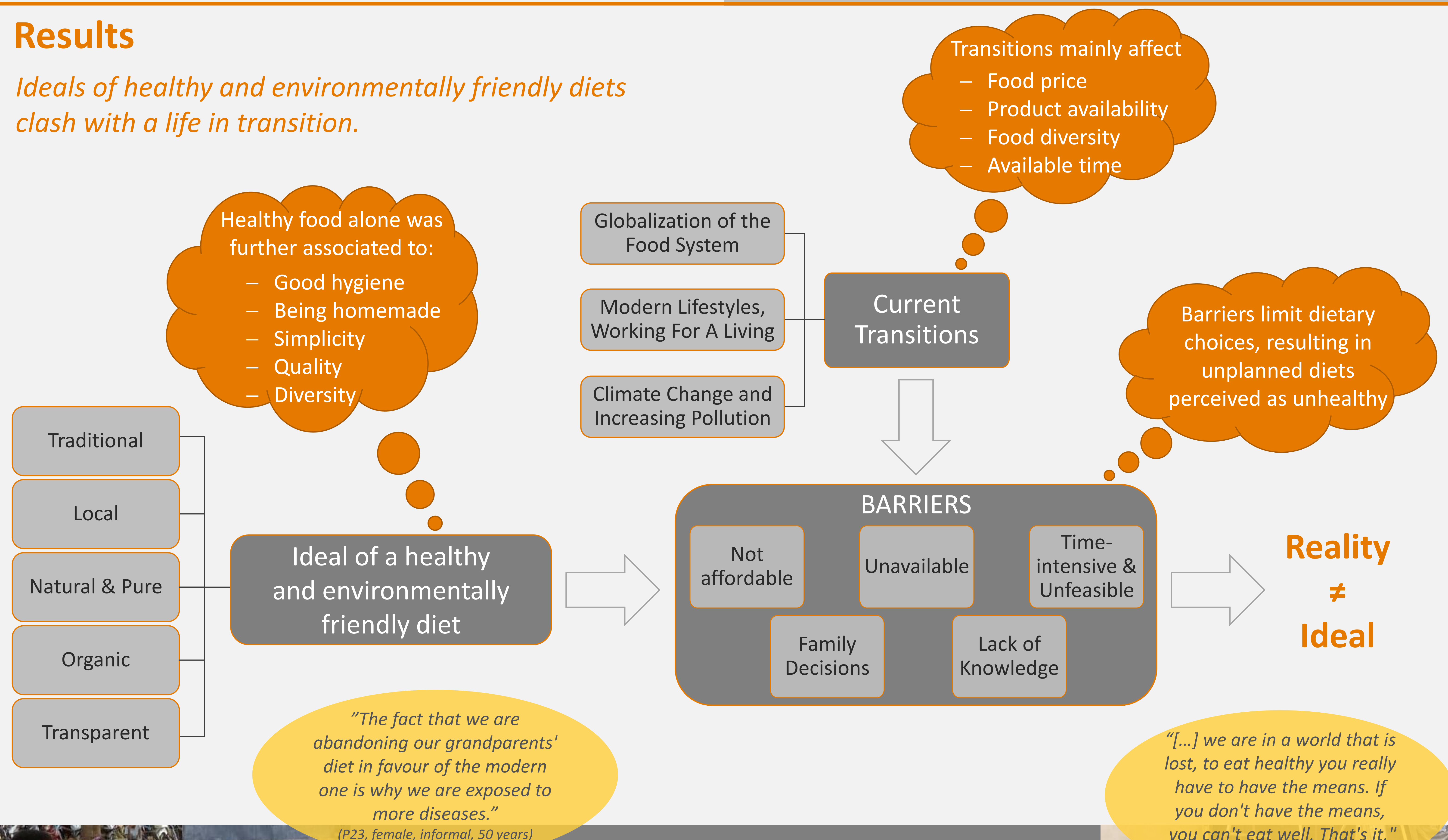
 Semi-structured face-to-face interviews  
*Interview language:* Morré or French  
*Verbatim transcription:* French

 Inductive thematic analysis supported by NVivo 12



## Results

*Ideals of healthy and environmentally friendly diets clash with a life in transition.*



## Conclusions

- Participants had a very clear idea of healthy and environmentally friendly diets, especially traditional habits were ranked as beneficial
- Living from day to day and being influenced by larger transitions that exceed personal control frequently make the idealized diet unattainable
- Interventions should consolidate traditional believes and support policy environments which improve affordability and access to healthy and environmentally friendly diets

