

Factors influencing fish consumption frequency in Kibera informal settlement, Nairobi-Kenya

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Introduction

- ⇒ Fish is an important source of animal proteins, omega-3 fatty acids, vitamins, and minerals has been proven to promote food security and reduce under nutrition, especially among the developing nations.
- ⇒ Urban growth has led to poor sanitation, nutritional and food insecurity.
- ⇒ Increased urban migration has increased the need for improved food and nutrition security globally.

Objective

- ⇒ To understand the rate at which households in Kibera informal settlement consume fish.

Methodology

- ⇒ Research Design— cross sectional research design
- ⇒ Sampling procedure—Multi-stage Sampling

Ordered logit model results

Frequency of fish consumption	Coeff	Robust Std.err	P-value
Age of food decision maker	0.003	0.004	0.515
Gender of the food decision maker	-0.210*	0.115	0.057
Household size	0.033	0.048	0.489
Years in education of food decision maker	-0.031*	0.019	0.083
Total monthly household income	0.158**	0.074	0.032
Migration to Kibera	-0.217*	0.123	0.078
dependents on income	-0.039	0.042	0.348
Occupation of the food decision maker	-0.262	0.172	0.128
Processed fish	0.732***	0.212	0.001
Total price of fish	-0.003***	0.001	0.000
Neighborhood effect	0.004*	0.002	0.095
Time taken to nearest outlet (walking minutes)	0.011**	0.006	0.075
Number of outlets within 100-metre radius	0.018*	0.010	0.078
Cultural influence on food choices	0.002	0.002	0.313
Dietary knowledge index (DKI)	-0.012	0.019	0.517
Religion's Influence on food choices	-0.001	0.002	0.680

Results

- ⇒98% of the sampled households were fish consumers with over 57% consuming fish more than 2-3 times a week.
- ⇒Results revealed that Gender, education level, monthly income, occupation, migration, processed fish, price, neighbourhood effect, time taken to the nearest outlet and number of outlets within a 100-metre radius influenced the frequency of fish consumption.

Conclusion

- Fish is relatively expensive since daily consumptions are lower (0.52%) with majority (40.78%) consuming fish 2-3 times a week.
- ⇒ There is need to increase the availability of processed fish in the market which promotes frequency of fish consumption.
- ⇒Need for increased awareness on health benefits of consuming fish hence improving nutritional diversity.

