



Effect of food environment on urban dwellers' dietary diversity in Southwest Nigeria



Ifeoluwa Ola, Adeola O. Olajide

Department of Agricultural Economics, University of Ibadan

Contact email: ola.ifeoluwa@yahoo.com

INTRODUCTION

- A healthy food environment is one that enables and encourages people to access and choose healthy diets.
- Dietary diversity is the ability of a household to obtain an adequate quality and quantity of food to meet all its members' nutritional requirements.
- The availability of retail outlets with wide variety of affordable and nutritious food and its accessibility plays a significant role in consumers dietary choices and adoption of a balanced diet.
- The objective is to examine the dietary diversity of households and their food environment

MATERIALS AND METHODS

- A preliminary study was done using a Focus Group Discussion (FGD).
- Study area: Alimosho Local Government Area, Lagos State.
- Respondents were married women responsible for food preparation within the household
- Participants number: 10
- The audio recording was transcribed and its content was analyzed.

RESULTS

- Age range: 26 – 49 years.
- The respondents had formal education.
- Starchy grains and cereals, proteinous food such as egg, meat and fish, processed food (pastas and Noodles) and drinks are the commonly available food.



Figure 1: Commonly available food

- Commonly consumed food eaten as a family is Breakfast and Dinner.
- Snacks are consumed as Lunch and usually outsourced
- There is limited variety of fruits and vegetables.
- Raw food items are gotten from local retailers within their environment
- Dietary diversity within the household is determined by the availability of funds

CONCLUSIONS

- Purchasing capacity is determined by funds available for food consumption.
- Fruits and vegetables are not easily accessible
- The retail food environment does not provide diverse kinds food.