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## Introduction

- Poor diets are critical to human health and they increase the risk of malnutrition and **Noncommunicable (NCDs)**.
- Nutrition in Nigeria is transitioning into more modernized and unhealthy diets
- Energy-dense and nutrient-poor diets are not optimal and thus have serious health implications
- Adherence to dietary standards was measured to investigate the effect of diet quality on health outcomes in Nigeria,

## Methodology

- Data Source:** Secondary data sourced from 2018/2019 General Household Survey Panel (GHS-Panel)
- Sample:** 5,000 agricultural households in Nigeria.
- Analysis:** Descriptive statistics, **Global Dietary Recommendation (GDR)**Score, and Probit regression model

## Results

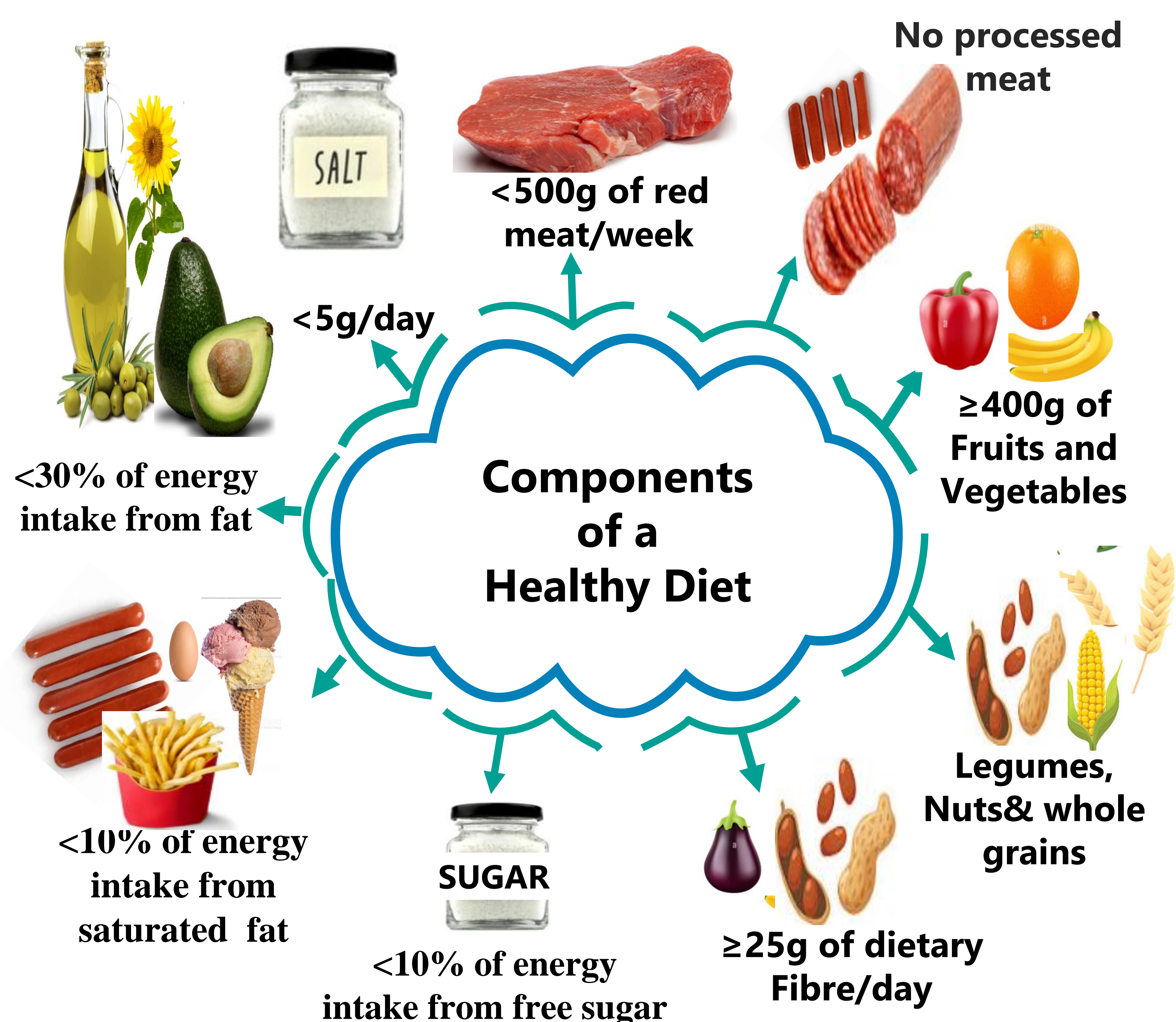
- Only 4.5% of the sampled households reported zero consumption of vegetables or fruits.
- About 14.7% consume sugar-sweetened beverages.
- With a GDR score of 10.5, households in Nigeria are about halfway in meeting the WHO dietary recommendation.
- Improved diet quality significantly reduces the risk of NCDs in adults and lowers the prevalence of stunting among under-five children

Table 1: Effect of diet quality on health outcomes in Nigeria

Variables	Dependent Variable	
	Incidence of NCDS	Under five Stunting
Diet quality	-3.433***	-0.243*
Sex of Household head	1.392**	
Age of child		-0.428**
Marital Status	0.339**	
Total Expenditure	1.4E-05	5.2 E-05*
Social class	-0.716**	
Asset ownership	0.029*	
Access to internet	0.9831**	

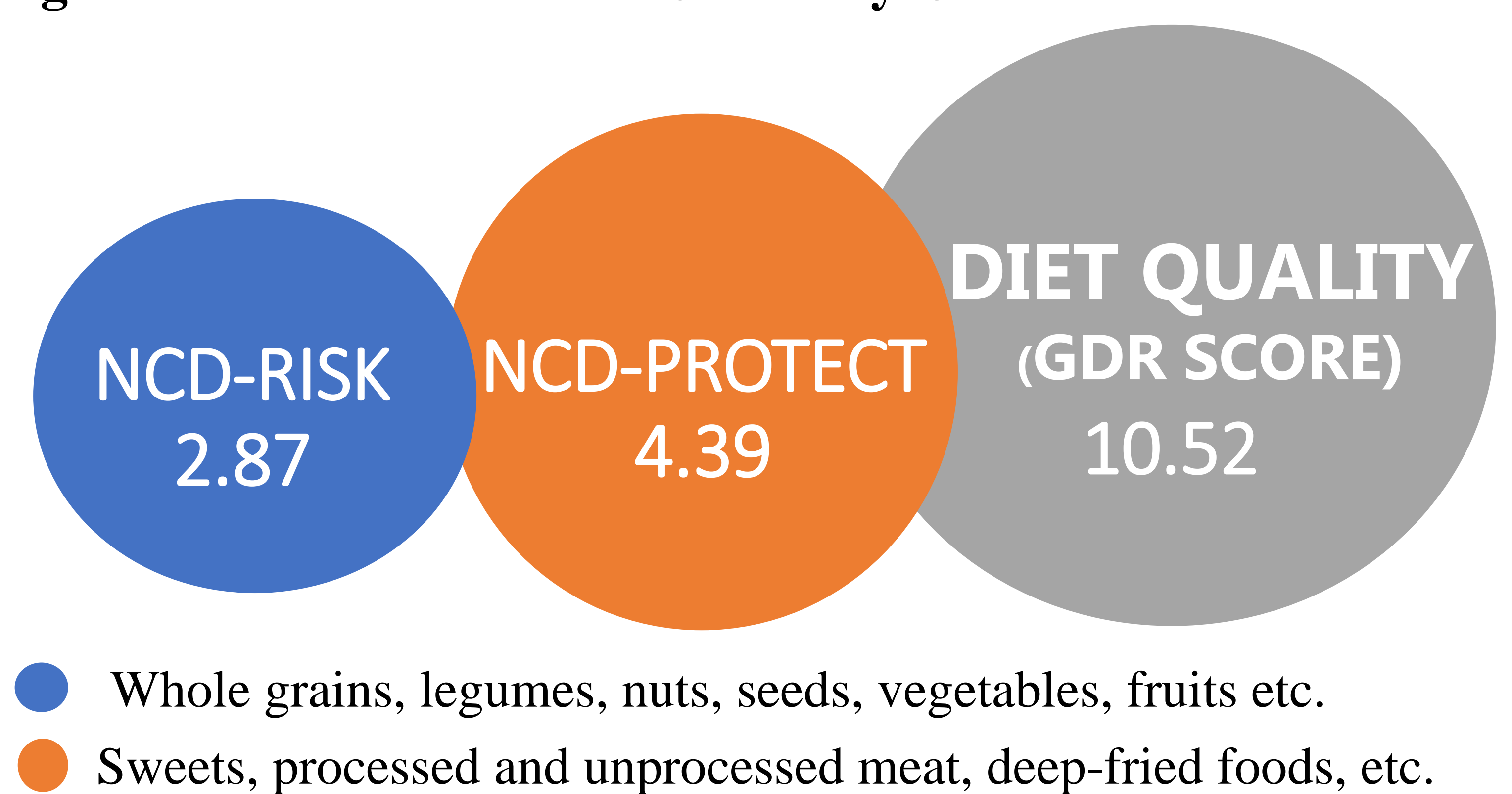
Note: Results presented only for significant variables

<sup>1</sup>World Health Organization (2018). Healthy Diet Fact Sheet. WHO,2018



Source: Based on WHO(2018)<sup>1</sup> recommendation

Figure 2: Adherence to WHO Dietary Guideline



## Conclusions

- Improving diet quality enhances nutrition and positively impacts health outcomes.
- Households in Nigeria do not sufficiently consume a variety of foods that reduce the risk of diet-related diseases.
- Diet quality in Nigeria does not meet the WHO recommendations, indicating a need for improved dietary practices.

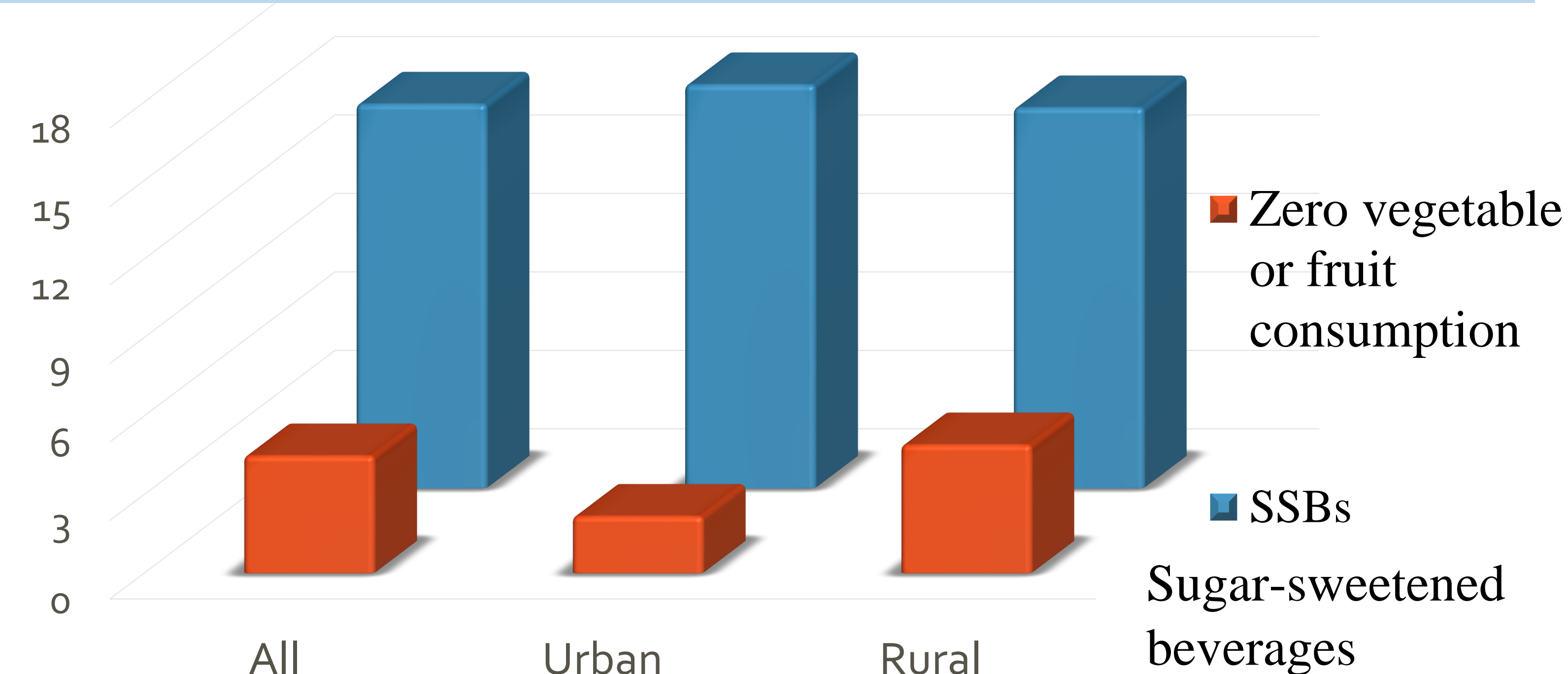


Figure 3: Adherence to WHO Dietary Guideline