

# Determinants of Diet Quality Among Adolescents Living in an Urban Informal Settlement in Nairobi, Kenya



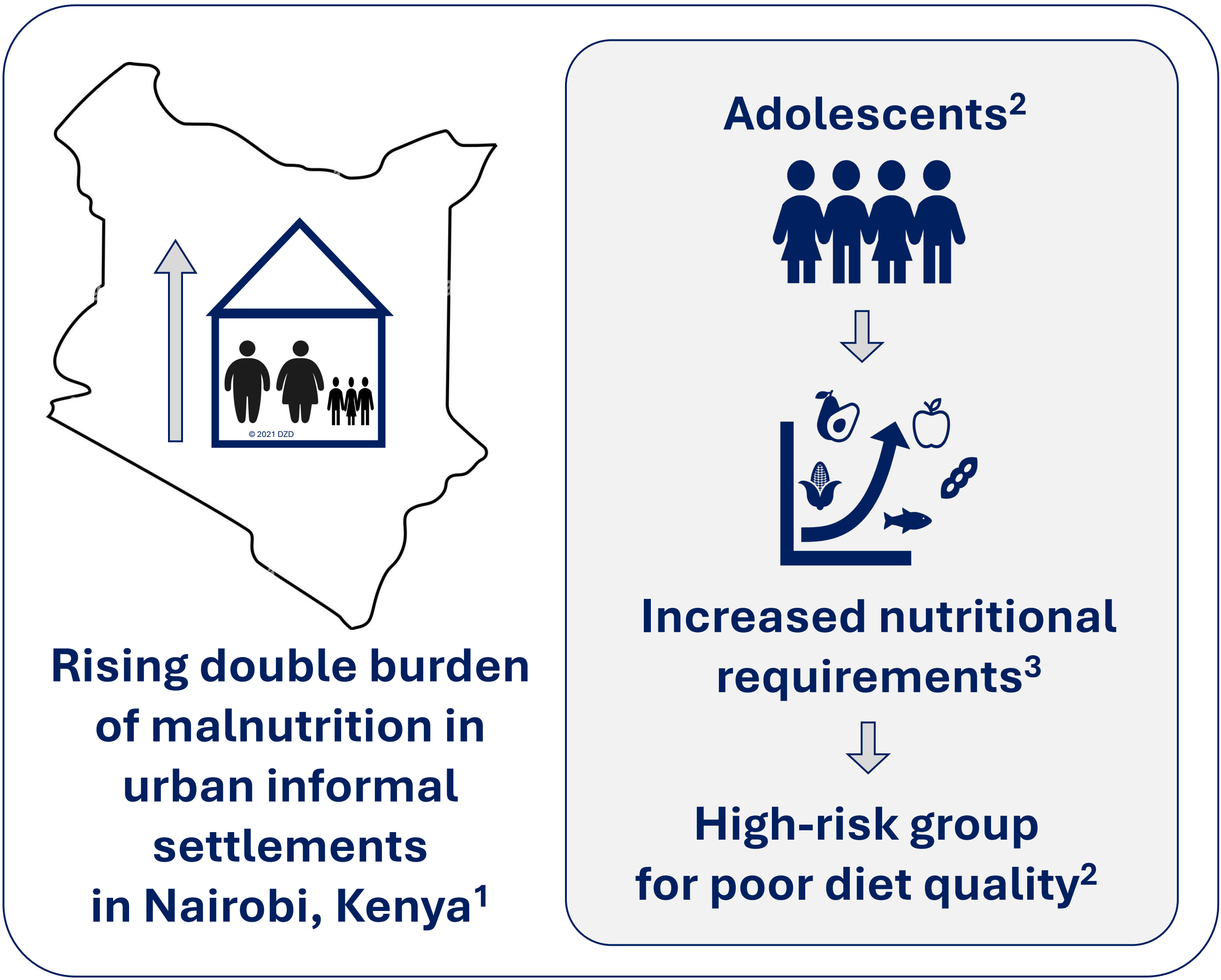
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GIESSEN

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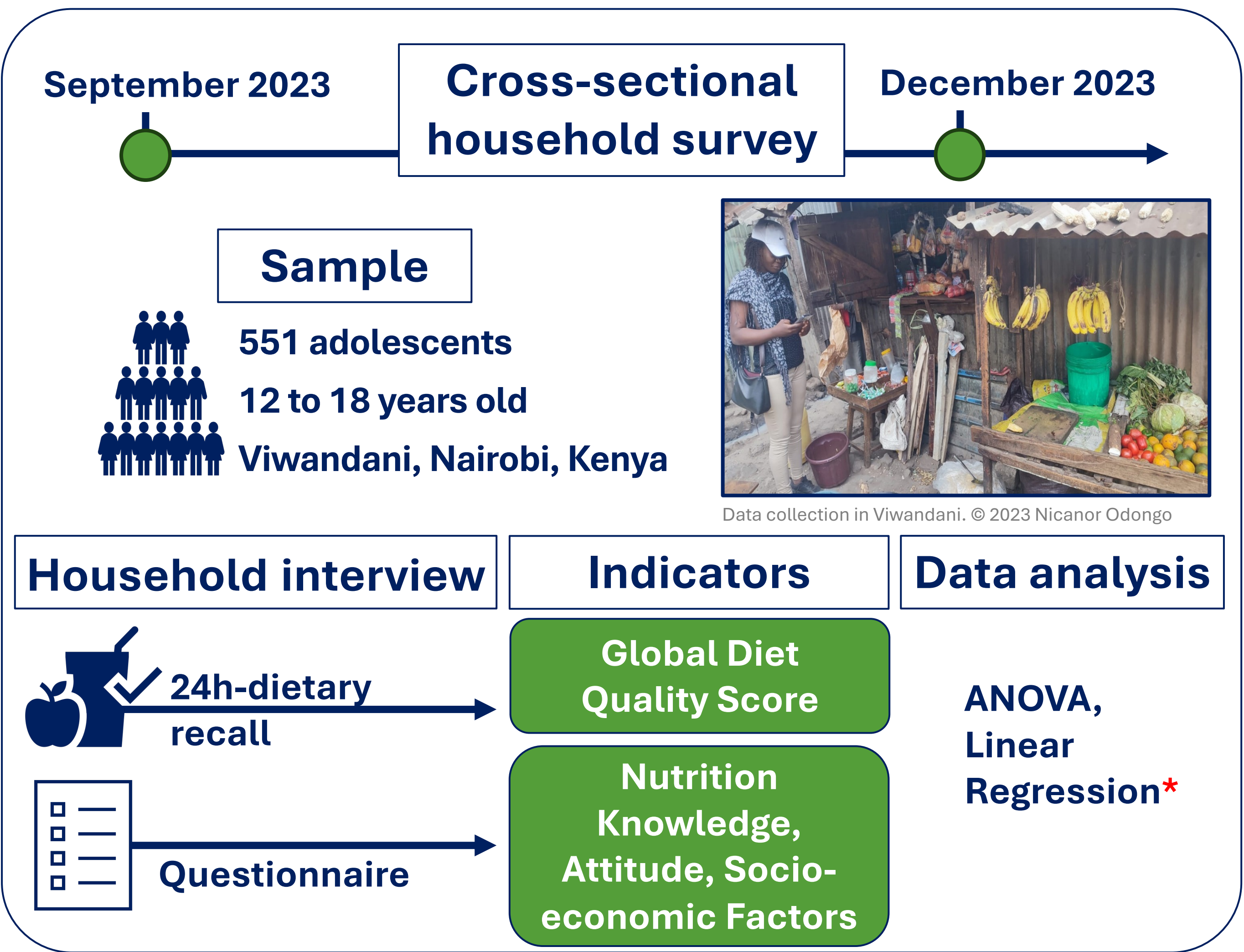
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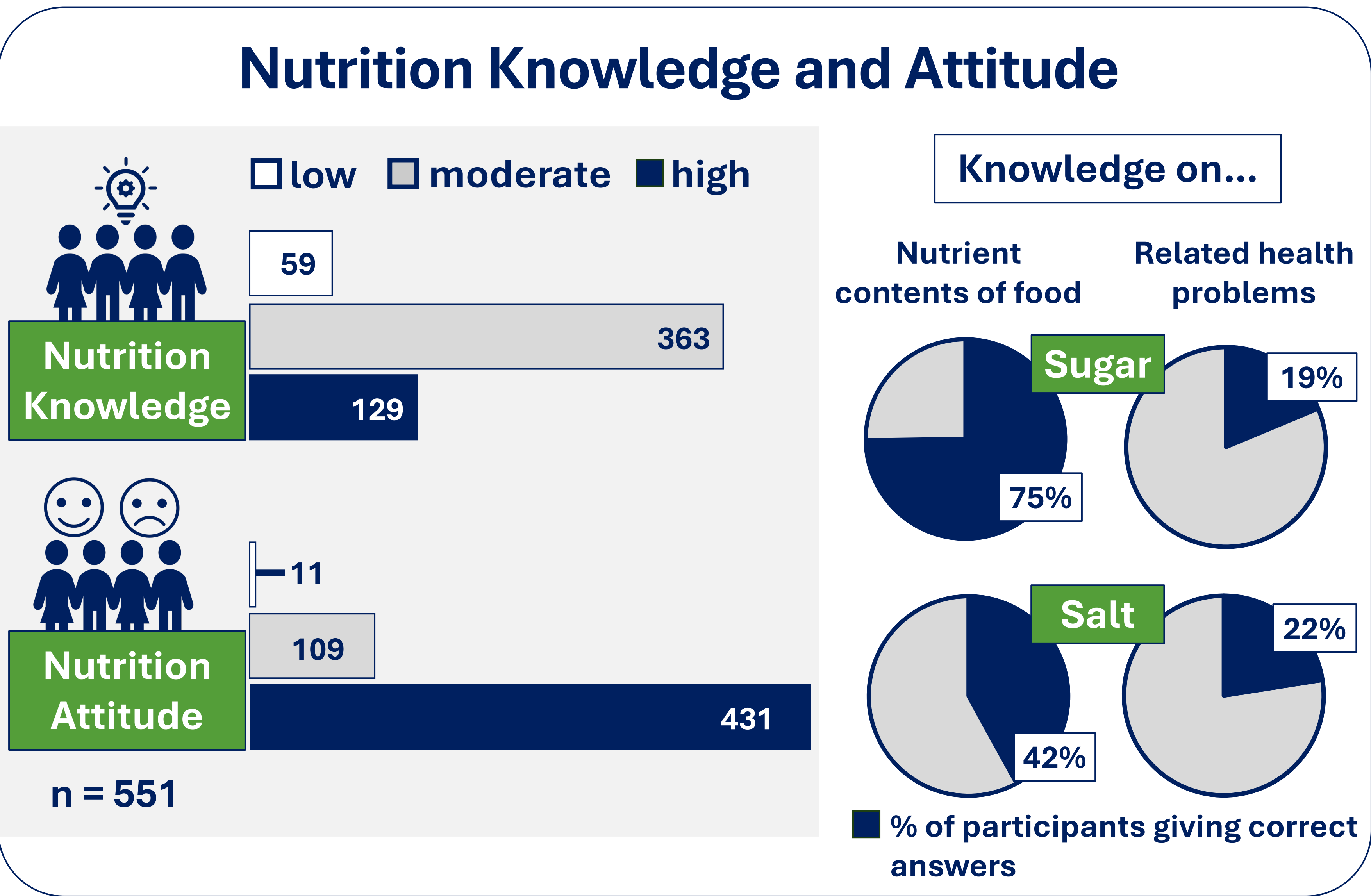
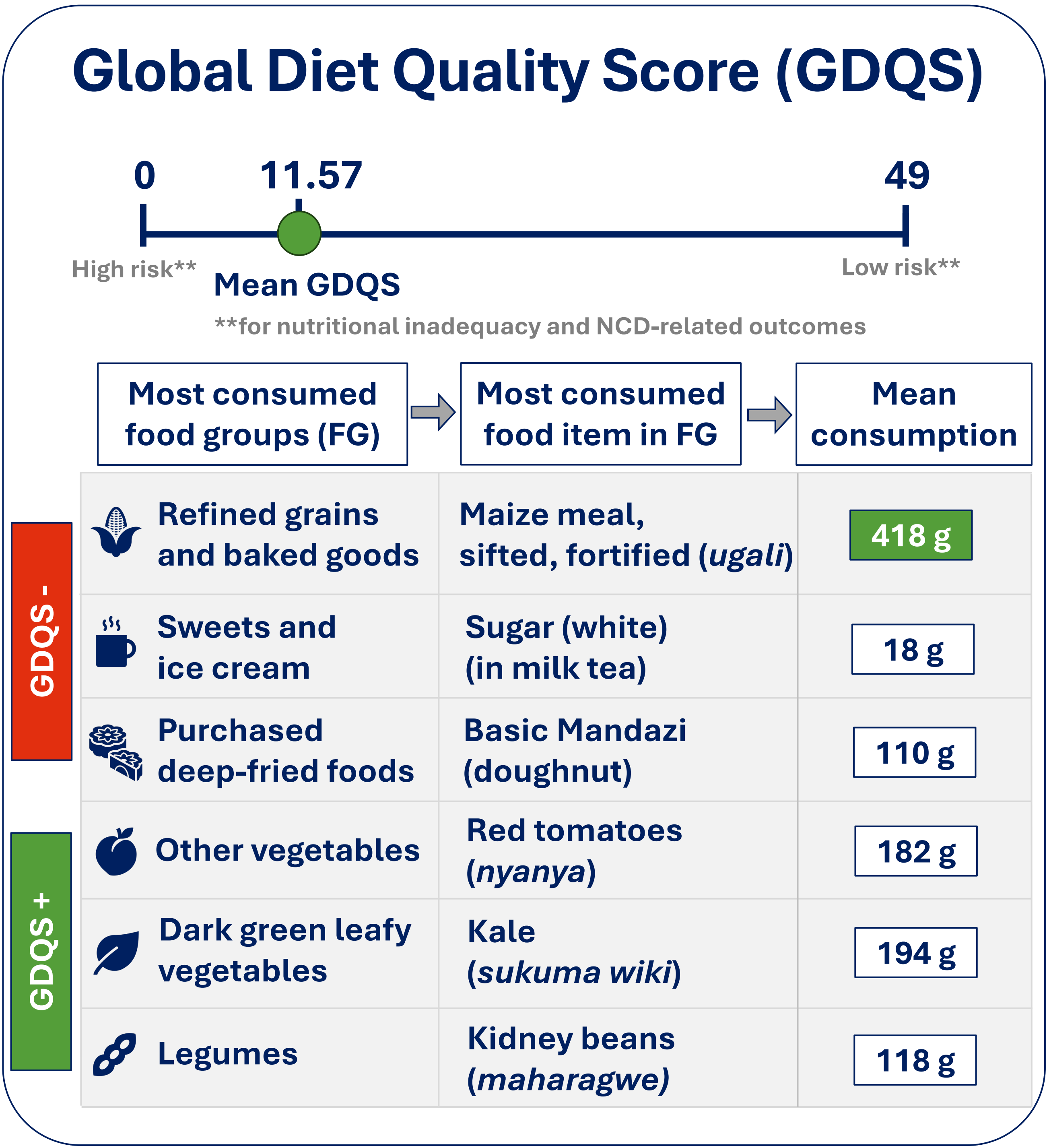
## Background



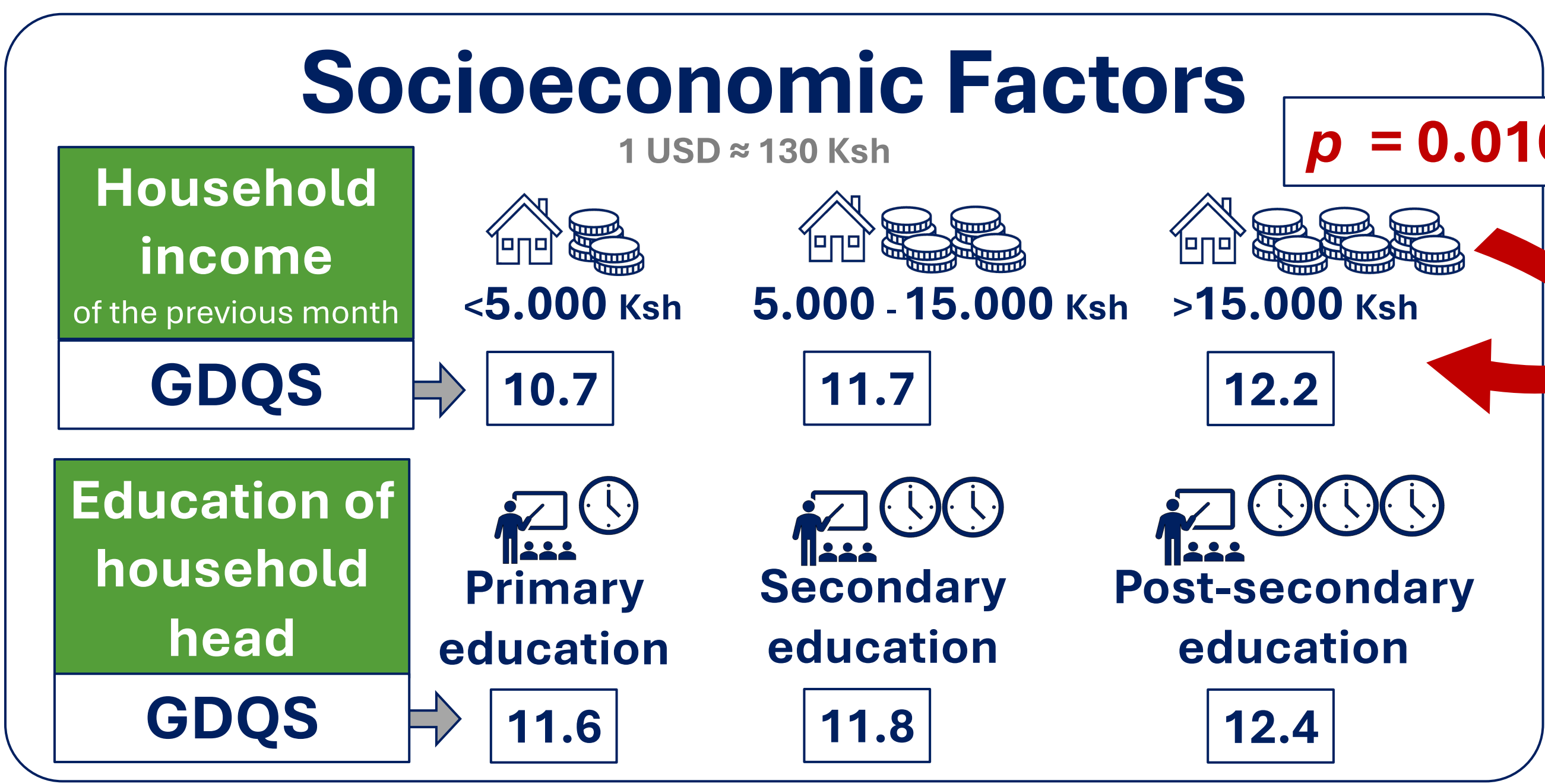
## Methodology



## Results



## Highlights and Conclusion



Low diet quality contrasted with mostly positive attitudes towards healthy eating.

Limited awareness of nutrient overconsumption risks highlighted a critical gap in disease prevention knowledge.

Household income remains an important determinant of diet quality among adolescents in urban informal settlements.

Enhancing nutritional competences and addressing socioeconomic challenges is important to improve adolescents' diet quality and tackle the rising double burden of malnutrition in these settings.

### Acknowledgements



### References

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