

Responding to Obesity in Kenya

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www.ncdak.org

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"An NCD free Kenya"



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NCDs & Obesity in Kenya

Non-Communicable Diseases Alliance Kenya (NCDAK) - National umbrella body of all organizations involved in advocacy, prevention, control, care, and rehabilitation of persons living with or at risk of developing NCDs

Prevalence

- NCDs : 50% hospital admissions, 39% of deaths
- Obesity
 - 27% Kenyans overweight/obese - Women(38.5%) : Men (7.5%)
 - Urban (12%): Rural (7%)
 - Children – Urban (21%): Rural (4%)

Obesity - NCD risk factor: CVDs, Type 2 Diabetes, Cancer (some)

MOH Kenya STEPS 2015; KNBS Kenya Demographic and Health Survey 2014,

Obesity in Kenya

A. Nutritional transition – Urbanisation, Globalisation, Advance of Technology, Income growth:

- Increased processed foods (high calorie, **low fibre** - refined sugars, high fat, high salt, **toxic chemicals laced animal-source products**)
- Decreased traditional diets – natural, **local**, diverse foods/vegetables – high fibre, micronutrient rich
- Aspirational value of “**Western Diets**”

Malnutrition **aka an imbalanced nutrient intake diets and lifestyles**

- Mal-nutrition - overweight & obesity **is a form of malnutrition**
- Micronutrient deficiency
- **Undernutrition and overnutrition together: Example : Rickets and obesity in same child**

B. Decreased physical activity and increased inactivity

Obesogenic urban food environment

NCDAK - Responding to Obesity in Kenya

Advocate for Paradigm shift: NCD Prevention & Care

- Equitable access to **Real Food** and minimize processed “**food like products**” with **pesticide chemical residues** and **biological contaminants**.
- Taxation of sugar sweetened beverages (SSBs)
- Prohibit marketing of **highly processed** unhealthy foods to children
- Promote Physical activity
- Enhance community awareness – unhealthy diets-obesity-NCDs

Challenges

- Food industry – Revenue source; Interference
- Lack of national consensus on health risks of SSBs

Opportunities

- NCD Inter-agency Coordinating Committee
 - Non-health sector involvement in NCD prevention & control
 - NCD Policy development
- COVID-19 – **leverage to prioritize of NCDs preventive interventions**