

## Implications of nutrition transition on child obesity: A case of Kenya

**Beatrice Kiage Mokua**

*Department of Human Nutritional Sciences, Jomo Kenyatta University of Agriculture and Technology, Kenya.*

### Abstract:

Childhood obesity is increasingly becoming a global public health epidemic affecting both the developed and developing countries alike. Kenya, just like many middle-income economies, is undergoing economic and nutrition transition characterized by changes in eating patterns, physical inactivity and increased urbanization. These rapid changes in the levels and composition of dietary and activity/inactivity patterns in Understanding the links between nutrition transition and obesity among children to policy makers so as they can develop policies, including food policies, for addressing issues like marketing and advertisement of children foods in middle income economies such as Kenya. This case study explores the causes of nutrition transition in Kenya, central mechanisms that can be used to mitigate the nutrition transition, and how to integrate these mechanisms at the marketplace so that they can positively impact food consumption trends in the context of child obesity. As high-income groups in Kenya accrue the benefits of a more dynamic marketplace, lower-income groups such as those in the slums may well experience convergence toward poor-quality obesogenic diets especially among children, as observed in Western countries. The benefit of leveraging policies designed to integrate global food markets to encourage healthy diets and physical, is that relatively small changes at a macro-scale can have relatively large population-wide impacts and thus address the problem of nutrition transition as a driver of childhood obesity in Kenya.

**Conclusion:** Therefore, policy makers should pay greater attention to especially food policies in order to address some of the structural causes of obesity among children among various socioeconomic status groups. The benefit of leveraging policies designed to integrate global food markets to encourage healthy diets and physical, is that relatively small changes at a macro-scale can have relatively large population-wide impacts and thus address the problem of nutrition transition as a driver of childhood obesity in Kenya.



### Biography:

Beatrice Nyanchama Kiage Mokua completed her PhD at the age of 37 years from Christian Albrechts University (CAU), German. She is a Senior Nutrition Lecturer at Jomo Kenyatta University of Agriculture and Technology at the Department of Human Nutritional Sciences. She published several papers in reputed peer refereed journals. She has presented scientific papers both in the local and international conferences.



### Speaker Publications:

- Beatrice Kiage Mokua et al; Partial substitution of soy protein isolates with cricket flour during extrusion affects firmness and in vitro protein digestibility, Dec 2019.
- Beatrice Kiage Mokua et al; The relationship between patient characteristics and glycemic control (HbA1c) in type 2 diabetes patients attending Thika level five hospital, Kenya, Nov 2019.
- Beatrice Kiage Mokua et al; Effect of paternal education about complementary feeding of infants in Kisumu County, Kenya, Dec 2018.
- Beatrice Kiage Mokua et al; The participation of fathers in breastfeeding process: knowledge, beliefs, and practices in Kisumu, Kenya, Dec 2018.
- Beatrice Kiage Mokua et al; Father-targeted nutrition education improves early initiation and breastfeeding exclusivity: The case of Kisumu county, Kenya, Jan 2018.

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