Prevalence and factors associated with excessive dietary sugar intake among adults in Kenya: Findings from STEPS Survey, 2015

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Background

- The burden of non-communicable diseases (NCDs) is increasing worldwide
- High dietary sugar intake has been associated with rising type 2 diabetes prevalence and complications
 - Directly (insulin resistance)
 - Indirectly (obesity epidemic)
- Stepwise approach to surveillance (STEPS): mechanism to monitor trends of NCD risk factors globally
- Objective: Determine prevalence, associated factors as well as knowledge, attitudes and practices on high dietary sugar intake from the findings of the Kenya STEPs survey, 2015

Methods

- STEPS survey: multi-cluster, household-based survey targeting individuals aged 18-69 years
- Secondary analysis on the dataset using STATA version 14
- Excessive sugar intake: addition of sugar to beverages already with sugar just before intake, intake of sugary soft drinks and intake of processed foods high in sugar, in most meals.
- Means, prevalence and adjusted prevalence odds ratios (POR) calculated, with their 95% confidence intervals (CI), adjusted for survey design

Results

- Mean age: 40.5 years±0.6 years

Table 1: Socio-demographic characteristics, survey respondents (n=4484)

Characteristic	Weighted Proportions (% 95% CI)	Sample size (N=4484)	
		Unweighted, n	Weighted , n
Age groups			
18-29	46.0 (43.6, 48.4)	1484	2062
30-39	23.3 (21.6, 25.1)	1253	1045
40-49	15.5 (14.1, 17.0)	793	695
50-59	9.9 (8.8, 11.0)	541	443
60-69	5.3 (4.7, 6.1)	413	239
Marital status			
Not married	23.2 (21, 25.5)	783	1039
Married	65.5 (63.1, 67.8)	3045	2938
Formerly married	11.3 (10, 12.7)	656	507
Residence			
Rural	61.9 (59.4, 64.4)	2404	2776
Urban	38.1 (35.6, 40.6)	2080	1708
Education level			
No formal education	12.6 (11.4, 13.8)	754	563
Primary education	45.6 (43.3, 47.9)	2086	2043
Secondary and above	41.9 (39.5, 44.3)	1644	1877
Wealth band			
Poorest	18.9 (17.4, 20.5)	898	848
Second	20.9 (19.3, 22.6)	897	937
Middle	18.3 (16.8, 19.8)	897	818
Fourth	18.6 (16.7, 20.6)	896	832
Richest	23.4 (21.0, 25.9)	896	1049
Occupation			
Unemployed	40.1 (37.9, 42.4)	1873	1799
Employed	59.9 (57.6, 62.1)	2611	2685

Prevalence and associated factors

Prevalence of excessive dietary sugar intake: 13.7 % (11.7-15.8)

Table 2: Factors associated with excessive dietary sugar intake, STEPS Kenya

Variable	Adjusted POR	95% CI
Urban residence	1.40	1.10-1.78
Secondary education and above	2.15	1.59-2.90

Figure 1: Knowledge attitudes and practices towards dietary sugar intake, STEPS Kenya, 2015

Conclusions

- 1 in 8 Kenyans: Excessive dietary sugar
- Urban residence, higher education level (higher SES): associated factors (Fast foods, more processed foods)
- Knowledge: Attitudes/practice Mismatch
- Recommendations: Targeted public health education, partnerships with industry to reduce sugar in processed foods, further research on the KAP mismatch

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References

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