



Short Title: Mapping the food environment to understand diet quality

Food environments describe where people choose which food to purchase, prepare, cook, and eat and they can both constrain and prompt consumer food choices, hence affecting diet quality. The presence of healthy foods and food outlets is associated with better diet quality thus better health outcomes. Similarly, presence of unhealthy foods and food outlets expose consumers to an unhealthy food environment often associated with increased risks of health and nutrition related complications.

A food environment study was conducted by HealthyFoodAfrica's Kisumu Food System Lab in 4 informal settlements to better understand the foods available to consumers. All vendors were mapped to understand the vendor options consumers have with a sub-sample of vendors being re-visited to further assess which foods were offered to which price. Food safety and food promotion and advertisement aspects were also documented.

A total of 2927 vendors were assessed and plotted on a map. We found a least 10 vendor types ranging from street food vendor with 1-3 food types on offer, to open air markets with different food stalls and supermarkets with a large range of packaged foods. One formal market and one main informal market were found to serve consumers. The findings provide an understanding of the current food environment of the consumers in the Kisumu food system lab. This is crucial for the project where we respond to: 1) How can we improve the food environment? and 2) What are the prevailing challenges for improve-

ment? Findings will also be used to describe options for change to improve consumers' diets.

The collected information is essential for designing the next steps to enhance consumer awareness and behaviour change towards healthier food choices and diverse diets.



Wholesalers harvesting cow pea leaves in Kisumu, Kenya.

