

# Cultural Values drive behaviours and decision-making for animal-source foods

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# Documentary Link

- <https://vimeo.com/459372842>

# Cultural Drivers of Food choices

**Multi-cultural setting influencing dietary patterns:** In the informal setting the diverse cultures including food habits are exchanged and adopted with households beginning to eat 'new foods

*" People have migrated a lot, coming from different parts to this place. They eat different types of foods obtained from animals. So the interaction with them makes us eat different types of foods obtained from animals, in the process you find yourself getting used to the foods."*

*"Mostly here in Nairobi they(cultures) are eroded by interacting with cultures of other people and even having diverse friends. You get yourself eating something you were not eating or something you never knew."*

# ASF Prescriptions and Proscriptions

These are prevalent in the community and exhibited in different ways. Various ASFs were prescribed or proscribed based on cultural beliefs and association with new cultures.



"...one time I found my neighbor who is pregnant eating meat, I told her she was eating a lot of fatty food and it is not good, I asked her, "they (hospital) have not told you not to take fatty foods? And that the child might be too big for you, and that you should eat just a little?' (DFCIDIF)

When I gave birth, I was told that I cannot eat fish. My husband asked the person who was cooking for me, can we buy fish? Then she said no, fish stops the production of milk.  
(DFCIDIF)

# Cultural Drivers of Food choices- Proscriptions

## Eggs

- Beliefs revolved around pregnant and lactating mothers and young children.

*She needs to eat just a little because there is a belief about the way the egg is formed or created; the child can refuse to come out of womb.*

*(Male FGD)*



On the issue of eggs, I remember at some point when my wife was expectant, she was discouraged from eating eggs because of the likelihood of increasing the unborn child's weight thereby causing delivery complications. She was discouraged by some of her peers who had experienced delivery complications.

**(Female FGD)**

# Cultural Drivers of Food choices - Proscriptions

ASFs were proscribed for children to ensure their well being. Pregnant and lactating mothers also avoid some ASF because of the perceived health risks:

*A child who has not spoken yet should not be given eggs. I will wait for my child to talk and that is when I will give them eggs(Women FGD).*

*After a woman has given birth, she is not supposed to eat fish for the first three months, because she will develop itchy skin and it will also stop milk from being produced (Women FGD).*

# Cultural Drivers of Food choices - Prescriptions

## *Milk*

*I hear that the camel milk can clean the blood, for example a pregnant woman is told to take that milk so that it can help her wash her stomach or to wash her blood (DFCFGDF8)*

*If you have a baby who is breastfeeding, you need to drink a lot of milk so that you can also produce milk. (DFCFGDF5)*



# Prescriptions of ASF

## *Milk, Fish, Beef*



*Milk is very important for a child so that he can grow fast. When they take milk, they will grow fast and their bones will also be strong.  
(DFCFGDF2)*

*I think fish is also good for them (Children) since apart from having proteins it enhances intelligence..  
(DFCFGDM25)*

*Boiled beef makes a lot of milk to come out. Boiled meat opens the veins of the mother in her body; boiled meat makes her body strong; boiled meat makes her recover quickly where there was an ailment. So boiled meat that does not have a lot of fat helps a breastfeeding mother. (DFCFGDM20)*



# Drivers of ASF Food choices- Gender

Discourse about the **prioritization of children's diets** influenced family food behaviors, such as adults willing to forego their own consumption to ensure that children consume ASFs

*I see these things (cow, chicken, goat and eggs) as very important. Something like ... or beef, even if I do not eat it, but my child eats it, it will help them, you see because an adult may not necessarily need meat. If you give a child soup obtained from meat, you will be helping them. Since I am already an adult, soup will not help me, I will just be taking it to enjoy myself, but for my child it will somehow help them.  
(Women FGD).*

# Conclusions

- Food proscriptions and Prescriptions revolved around pregnant and lactating women and young children.
- Also revolved not just on the food but also their modes of preparation.
- Play a big role in food choice and consumption and need to be understood and taken into consideration in development of nutrition intervention policies and programs.



# Drivers of Food Choice

## Competitive Grants Program

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