ABSTRACT

Introduction: The dietary survey of the Kenya National Micronutrient Survey (KNMS) characterized the usual intakes of women and children.

Methods: An interactive 24-hr recall multiple pass approach was used to collect one day dietary intake data on all households and repeated on a sub-set of 20% households on non-consecutive days.

Results: Average (SD) energy, iron, vitamin A and zinc intakes in WRA were 1937 (586) kcal, 12.5 (2.8) mg, 774 (445) μg, and 8.2 (3.1) mg respectively while these nutrient intakes in children 6-11 months and 12-59 months were 449 (328) kcal, 2.3 (2.4) mg, 156 (189) μg, 21 (1.8) mg and 1043 (402) kcal, 6.6 (4.8) mg, 321 (332) μg, 4.4 (2.4) mg respectively. Prevalence of inadequacy among WRA and children 12-59 months using EAR cutoffs and adjusting for intra individual variability was 87% & 67% for iron; 43% and 48% for vitamin A; and 50% and 17% for Zinc respectively. Conclusion: These data fill the information gap regarding food and nutrition in Kenya and point towards a number of programmatic interventions to improve the health, nutrition and food security of Kenyan women and children.

BACKGROUND

- The Ministry of Health in conjunction with several stakeholders conducted a nationally representative 24-hour dietary recall as a component of the KNMS to characterize the usual intake of women of reproductive age (WRA) and children 6-59 months.
- 296 clusters were randomly selected for the KNMS survey. Within each cluster, we randomly selected 2 households that met the inclusion criteria of having either a WRA or a child under five years of age or both residing in the household.

OBJECTIVES

To quantify caloric and nutrient intakes relative to the Estimated Average Requirement (EAR) by:
- Estimating the distribution of usual intakes of energy, iron, vitamin A and zinc of WRA and children 6-59 months using PC SIDE software.
- Estimating prevalence of dietary inadequacy among WRA and children 6-59 months of energy, iron, vitamin A and zinc.

METHODS

- An interactive 24-hr recall multiple pass approach was used to collect one day dietary intake data on all households selected for dietary data collection.
- Repeat recalls were done on a sub-set of 20% of the households on non-consecutive days in order to validate the survey data and to adjust for the variability of consumption between days.
- Analyses are conducted using PC-SIDE (version 1.0, June 2013) to estimate the usual intake of each nutrient.
- The prevalence of dietary inadequacy of macro and micro-nutrients were determined as the proportion of the population that had usual intakes less than the EAR.

CONCLUSIONS

For many women and children, their diets are insufficient to meet their nutritional needs. These data fill the information gap regarding food and nutrition in Kenya and point towards a number of programmatic interventions to improve the health, nutrition and food security of Kenyan women and children.