

The Nutritional Double Burden in Benin

Introduction

Developing countries are faced not only the problem of malnutrition caused by micronutrients deficiencies but also the emergency and the increasing of overweight and obesity. Benin is a West African country with 11 million inhabitants facing also such situation. The objective of this paper is to describe the situation of nutritional double burden in Benin and to reveal associated factors.

Method

In order to characterize the global situation, we based our study essentially on literature review. However, graphs and tables presented had been produced by ourselves.

Results

Chronic malnutrition is highly prevalent in Benin; one third of 6 to 59 months children (34%) were affected. Underweight and wasting affect respectively 18% and 4.5% of children. People suffering from Anaemia are decreasing in the population but the percentage is still high notably 58% of children and 41% of women in 2011/2012. In the same time, overweight and obesity become an issue with 1.7% of children affected. Nutritional status of women aged 15-49 years assessed by the Body Mass Index revealed that obesity followed an increasing trend from 2001 to 2011/2012 (6% to 7.2%) while chronic energy deficiency was decreasing (11% to 6.2%) but relatively still worrying. In some districts, percentage of mothers overweighted or obese with stunted children is important (graph). These show the coexistence of over and undernutrition in the same Benin population (double burden).

Life conditions such as high socioeconomic situation, living in urban area are positively associated with overweight and obesity. Household poverty, food insecurity, parents' illiteracy and inadequate feeding practices lead mostly to stunting.

Conclusion

The nutritional double burden is a tangible reality nowadays in Benin. In order to overcome the problem, we suggest firstly to develop nutritional education programmes which promote adequate feeding practices and care for children and women in general and physical activities for households with high socioeconomic status; secondly, to promote women empowerment and education initiatives in order to improve their life conditions and impact children feeding and care. Finally, to struggle rural exodus by promoting local inclusive development and small income generating activities which could enhance agricultural production and allow fathers to support financially their family.

Country

BENIN

Institution

Faculty of Agricultural Sciences, University of Abomey-Calavi, BENIN

Author: Dr AMOUSSA HOUNKPATIN, Waliou B.A. (Faculty of Agricultural Sciences, University of Abomey--Calavi (BENIN))

Co-author: Mr BODJRENOU, Sam (Faculty of Agricultural Sciences, University of Abomey-Calavi, BENIN)

Presenter: Dr AMOUSSA HOUNKPATIN, Waliou B.A. (Faculty of Agricultural Sciences, University of Abomey--Calavi (BENIN))

Session Classification: Poster session 1

Track Classification: Epidemiology