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## **Sugar-sweetened beverage consumption and associated factors among women aged 10-49 years old in two Sub-Saharan African countries**

**Birhan Ewunu Semagn**

Debre Berhan University, Ethiopia

**Background:** The consumption of Sugar-Sweetened Beverages (SSBs) has been linked to the global epidemic of obesity and chronic disease. Following the economic growth, urbanization and attractive market for beverage companies, the consumption of Sugar sweetened beverage is a rising public health challenge in low and middle-income countries. There is a paucity of evidence on the prevalence and factors associated with the consumption of SSBs in Sub-Saharan Africa.

**Methods:** This study used data from IPUM-PMA with a total sample of 4822 women aged 10-49 years old in Burkina Faso and Kenya. Mixed effect logistic regression model was employed to identify associated factors.

**Result:** Almost half (49.08%) [44.65,53.53] of women consumed sugar-sweetened beverages. Primary education (AOR=1.27; 95% CI: 1.01–1.59), secondary education (AOR=1.47; 95% CI: 1.15–1.87), employment status (AOR=1.22; 95% CI: 1.01–1.48), consumption of savory and fried snack (AOR=1.64; 95% CI=1.29–2.07), achieved minimum dietary diversity (AOR=1.77; 95% CI: 1.50–2.08), highest wealth score (AOR=1.40, 95% CI: 1.04,1.18), moderate household food insecurity (AOR=0.78, 95% CI: 0.62,0.97) and sever household food insecurity (AOR=0.74, 95% CI: 0.61,0.91) were statistically significantly associated with Sugar-Sweetened Beverage consumption.

**Conclusion:** Consumption of SSBs among women in Africa is increasing and associated with high socio-economic class. Tailored public health intervention targeting middle to high-income groups will help curb the rise in the burden of morbidity and mortality following obesity and other non-communicable diseases among women in Africa.

### **Biography**

Birhan Ewunu Semagn is a 25-year-old Ethiopian and a German Academic Exchange program (DAAD 2022) Master in Region Scholar at the University for Development Study (UDS, Tamale, Ghana). After studying for a BSc in public health for four years, he was an award-winning graduate at Debre Berhan University (Ethiopia) in 2019. Following graduation, he worked as an assistant lecturer for more than one year in the same university's Department of Public Health. He has a strong desire and ambition to excel in the field of public health at the national and international levels. His research interests focus on global health, nutrition and infectious disease, social and behavioral determinants of health, health promotion and non-communicable diseases.

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