Drivers of Food Choice Among Overweight Women and Children in Malawi

Chrissie Thakwalakwa,¹ Valerie Flax,² John Phuka,¹ Lindsay Jaacks³

¹University of Malawi, ²RTI International, ³Harvard University
Malawi

- 21% mothers overweight/obese
- 5% children <5 years overweight/obese
Study Design (n=274 dyads)

Study sites:
- 8 communities in Lilongwe and Kasungu Districts

Data collection tools:
- Quantitative food frequency questionnaire
- Drivers questionnaire

Type of dyad

- Rural (n=37)
  - Urban (n=37)

- Rural (n=57)
  - Urban (n=63)

- Rural (n=42)
  - Urban (n=38)
Descriptive Framework

**Food Choice**

- **Procurement**
- **Consumption**

**Structural & Socioeconomic**
- Transport and distance to markets
- Amount spent on food
- Household food insecurity
- Household assets
- Household water and toilet facilities
- Number of household members
- Number of children < 5 y
- Mother’s age
- Mother’s education level
- Child’s age and sex

**Gender**
- Who purchases food
- Household decision-making (female autonomy score)

**Cognitive**
- Body size preferences

**COST**

**URBAN/RURAL**

**SEASON**

**Taste Preferences**
- Maternal taste preferences
Comparison of Dietary Intake of Mothers and Children by Study Arm

Mother
- ↑ % calories from carbs
- ↓ % calories from fat
- ↑ grams/day of grains

Child
- ↑ % calories from carbs
- ↓ % calories from fat
- ↓ grams/day of oil/fat

vs.
## Significant Predictors of Food Group Consumption in Mothers

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<th>Grains</th>
<th>Roots/Tubers</th>
<th>Legumes/Nuts</th>
<th>Vegetables</th>
<th>Fruit</th>
<th>Meat/Eggs</th>
<th>Fish</th>
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Key drivers of food choice were:
  - Socioeconomic factors
  - Body size preferences
  - Taste preferences

Recommendations:
  - Government of Malawi can use these findings to develop food policies or nutrition programs to emphasize factors positively associated with consumption of healthy food groups
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Disclosures

No conflicts to disclose.

Study Team