Assessment of nutritional status and food consumption in Makepe Missokè, Douala, Cameroon

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Abstract

In Cameroon, malnutrition is associated with the emergence of some chronic diseases. However, there is no information on diet and nutritional status of population in some localities. The purpose of this study was to assess the nutritional status and food consumption of population in Maképè Missokè. During this study, 89 men and 163 women aged between 18 and 70 years were recruited. Anthropometric parameters comprising height, weight, waist and arm circumferences were measured. The body mass index was calculated and used to evaluate nutritional status. Dietary habits and frequency of usual consumption of foods were determined after verification of dietary survey forms. The determination of serum albumin was performed by spectrophotometry. The mean body mass index ranged between 27.4 and 29.1 kg/m² in women and between 23.7 and 27.6 kg/m² in men. The means waist circumference ranged between 86.4 and 93.5 cm in women, and between 80.9 and 94.8 cm in men. The arm circumference values ranged between 28 and 31 cm in both sex. In the study population, 10.7 % of men and 29 % of women were overweight, 2.8 % of men and 17 % of women were obese. Consumption of fruits and vegetables was low. The foods eaten were rich in fat and carbohydrates, but poor in protein. Nearly 8 % of men and 42 % of women were reached from hypoalbuminemia. The coverage of protein and energy needs with local foods could not meet the recommended nutritional needs and could be responsible of major health problems in Maképè Missokè.

Keywords: Food consumption, Nutritional status, Serum albumin, Douala.