Issues in Highly Processed Foods among Nigerians: An Analysis of Consumption Expenditure Patterns Using National Bureau of Statistics Data

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Abstract
This study drew its claim from the consumption expenditure pattern compiled by the National Bureau of Statistics in 2019. Designed by the National Living Standard Survey as an effort on the part of the federal government of Nigeria to provide a heuristic account of the welfare and consumption patterns of Nigerians. The study used the survey design. The survey, for what it is, and how consumption is nationwide, covers all 36 states of Nigeria, between September 2018 to October 2019. It used the stratified random sampling technique; the study used a sample size of 22,110 households to focus on understanding the living conditions of the Nigerian population and their expenditure pattern. The study observed that among the data surveyed, highly processed foods account for a greater proportion of Nigerians' expenditure. The study further observed that the major cause of the consumption lifestyle of Nigerians is urbanisation, as compared to the consumption lifestyle of people in rural areas. In other words, the study concludes that the major contribution of the consumption life of Nigerians is class-oriented. This study then refutes the claim of innovation theorists that the primary reason most Nigerians consume processed foods is due to inadequate information about their effects. The study through this knowledge recommends for nutritionists and healthcare givers a supplementary health plan that can augment and make up for nutritional imbalance through highly processed foods.

Keywords: Processed food; Consumption; Expenditure; Statistics; Lifestyle

Introduction

This study claims that there is a high impact of processed foods on Nigerians. Beginning in the last 50 years, these ultra-modern foods have gradually replaced locally made foods with the demands of ease and flavoured spices as opposed to the traditional taste for natural delicacies. No doubt, the trend, alongside the new media effect, is linked to factors such as cultural insulation, urbanisation, lifestyle changes, social status, and increased economic availability, among others. Based on these factors, the Nigerian market for over 20 years has replaced its choice of natural, nutritious local foods with an increase in additives with low low-nutritional-value value of processed foods. This experience, by that it is, has not left Nigerians the same. To start with, the processed food revolution in Nigeria has completely redefined the attitude of women towards homemaking. The trend provides women with alternative means of family-loaves without having to go through the traditional art of daily working for the family. Especially where both couples are actively engaged with career jobs, which often do not afford them the time to look after their family, for such homes, the alternative for late-night jobs is to branch out to the food vendors and place their order. While this may seem reasonable, it is nowhere compared to the side effects and hazards these junk items have caused in many homes. Still, over three million Nigerians patronise these highly processed foods daily. The study then intends to reemphasise these effects as a way to prevent the modern family from falling ill. In many ways, Nigerians really do not take the effects of these foods seriously because they are not well informed about the hazards, as compared to the impressions sold to them. This situation is ignored most time by citizens because, according to Minten and Assefa (2016), given the importance of agriculture in developing economies, food processing industries often dominate the industrial sector when considering employment and value addition

in these settings. However, the greater concern of the study is foregrounding the role urbanisation and class status play in the consumption expenditure pattern of Nigerians.

Statement of the Problem

Urbanisation is perhaps the major index for the high consumption of processed foods among Nigerians. By what it is, the divide in contemporary studies is that the enduring reason for the consumption of highly processed foods is that Nigerians do not have confidence in locally made foods, which can be challenged. This debate, still unresolved, the researcher, to further share in the ongoing discourse, did a content analysis of consumption expenditure patterns of Nigerians. It is evidence-based research with over 22,110 household studies by the Living Standard Survey, as designed by the federal government of Nigeria. From here, it was observed.

According to the research that the lifestyle consumption pattern of Nigerians stemmed from urbanisation rather than the issue of distrust in locally made foods.

Objectives of the Study

This study stemmed from the following objectives:
1. Find out the consumption expenditure pattern of Nigerians in recent times.
2. Find out the major determinant of the consumption pattern of Nigerians.
3. Point to the fact that knowledge of the consumption expenditure pattern of a country can guide its health care system and nutrition desk.

About High-Processed Foods as the Consumption Pattern of Nigerians

Nigerians, unawares, have increasingly patronised highly processed foods for over 50 years. These foods, usually created by small and medium-scale businesses, have well rapidly worsened the health condition of many Nigerians, especially among women. Evidence is in the prevalence of life diseases such as obesity, cancer, cardiovascular diseases, gut problems, etc. The need then for policy–nurtured processed foods is key if the country must witness a counter in the rise of junk-based diseases. In Bart & Thomas (2008), processed foods, he points out, are packaged, industrialised ultra-processed foods with sugar-sweetened beverages designed to meet the easy lifestyles of a changing world (Popkin, 1994; Mather, 2005; Nordhagen, 2019). In many ways, a growing population of Nigerians are on the search for cases in all domains of social activities. The consequence of this orientation, Bart & Thomas (2008) add, is the rise of double burden of malnutrition (DBM). This has emerged as a prevalent health condition in Nigeria today, thus driven by ultra-processed food consumption.

The processed foods, however, stemmed from several factors such as urbanisation, occupational lifestyle, increased income, class status, employment changes, non-functional policies of the state, etc. Whichever it is, ultra-processed food is a public health challenge, and there is a need for a working policy to handle its detrimental effects. Global analysis in Ncube (2014) suggests that double duty is actually are most important way to curtail it. A study carried out by Minten and Asefa (2016) shows a growing trend of consumption of processed foods among Nigerian women in a significant relationship with weight issues and obesity. Thus, Nigerian women are reported to consume a range of additives, processed foods such as cookies, packaged bread, canned drinks and instant noodles. These lifestyle changes have, in recent times, led to a high prevalence of obesity among women. Becoming a household consumption pattern, studies have shown that obesity rates are higher among Nigerian women compared to their men. Hence, a correlation between the consumption of highly processed foods and women's body mass index (BMI) has indicated an urgent intervention of the state in family health. A study found that 77.6% of female respondents were obese patients. In another study carried out by Yetty (2021), it was observed that there is a signification relationship between consumption of pizza among Nigerian women, cakes, burger and their body mass index (Adjognon, 2016; Popkin, 2017).

Consumption Pattern in Nigeria

The consumption lifestyle of a household is the combination of qualities, quantities, acts and habits profound in a region, a community or a human group's use of resources for daily living, survival, comfort and enjoyment. Of course, the type of food items consumed differs from one region to region or from household to household, either based on a prevalent lifestyle at a time or popular cultural orientation. Hence, consumption patterns of a society can contribute greatly to the social and economic structure and policies of the country. For a developing country like Nigeria, the consumption pattern is largely about food. Unlike in most advanced countries, it is the opposite, where the consumption pattern is skewed towards non-edible items. In many ways, the more developed a society advances, the less it spends on food and the more it spends on non-edible items. River's state is a clear indication of a state with an emerging economy. The state's expenditure is largely spent on outdoor food (National Bureau of Statistics, 2019). As well, the consumption pattern of people differs from one zone to another. Regional variation exists in the close

prediction of a representative polity within one region when compared with another polity within another region. These regional variations can be statistically explained as the regions within each polity can sometimes have similarities in consumption patterns. There are, however, variations where some states do not follow the same pattern, and that is not unusual. In many ways, below is the table below justifies the consumption pattern of Nigerians in recent times

Table 1: Household Expenditure by Type of Commodity: National 2019

	FOOD MAJOR CATEGORIES				
National	**Group**	**Expenditure**	**Type**	**Share in food expenditure**	**Share in total expenditure**
Nigeria	FOOD CONSUMED OUTSIDE OF HOME	4,597,611,647,231	FOOD	20.19	11.43
Nigeria	STARCHY ROOTS, TUBERS & PLANTAIN	2,526,248,133,445	FOOD	11.09	6.28
Nigeria	RICE	1,978,469,588,752	FOOD	8.69	4.92
Nigeria	VEGETABLES	1,760,581,587,249	FOOD	7.73	4.38
Nigeria	FISH AND SEAFOOD	1,334,251,774,137	FOOD	5.86	3.32
Nigeria	GRAINS AND FLOURS	1,283,558,827,015	FOOD	5.64	3.19
Nigeria	PULSES, NUTS AND SEEDS	1,194,512,649,507	FOOD	5.24	2.97
Nigeria	MEAT	1,190,937,052,520	FOOD	5.23	2.96
Nigeria	FRUITS	1,011,397,190,439	FOOD	4.44	2.52
Nigeria	OIL AND FATS	990,280,623,220	FOOD	4.35	2.46
Nigeria	BAKED/PROCESSED PRODUCTS	963,894,524,602	FOOD	4.23	2.40
Nigeria	POULTRY AND POULTRY PRODUCTS	879,915,554,716	FOOD	3.86	2.19
Nigeria	OTHER MISCELLANEOUS FOODS	707,845,869,649	FOOD	3.11	1.76
Nigeria	MAIZE	673,145,908,531	FOOD	2.96	1.67
Nigeria	NON-ALCOHOLIC DRINKS	551,193,833,558	FOOD	2.42	1.37
Nigeria	MILK AND MILK PRODUCTS	481,024,780,593	FOOD	2.11	1.20
Nigeria	COFFEE, TEA, COCOA AND THE LIKE BEVERAGES	296,596,090,172	FOOD	1.30	0.74
Nigeria	SUGAR, SWEETS AND CONFECTIONERY	205,537,993,903	FOOD	0.90	0.51
Nigeria	ALCOHOLIC DRINKS (BOTTLE AND CAN)	150,246,013,133	FOOD	0.66	0.37
	TOTAL FOOD CONSUMPTION EXPENDITURE	**22,777,249,642,372**		**100**	**56.65**

Source: Consumption Expenditure Pattern in Nigeria - 2019

FOOD MAJOR CATEGORIES

(%) Share in Food Exp. **20.19**

FOOD CONSUMED OUTSIDE OF HOME

N4,597,611,647,231

(%) Share in Total Exp. **11.43**

(%) Share in Food Exp. **8.69**

RICE

N1,978,469,588,752

(%) Share in Total Exp. **4.92**

(%) Share in Food Exp. **5.86**

FISH AND SEAFOOD

N1,334,251,774,137

(%) Share in Total Exp. **3.32**

(%) Share in Food Exp. **5.24**

PULSES, NUTS AND SEEDS

(%) Share in Total Exp. **2.97**

(%) Share in Food Exp. **4.44**

FRUITS

(%) Share in Total Exp. **2.52**

(%) Share in Food Exp. **4.23**

BAKED/PROCESSED PRODUCTS

(%) Share in Food Exp. **11.09**

STARCHY ROOTS, TUBERS & PLANTAIN

N2,526,248,133,445

(%) Share in Total Exp. **6.28**

(%) Share in Food Exp. **7.73**

VEGETABLES

N1,760,581,587,249

(%) Share in Total Exp. **4.38**

(%) Share in Food Exp. **5.64**

GRAINS AND FLOURS

N1,283,558,827,015

(%) Share in Total Exp. **3.19**

(%) Share in Food Exp. **5.23**

MEAT

(%) Share in Total Exp. **2.96**

(%) Share in Food Exp. **4.35**

OIL AND FATS

(%) Share in Total Exp. **2.46**

(%) Share in Food Exp. **3.86**

POULTRY AND POULTRY PRODUCTS

Source: Consumption Expenditure Pattern, 2019

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Conclusion

This study may well conclude that the consumption expenditure pattern of a country can be used to manage its health care condition and the nutritional desk. Based on the findings that it points to the major cause of health-related diseases among Nigerians; through this, the nutrition desk of the country and its health care providers can help offer nutrition guides in policy related areas. Hence, as observed from the study, highly processed foods, oil, and fat take much of the income expenditure of Nigerians, with the major drive arising from urbanisation and social stratification

Recommendations

Having observed that the Consumption Expenditure Pattern of Nigerians is tied to high processed foods, the study then recommends:

1.   Nutritionists should develop a supplementary food plan (S.F.P.) that can augment and make up for nutrition loss through high-processed foods.

2.   The government should have a policy that strictly regulates highly processed foods in Nigeria

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