



## What could be the barriers to A healthy diet in low income countries “e.g. Sudan “??

Mohammad Kunna

### Abstract:

“Through a story reflecting a personal experience “

1. The main barrier is cultural beliefs.
  - Obese people are perceived as rich and healthy. People are trying to Increase their weight either by high calorie diet or by medications “e.g. hydrocortisone”.
  - Most local dishes are fatty, sugary and those are what available at a social gathering. Refuse to eat could be seen as an insult.
2. Accessibility
  - Healthy food “e.g. fruits and vegetables” can be more expensive. Junk food is easier to find and much cheaper especially, for low income communities.
  - Getting health and nutrients information can be a challenge.



Solutions to be considered

- Changing beliefs, teach people about obesity related health problems, and helping people understand their food choices.
- Providing nutrient and calorie information and educate people about it.
- Start campaigns to motivate people to make changes.
- One size does not fit all. Health policies should be tailored considering culture, religion and income.

Webinar on Women Health Science and Care, 7 September, 2020, Tokyo, Japan

**Citation:** Prof. Mohammad Kunna, Faculty of economics and management, Tunis Manar, Webinar on Women Health Science and Care, 7 September, 2020, Tokyo, Japan