

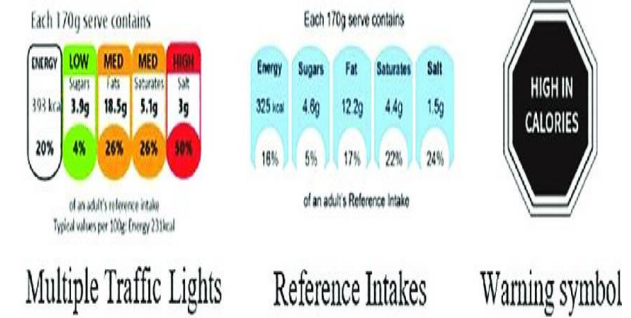
# Front of pack food labelling policies/schemes in Sub-Saharan Africa (SSA): a scoping review

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# Front of pack food labelling

- *“Front-of-pack labels (FOPL) are symbols, schemes, or systems designed to communicate concise and useful nutrition-related information to consumers to facilitate healthier food choices” ( Kanter et al., 2018).*



- *WHO considers that front-of-pack labelling (FOPL) is a form of supplementary nutrition information which serves as an important policy implementation tool to promote healthy diets through facilitating the consumers' understanding of the nutritional values of the food and making healthier food choices and drive reformulation by the food industry (WHO; 2021).*



- Purpose of FOPL?

# Research aim and questions



## Primary Aim:

Systematically search and synthesise food labelling policies and how they are implemented in Sub-Saharan Africa (SSA).

## Research Questions:

RQ1. What food labelling policies are implemented in SSA.

RQ2a. Who are involved in the food labelling policies and their implementation?

RQ2b. How is implementation carried out and monitored?

RQ2c. What are the experiences of successes and barriers to implementation ?

RQ2d What actions are out in place to improve the implementation?

# Eligibility criteria

## Inclusion criteria:

Studies involving policies/strategies/blueprint (FOPL).

Studies which explore the impact of FOPL policies/Schemes and the implementation, monitoring, success, barriers and lessons learnt

Conducted in SSA

Study designs: quantitative and qualitative studies, mixed methods studies, experimental studies and case studies

Studies published in the English language

# Eligibility criteria

## Exclusion criteria:

Studies which discussed other forms of labelling not related to nutritional labelling.

Conducted in high income countries

Non-human studies example studies about nutrition labelling in animal food.

Not published in the English language

# Search strategy and information sources

## Developed systematic search strategy

Searches were conducted on:

MEDLINE (Ovid)

EMBASE

PUBMED

SCOPUS

CINAHL Plus

Cochrane Library

Web of science and Google Scholar

PROSPERO - CRD42022346420

[https://www.crd.york.ac.uk/prospero/display\\_record.php?ID=CRD42022346420](https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42022346420)

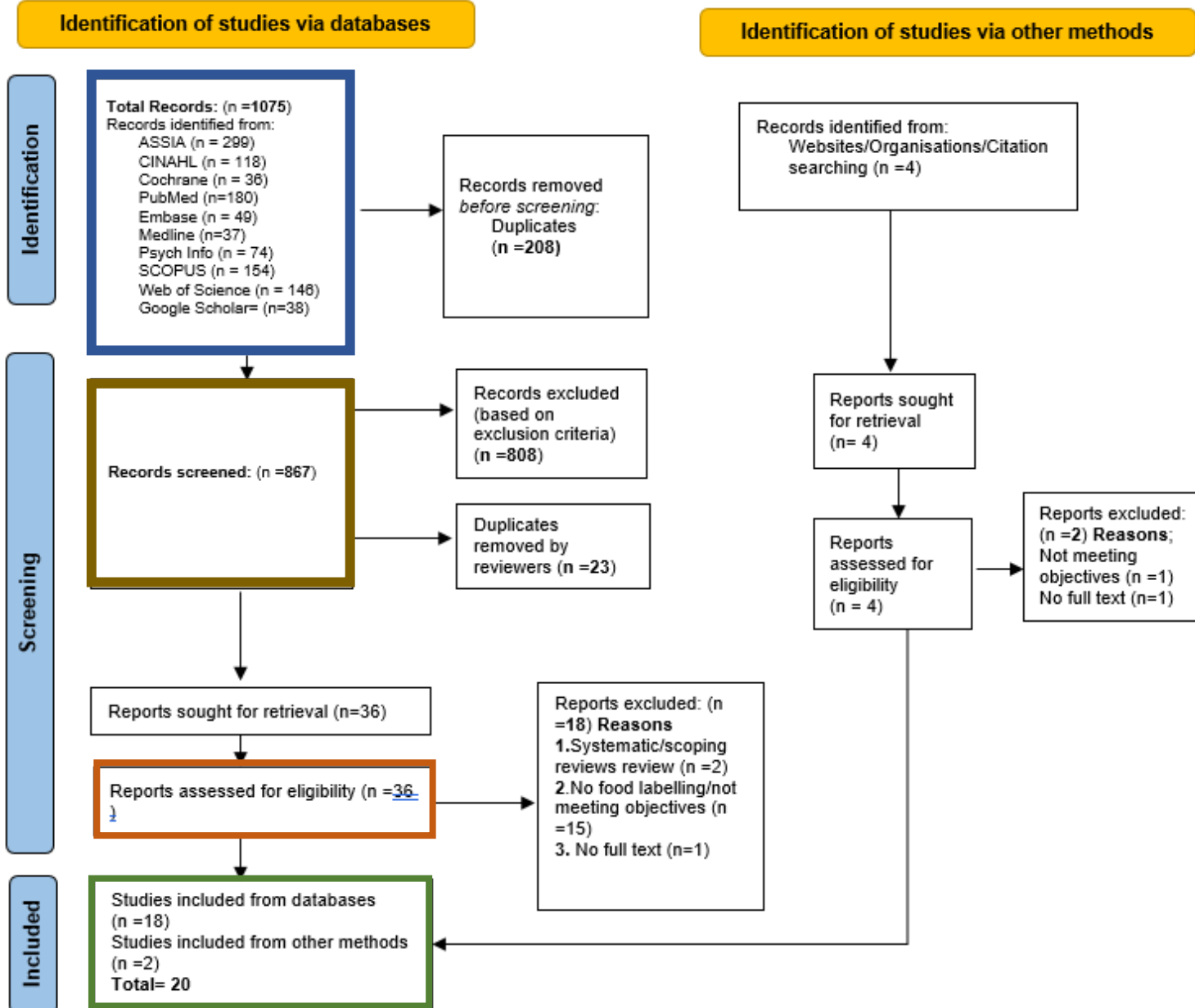
# Search strategy and information sources

- Developed systematic search strategy

A example of a search strategy using MEDLINE(Ovid)

1.	"food labelling" OR "food labeling" OR ("food"AND "labeling") OR "food labelling OR" (Front AND pack) OR "Front Labelling"
2	"policy" OR "policy" OR "policies" OR "Strategies" OR "Blue Print" OR "Guidelines" OR "Instructions"
3.	"africa south of the sahara" OR ("africa" AND "south" AND "sahara") OR ("saharan" AND "africa") OR "sub saharan africa"
4	Angola" OR "Benin" OR "Botswana" OR "Burkina Faso" OR "Burundi" OR "Cabo Verde" OR "Cameroon" OR "Central African Republic" OR "Chad" OR "Comoros" OR "Democratic Republic of Congo" OR "Republic of Congo" OR "Cote D'ivoire" OR "Ivory Coast" OR "Equatorial Guinea" OR "Eritrea" OR "Eswatini" OR "Ethiopia" OR "Gabon" OR "The Gambia" OR "Ghana" OR "Guinea" OR "Guinea-Bissau" OR "Kenya" OR "Lesotho" OR "Liberia" OR "Madagascar" OR "Malawi" OR "Mali" OR "Mauritania" OR "Mauritius" OR "Mozambique" OR "Namibia" OR "Niger" OR "Nigeria" OR "Rwanda" OR "Sao Tome And Principe" OR "Senegal" OR "Seychelles" OR "Sierra Leone" OR "Somalia" OR "South Africa" OR "South Sudan" OR "Sudan" OR "Tanzania" OR "Togo" OR "Uganda" OR "Zambia" OR "Zimbabwe"
5	3 And 4
6	1 AND 2 AND 5

# Preliminary Results

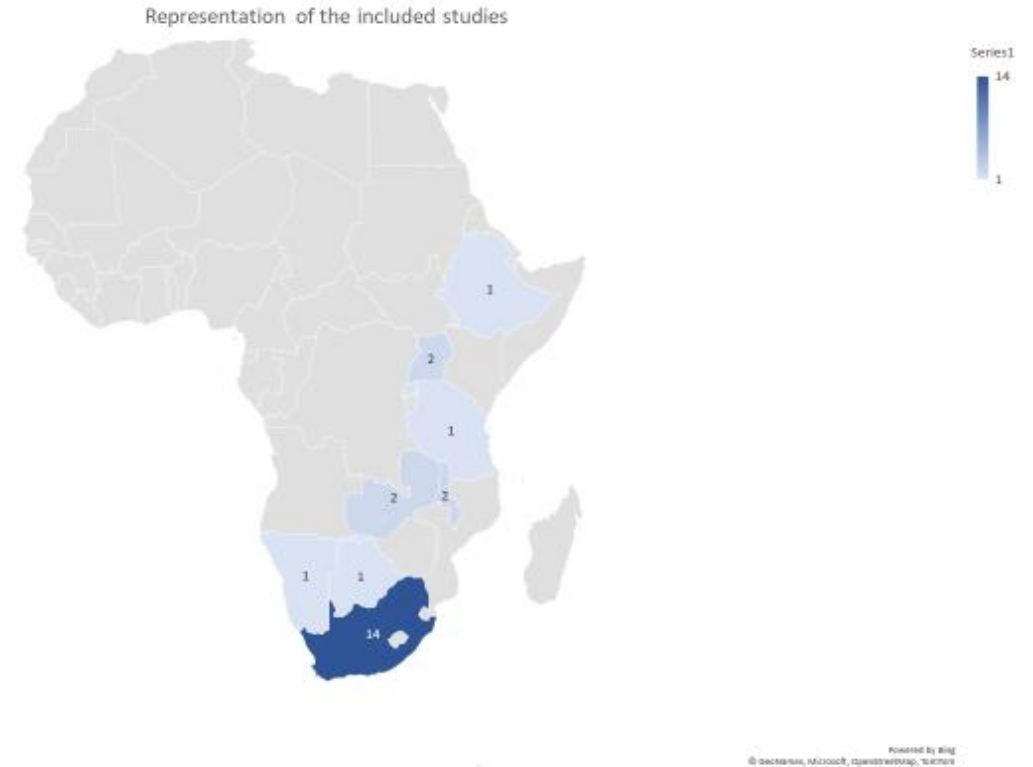


- 1075 articles (208 duplicates removed)
- 867 screened by three independent reviewers, results collated
- 36 articles screened by full text
- 20 studies included in the analyses



# Synthesis of data according to objectives

- 20 studies included-
- 14 were from South Africa.
- 8 studies were on Preference, perception or experience of the use of Front of pack labels and the influence on food choice.



# RQ1. What food labelling policies/schemes have been identified

FOPL Schemes/Legislation identified in review	Country
Legislation on mandatory limits for the sodium content	South Africa
Legal nutritional labelling provisions related to SSB taxation	Seven different countries: Botswana, Kenya, Namibia, Rwanda, Tanzania, Uganda and Zambia.
<ul style="list-style-type: none"> <li><input type="checkbox"/> Guideline daily amounts (GDA)</li> <li><input type="checkbox"/> Healthy Choice (Endorsement) combined with health claim</li> <li><input type="checkbox"/> Health star (rating)</li> <li><input type="checkbox"/> Reference Intake</li> <li><input type="checkbox"/> Multiple Traffic Light label</li> <li><input type="checkbox"/> Nutri-Score</li> <li><input type="checkbox"/> Endorsement logo</li> </ul>	<p>South Africa</p> <p>Kenya</p>

# RQ2a. Who are involved in the food labelling policies and their implementation?

Standard authority from various countries such as :

- Kenya Bureau of Standards (KEBS);
- The food and drugs authority
- Consumer protection agency; Department of Trade and Industry, and other government organisations and stakeholders, Department of Health South Africa.
- Codex Alimentarius/FAO

RQ2b. How is implementation carried out and monitored?

- ❑ Scanty data and studies did not report on how implementation was carried out or monitored.

# What are the experiences/perceptions of using FOPL

Eight studies presented this data:

## ➤ Common FOPL information use:

- The expiry date
- list of ingredients
- Nutritional information; e.g. salt, sugar and fat content.

## ➤ Perceived challenges in interpreting FOPL:

- Issues with font size of the labels e.g
- Reductive FoPL formats, e.g. the reference intake (RI), as being difficult to understand
- Lack of nutrition knowledge/ education on how to read FOPL
- Time constraints
- Less comprehensibility and adequacy of FOPL
- Some food attributes such as price and taste more important than FOPL

# Experience of using FOPL- Successes/facilitators

- ❑ Both numerical and graphical data were preferred.
- ❑ FOPL with interpretive aids such as symbolic colour and symbols.
- ❑ Nutrition knowledge also influenced the use of FOPL.

# How can FOPL be improved/recommendations

- ❑ For FOPL to be effective, consumers reported they should be
  - ❑ Clearer
  - ❑ Simpler
  - ❑ Smarter
  - ❑ In both numerical and graphical data and be able to
  - ❑ Provide nutritional education on how to effectively use FOPL

# Conclusion and Implications

## ❑ Conclusion

- ❑ Scanty data on how FOPL are implemented and monitored.
- ❑ Majority of studies (14 studies) reporting on FOPL policy/scheme or experiences/preferences of use were from South Africa.
- ❑ Font size of labels, reductive formats, less comprehensibility, lack of nutrition knowledge and time were perceived barriers of using FOPLs.
- ❑ In addition food attributes such as price and taste were perceived as important than FOPL

## ❑ Implication

- ❑ Given the rise in obesity and non-communicable diseases, FOPL policies/Scheme and regulations are urgently needed to promote healthy food choices.



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Thank you

