



# Interventions to Promote Healthy Eating Habits Among Non-Food Commodity Sector Employees in Nigerian Cities: A Mixed-Methods Study Over Three Months

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## Abstract

Non-food commodity sector employees in Nigerian cities often face challenges related to poor dietary choices, which can lead to health issues such as obesity and diabetes. A mixed-methods approach was employed, involving both quantitative surveys (n=200) assessing knowledge ^ attitudes towards nutrition ^ qualitative interviews (n=30) exploring challenges / interventions. Nutritional education sessions resulted in a significant increase of 15% in participants' ability to identify healthy food options compared to baseline, while access to fresh produce led to an average daily consumption increase of 200 grams of fruits and vegetables per employee. The interventions were effective in improving employees' knowledge about nutrition and encouraging healthier dietary choices. The findings suggest that workplace initiatives can positively influence eating habits among non-food commodity sector workers. Future studies should explore the sustainability of these interventions over longer periods, while policymakers could consider implementing similar programmes in other sectors to improve public health outcomes.

**Keywords:** African, Interventions, Non-Food Commodities, Qualitative, Quantitative, Workplace, Nutrition Education

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