

FEEDING PATTERNS AMONG MAJOR NIGERIAN ETHNIC GROUPS IN ILORIN KWARA STATE: IMPLICATIONS FOR THE 3RD SUSTAINABLE DEVELOPMENT GOAL IN NIGERIA

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Abstract

This paper examined multicultural perceived factors of feeding pattern in Kwara State using quantitative survey design, which employed Structured Interview Schedule. The study involved 120 participants selected across the three main ethnic groups in Kwara State. The result revealed that more than half of the participants regularly take breakfast than lunch and dinner and the most commonly frequency of meal intakes per day was 2 times. Also it was revealed that food nutritional value was the most determinant factor of food preference. Furthermore, most of the participants skipped meal per day, eat away from home, ever reduce the quality of their food as well as shown more interest in indigenous food than modern eatery. Factor as income (either low or high) was the most determinant factor influencing eating pattern of the people while the least factor was seasonal shortage of food supply. The result concludes that a healthy living is paramount in the achievement of the third sustainable development goal since health is usually regarded as wealth. Therefore, the need to work towards improving the economic status of the people towards a healthy living becomes imperative.

Key Words: Feeding Patterns, Ethnic Groups, Sustainable Development Goal in Nigeria

Introduction

The fallout of world leaders summit of United Nations in September 2015 set new target for eradication of poverty and environmental challenges by year 2030 (United Nation, 2016). This is a refined world global vision from defunct Millennium Development Goals (MDGs) that was initially planned to take care of issues related to extreme hunger, deadly but treatable diseases and expanding educational opportunities. Persistent environmental challenges, economic downturn and reoccurring health issues have been considered as bane of development to people and the nations, which necessitate adequate visions that culminated into new seventeen global goals under Sustainable Development Goals (SDGs). SDGs emphasized responsible consumption among the new seventeenth global vision for sustainable living and development (United Nation, 2016).

The third aspect of the SDG goals provides the basis for this study because of the close ties between human feeding pattern and eradication of the risk of diseases that would in turn engender good health and well-being. Feeding pattern is one of the numerous necessities and challenges of human

being. People require adequate and nutritious food on daily basis for survival. Nutritional value of food intake of human being cannot be over emphasized for a healthy development. United Nation emphasis on zero hunger, food security, improved nutrition and promoting sustainable agriculture as a drive to prevent health problem (Adam, 2015). This gives credence to the importance of feeding to humanity. Good foods provide energy, vitamins, minerals protein, and body building inputs for necessary growth and development.

However, feeding pattern of human being is dynamic; it has some health implications for his or her survival. As food provides nutrient to the body, it also results into another problem for the body. There is general belief that too much of everything is bad, so also, inadequacy of things is risky. This is a true situation of food for human being because over-feeding could cause problem and underfeeding could as well lead to malnutrition. Yunsheng, Bertone, Stanek, Reed, Herbert, Cohen, Merriam and Ockene (2003) conceived feeding pattern to include eating frequency, temporal distribution of eating events across the day, breakfast skipping, and frequency of meals eaten away from home. Lamb (2015) also