EVALUATION OF CONSUMER FOOD HYGIENE AND SAFETY PRACTICES IN HOUSEHOLDS IN LANGATA SUB-COUNTY, NAIROBI COUNTY, KENYA.

MALKIA MORAA ABUGA (BSc ENVH)
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A RESEARCH PROPOSAL SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF THE DEGREE OF MASTERS IN PUBLIC HEALTH (MONITORING AND EVALUATION) IN THE SCHOOL OF PUBLIC HEALTH OF KENYATTA UNIVERSITY.

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DECLARATION

This proposal is my original work and has not been presented for a degree in any other University.

Signature ................................ Date 14/10/2014

Malkia Abuga
Q57/CTY/PT/23662/2011

Supervisors: This proposal has been submitted for review with our approval as University Supervisors.

1. .......................................................... Date 14/10/2014

Signature
Dr. Jackim Nyamari.
Department of Environmental Health
Kenyatta University

2. .......................................................... Date 14/11/2014

Signature
Dr. Joan Njagi.
Department of Environmental Health
Kenyatta University
ABSTRACT

Food borne diseases comprise a broad spectrum of diseases and are responsible for substantial morbidity and mortality worldwide. It is a growing public health problem in developing as well as developed countries. Food safety at home may result in increased potential for unsafe food handling behaviours and consequential increased risks of illness. In addition, failure to associate the home as a potential location to acquire food borne diseases may be a serious hindrance for implementation of safe food handling behaviours. The home has become a multifunctional setting comprising of many activities that influences the need for and practice of food safety. In Kenya, few documented studies have been undertaken to assess the role played by food handlers in the transmission or control of food borne diseases in various setting, in particular there is scanty information of food safety in the homes. This study aims to evaluate consumer food hygiene and safety practices in the households in Langata Sub-County. This will be a descriptive cross-sectional study targeting consumers who have the sole responsibility of food preparations in the households in Langata Sub-County, Nairobi County, Kenya. The study will seek to establish consumer knowledge, attitude and practices on food hygiene and safety measures in the households and also determine the socio-demographic factors that influence food hygiene and safety practices in households. A multistage sampling approach will be used. Langata sub-county will be purposively selected. The study will be conducted in all the five wards of the sub-county they include Karen, Soweto Nyayo Highrise, Mugumoini, Langata and Nairobi West. Probability proportionate sampling will be used to select the households in the respective wards. In the households, those responsible of food preparations will be interviewed. A sample size of 387 respondents in Langata sub-county will be used for this study. Data will be collected by use of structured questionnaire and key informative interview. Data will be analysed by SPSS version 20 and presented using tables, graphs while association between variables will be assessed using Chi-square statistic. The findings of the study will be used in health research and development initiatives relating to food safety.