

# Kenya - Evidence to catalyse food environment policy actions towards healthy diets and prevention of the double burden of malnutrition in Kenya (FEP- ACTION)

**Dr. Gershim Asiki**

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## Overview

### Identification

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#### ID NUMBER

DDI-KEN-APHRC-FEP-ACTION-2025-v1.0

### Version

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#### VERSION DESCRIPTION

DDI-KEN-APHRC- FEP-ACTION-2025-v1.0

#### PRODUCTION DATE

2025-12-16

#### NOTES

N/A

### Overview

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#### ABSTRACT

##### Background:

Kenya lacks comprehensive policies for regulating the food environment, thus there is a high level of unhealthy food consumption. The goal of the Food Environment Policy-Action project is to build evidence and mobilize multi-stakeholder actions towards the development of a double-duty bundle of four food environment policies that prevent the consumption of unhealthy diets and promote the consumption of nutrient rich and energy-dense healthy foods.

##### Objective:

The main objective was to generate evidence to inform the development of 4 policies for healthier and more equitable consumer food environments,

##### Study methods:

The study adopted a mixed methodology. The quantitative methods entailed; (i) validation of a Nutrient Profile Model through quality of food ranking by nutrition experts (ii) assessing the understanding of the Front of Pack Label (FoPL) by consumers and how this informs consumer purchasing intention. A desk review and key informant interviews were conducted to assess the legal feasibility of the law-making processes in Kenya to locate feasible policy options, and human right approaches for stronger accountability by the government. The study also employed group model building (GMB), a system dynamics (SD) approach to gain insights into the connections between variables influencing food-related policymaking. Key informant interviews were conducted to determine approaches required to address gender and other inequities in the food system and legal pathways that enable the policy-making process.

Tests of the level of agreement between judgments of the nutrition experts and Kenya NPM were used for the NPM evaluation. Descriptive analysis of consumer choices of the FoPL and effects of the label characteristics on the choice of food was done. Thematic content analysis was used to analyse emerging themes for the qualitative data.

This project was funded through the Catalyzing Change for Health and Sustainable Food Systems (CChFS) Initiative, a co-funding partnership between IDRC and the Rockefeller Foundation.

#### UNITS OF ANALYSIS

Nutrition professionals

## Scope

### NOTES

The questionnaire for the NPM Validation had 2 sections: Background information and how to classify foods.

## Coverage

### GEOGRAPHIC COVERAGE

Kenya (47 counties)

### UNIVERSE

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

## Producers and Sponsors

### PRIMARY INVESTIGATOR(S)

Name	Affiliation
Dr. Gershim Asiki	African Population and Health Research Center

### OTHER PRODUCER(S)

Name	Affiliation	Role
Dr. Gerhim Asiki	African Population and Health Research Center	Principle Investigator
Dr. Shukri Mohamed	African Population and Health Research Center	Co-Investigator
Jane Mangwana	African Population and Health Research Center	Co-Investigator
Veronica Sanda Ojiambo	African Population and Health Research Center	Co-Investigator
Milka Wanjohi	African Population and Health Research Center	Co-Investigator
Helen Gitau	African Population and Health Research Center	Co-Investigator
James Kavai	African Population and Health Research Center	Data Documentation Specialist
Caroline Karugu	African Population and Health Research Center	Data Manager

### FUNDING

Name	Abbreviation	Role
Funded by IDRC & Rockefeller Foundation		Funder

### OTHER ACKNOWLEDGEMENTS

Name	Affiliation	Role
Bonface Ingumba	African Population and Health Research Center	Data Governance Officer

## Metadata Production

### METADATA PRODUCED BY

Name	Abbreviation	Affiliation	Role
African Population and Health Research Center	APHRC		Producer

### DATE OF METADATA PRODUCTION

2025-12-16

DDI DOCUMENT VERSION  
Version 1.0 (December 2025)

DDI DOCUMENT ID  
DDI-KEN-APHRC-FEP-ACTION-2025-v1.0

## Sampling

### Sampling Procedure

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This study used a cross-sectional experimental design in which nutrition professionals were randomly assigned food products for evaluation. Each participant was allocated 40 unique food items drawn from 11 predefined food categories based on the Kenya Nutrient Profile Model (KNPM). Randomization was implemented using a pre-generated allocation list linking participant IDs to specific product classifications and items, ensuring that no participant evaluated the same product more than once and that exposure across categories was broadly balanced. The sampling framework was designed to accommodate up to 1000 participants to account for potential variation in response rates; however, the final analytic sample comprised 690 participants, resulting in 27,600 participant-product evaluations. The primary unit of analysis was the participant-product evaluation.

### Deviations from Sample Design

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The final analytic sample included 690 participants rather than the planned target sample size of 1,000 participants. This represents a 31.0% reduction from the planned target sample size. This deviation did not affect the randomization procedure, as product allocation was implemented using the pre-generated random assignment list. Each included participant was assigned 40 unique food items, and no participant was assigned duplicate products.

### Response Rate

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Among the 690 participants included in the final analytic sample, all completed their assigned product evaluations, giving a 100% completion rate among included participants. Relative to the planned target sample size of 1,000 participants, the achieved analytic sample represented 69.0% of the target sample.

### Weighting

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No sampling weights were applied, as the study design relied on controlled random allocation with equal probability of assignment.

## Questionnaires

### Overview

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The validation survey for the NPM was conducted online, with the link distributed to nutrition professionals through their WhatsApp groups. Participants completed the English-language questionnaire on either their phones or computers. The survey targeted professionals in the fields of Dietetics, Human Nutrition, Food Sciences, Nutrition Medicine, and Nutrition Biochemistry.

## Data Collection

### Data Collection Dates

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<b>Start</b>	<b>End</b>	<b>Cycle</b>
2025-08-18	2025-09-12	N/A

### Data Collection Mode

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Face-to-face [f2f]

### Questionnaires

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The validation survey for the NPM was conducted online, with the link distributed to nutrition professionals through their WhatsApp groups. Participants completed the English-language questionnaire on either their phones or computers. The survey targeted professionals in the fields of Dietetics, Human Nutrition, Food Sciences, Nutrition Medicine, and Nutrition Biochemistry.

### Supervision

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Because the survey was conducted entirely online (link distributed via WhatsApp, participants filling the questionnaire on their own phones or computers), there were no formal field teams comprising controllers and supervisors assigned per interviewer. The concept of an "interviewer" in the traditional face-to-face sense did not apply; nutrition professionals self-administered the questionnaire. Consequently, there were no designated controllers or supervisors allocated on a per-interviewer basis.

The main role of supervision carried out by myself was to receive any issues or queries raised by the nutrition professionals (via email or phone calls) and address them promptly. This included clarifying questions about questionnaire content, resolving technical access problems, and ensuring the smooth completion of the online survey.

No field visits were conducted, as the survey was internet-based. Upper management therefore did not make any in-person visits to a physical field site. All oversight and problem-solving were handled remotely through email and telephone communication.

## Data Processing

### Data Editing

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Data processing followed a structured cleaning and validation protocol to ensure accuracy, completeness, and consistency. Duplicate checks confirmed that all participant identifiers were unique and that no participant evaluated the same product more than once. Completeness checks verified that each participant evaluated exactly 40 food items, resulting in a fully complete dataset with no missing observations. Product names were standardized to ensure consistent labeling, and all items were classified into 11 KNPM-based food categories. Minor inconsistencies, including isolated product misclassification, were corrected during cleaning. Sociodemographic variables were harmonized through recoding and consolidation of overlapping categories. Derived variables were generated to support analysis, including binary indicators for nutrients of concern and aggregated expert judgement measures at the product level. The final dataset included 690 participants, 27,600 observations, and 130 unique food products, and was confirmed to be internally consistent.

### Other Processing

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N/A

## Data Appraisal

### **Estimates of Sampling Error**

The dataset demonstrates strong internal validity and analytical reliability due to its complete structure, balanced design, and randomized allocation of food products. The requirement for each participant to evaluate an equal number of items ensured consistency across observations and minimized bias related to differential exposure. The large number of observations supports robust statistical analysis and reliable comparison across food categories and nutrient profiling models. However, the use of nutrition professionals as participants may limit generalizability to the broader population. Additionally, although randomization ensured overall balance, some variation in exposure to less frequently represented categories was observed. No sampling weights were applied, as the study design relied on controlled random allocation with equal probability of assignment. Overall, the dataset is well-suited for validating nutrient profiling models and assessing agreement between expert judgement and standardized classification systems.

## **File Description**

## **Variable List**

## Deidentified\_NPMValidationData1

Content	
Cases	27600
Variable(s)	50
Structure	Type: Keys: ()
Version	
Producer	
Missing Data	

## Variables

ID	NAME	LABEL	TYPE	FORMAT	QUESTION
V1	consent	Part II: Certificate of Consent This research study has been explained to me, in	discrete	numeric	Part II: Certificate of Consent This research study has been explained to me, in
V2	q1p1	1.1 START TIME	discrete	character	1.1 START TIME
V3	q1p6	1.6 Sex	discrete	numeric	1.6 Sex
V4	q1p6other	Specify Other	discrete	character	Specify Other
V5	q1p7	1.7 AGE	contin	numeric	1.7 AGE
V6	q1p8	1.8 What are your qualifications?(Select all that apply)	discrete	character	1.8 What are your qualifications?(Select all that apply)
V7	q1p8_1	Dietetics	discrete	numeric	Dietetics
V8	q1p8_2	Nutrition (Human)	discrete	numeric	Nutrition (Human)
V9	q1p8_3	Food sciences	discrete	numeric	Food sciences
V10	q1p8_4	Nutrition Medicine	discrete	numeric	Nutrition Medicine
V11	q1p8_5	Nutrition Biochemistry	discrete	numeric	Nutrition Biochemistry
V12	q1p8_6	None	discrete	numeric	None
V13	q1p8_96	Other (Specify)	discrete	numeric	Other (Specify)
V14	q1p8_67	Biochemistry	discrete	numeric	Biochemistry
V15	q1p8_38	Nutrition	discrete	numeric	Nutrition
V16	q1p8other	Specify Other	discrete	character	Specify Other
V17	q1p9	1.9 What is the highest level of education that you have completed?	discrete	numeric	1.9 What is the highest level of education that you have completed?
V18	q1p9other	Specify Other	discrete	character	Specify Other
V19	q1p10	1.10 What is your place of work	discrete	numeric	1.10 What is your place of work
V20	q1p10other	Specify Other	discrete	character	Specify Other
V21	q1p11	1.11 How many years of experience do you have working in a nutrition or a dietet	discrete	numeric	1.11 How many years of experience do you have working in a nutrition or a dietetic related area
V22	mainfoods_count		discrete	character	
V23	setofmainfoods	SET-OF-mainfoods	discrete	character	SET-OF-mainfoods
V24	key	Unique submission ID	discrete	character	Unique submission ID

V25	submissiondate	Date/time submitted	contin	numeric	Date/time submitted
V26	q1p2	1.2 DATE OF INTERVIEW (DD/MM/YYYY)	discrete	character	1.2 DATE OF INTERVIEW (DD/MM/YYYY)
V27	parent_key		discrete	character	
V28	pos		discrete	character	
V29	posb		discrete	character	
V30	pr		discrete	character	
V31	cls		discrete	character	
V32	fid		contin	numeric	
V33	foodid		discrete	character	
V34	description		discrete	character	
V35	energy		discrete	character	
V36	energy_b	Energy_B	discrete	character	Energy_B
V37	total_fat	Total_Fat	discrete	character	Total_Fat
V38	saturated_fat	Saturated_Fat	discrete	character	Saturated_Fat
V39	trans_fat	Trans_fat	discrete	character	Trans_fat
V40	total_carbohydrate	Total_carbohydrate	discrete	character	Total_carbohydrate
V41	total_sugar	Total_sugar	discrete	character	Total_sugar
V42	added_sugar	Added_sugar	discrete	character	Added_sugar
V43	sodium	Sodium	discrete	character	Sodium
V44	qr1p1	Is this food high in sugar?	discrete	numeric	Is this food high in sugar?
V45	qr1p2	Is this food high in saturated fat?	discrete	numeric	Is this food high in saturated fat?
V46	qr1p3	Is this food high in sodium/salt?	discrete	numeric	Is this food high in sodium/salt?
V47	qr1p4	(If applicable) Is this food high in total fat?	discrete	numeric	(If applicable) Is this food high in total fat?
V48	qr1p5	Should this food be classified as unhealthy?	discrete	numeric	Should this food be classified as unhealthy?
V49	foodcat1	Food Category	discrete	numeric	Food Category
V50	n_items_participant		discrete	numeric	



## Part II: Certificate of Consent This research study has been explained to me, in (consent)

### File: Deidentified\_NPMValidationData1

#### Overview

Type: Discrete  
Format: numeric  
Width: 8  
Decimals: 0  
Range: 0-1

Valid cases: 27600  
Invalid: 0

#### Description

This is the certificate of consent

#### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

#### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

#### Pre question

Background Information

#### Literal question

Part II: Certificate of Consent This research study has been explained to me, in

#### Post question

N/A

#### Interviewer instructions

N/A

## 1.1 START TIME (q1p1)

### File: Deidentified\_NPMValidationData1

#### Overview

Type: Discrete  
Format: character  
Width: 11

Valid cases: 27600  
Invalid: 0

#### Description

This is the start time

#### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

#### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

#### Pre question

Background Information

#### Literal question

1.1 START TIME

#### Post question

N/A

#### Interviewer instructions

N/A

## 1.6 Sex (q1p6)

### File: Deidentified\_NPMValidationData1

#### Overview

Type: Discrete  
Format: numeric  
Width: 8  
Decimals: 0  
Range: 1-96

Valid cases: 27600  
Invalid: 0

#### Description

This is sex of the respondent

#### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

#### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

#### Pre question

Background Information

#### Literal question

1.6 Sex

#### Post question

N/A

#### Interviewer instructions

N/A

## Specify Other (q1p6other)

### File: Deidentified\_NPMValidationData1

#### Overview

Type: Discrete  
Format: character  
Width: 1

Valid cases: 0  
Invalid: 0

#### Description

This is specify, other

#### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

#### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

#### Pre question

Background Information

#### Literal question

Specify Other

#### Post question

N/A

#### Interviewer instructions

N/A

## 1.7 AGE (q1p7)

### File: Deidentified\_NPMValidationData1

#### Overview

Type: Continuous  
Format: numeric  
Width: 8  
Decimals: 0  
Range: 21-66

Valid cases: 27600  
Invalid: 0  
Minimum: 21  
Maximum: 66  
Mean: 31.7  
Standard deviation: 5.9

#### Description

This is age of the respondent

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

Background Information

**Literal question**

1.7 AGE

**Post question**

N/A

**Interviewer instructions**

N/A

## 1.8 What are your qualifications?(Select all that apply) (q1p8)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete

Format: character

Width: 12

Valid cases: 27600

Invalid: 0

**Description**

This is the qualification of the respondent

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

Background Information

**Literal question**

1.8 What are your qualifications?(Select all that apply)

**Post question**

N/A

**Interviewer instructions**

N/A

## Dietetics (q1p8\_1)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete

Format: numeric

Width: 12

Decimals: 0

Range: 0-1

Valid cases: 27600

Invalid: 0

**Description**

This is dietetics

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

Background Information

**Literal question**

Dietetics

**Post question**

N/A

**Interviewer instructions**

N/A

## Nutrition (Human) (q1p8\_2)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete  
Format: numeric  
Width: 12  
Decimals: 0  
Range: 0-1

Valid cases: 27600  
Invalid: 0

**Description**

This is nutrition(Human)

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

Background Information

**Literal question**

Nutrition (Human)

**Post question**

N/A

**Interviewer instructions**

N/A

## Food sciences (q1p8\_3)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete  
Format: numeric  
Width: 12  
Decimals: 0  
Range: 0-1

Valid cases: 27600  
Invalid: 0

**Description**

This is food science

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

Background Information

**Literal question**

Food sciences

**Post question**

N/A

### Interviewer instructions

N/A

## Nutrition Medicine (q1p8\_4) File: Deidentified\_NPMValidationData1

### Overview

Type: Discrete  
Format: numeric  
Width: 12  
Decimals: 0  
Range: 0-1

Valid cases: 27600  
Invalid: 0

### Description

This is nutrition medicine

### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Pre question

Background Information

### Literal question

Nutrition Medicine

### Post question

N/A

### Interviewer instructions

N/A

## Nutrition Biochemistry (q1p8\_5) File: Deidentified\_NPMValidationData1

### Overview

Type: Discrete  
Format: numeric  
Width: 12  
Decimals: 0  
Range: 0-1

Valid cases: 27600  
Invalid: 0

### Description

This is nutrition biochemistry

### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Pre question

Background Information

### Literal question

Nutrition Biochemistry

### Post question

N/A

### Interviewer instructions

N/A

## None (q1p8\_6)

### File: Deidentified\_NPMValidationData1

#### Overview

Type: Discrete  
Format: numeric  
Width: 12  
Decimals: 0  
Range: 0-1

Valid cases: 27600  
Invalid: 0

#### Description

This is none

#### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

#### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

#### Pre question

Background Information

#### Literal question

None

#### Post question

N/A

#### Interviewer instructions

N/A

## Other (Specify) (q1p8\_96)

### File: Deidentified\_NPMValidationData1

#### Overview

Type: Discrete  
Format: numeric  
Width: 12  
Decimals: 0  
Range: 0-1

Valid cases: 27600  
Invalid: 0

#### Description

This is other, specify

#### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

#### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

#### Pre question

Background Information

#### Literal question

Other (Specify)

#### Post question

N/A

#### Interviewer instructions

N/A

## Biochemistry (q1p8\_67)

### File: Deidentified\_NPMValidationData1

#### Overview

Type: Discrete  
Format: numeric  
Width: 12  
Decimals: 0  
Range: 0-1

Valid cases: 27600  
Invalid: 0

**Description**

This is biochemistry

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

Background Information

**Literal question**

Biochemistry

**Post question**

N/A

**Interviewer instructions**

N/A

## Nutrition (q1p8\_38)

### File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete  
Format: numeric  
Width: 12  
Decimals: 0  
Range: 0-1

Valid cases: 27600  
Invalid: 0

**Description**

Nutrition

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

Background Information

**Literal question**

Nutrition

**Post question**

N/A

**Interviewer instructions**

N/A

## Specify Other (q1p8other)

### File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete  
Format: character  
Width: 64

Valid cases: 720  
Invalid: 0

**Description**

This is specify, other

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

Background Information

**Literal question**

Specify Other

**Post question**

N/A

**Interviewer instructions**

N/A

## 1.9 What is the highest level of education that you have completed? (q1p9)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete  
Format: numeric  
Width: 15  
Decimals: 0  
Range: 1-5

Valid cases: 27600  
Invalid: 0

**Description**

This is the highest level of education completed

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

Background Information

**Literal question**

1.9 What is the highest level of education that you have completed?

**Post question**

N/A

**Interviewer instructions**

N/A

## Specify Other (q1p9other)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete  
Format: character  
Width: 1

Valid cases: 0  
Invalid: 0

**Description**

This is specify, other

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

Background Information

**Literal question**

Specify Other

**Post question**

N/A

**Interviewer instructions**

N/A

## 1.10 What is your place of work (q1p10)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete

Valid cases: 27600

Format: numeric

Invalid: 0

Width: 34

Decimals: 0

Range: 1-96

**Description**

This is their place of work

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

Background Information

**Literal question**

1.10 What is your place of work

**Post question**

N/A

**Interviewer instructions**

N/A

## Specify Other (q1p10other)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete

Valid cases: 3280

Format: character

Width: 123

**Description**

This is specify other

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

Background Information

**Literal question**

Specify Other

**Post question**

N/A

**Interviewer instructions**

N/A

## 1.11 How many years of experience do you have working in a nutrition or a dietet (q1p11)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete	Valid cases: 27480
Format: numeric	Invalid: 120
Width: 17	
Decimals: 0	
Range: 1-3	

**Description**

This is the years of experience they have working in a nutrition or dietetics related area

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

Background Information

**Literal question**

1.11 How many years of experience do you have working in a nutrition or a dietetic related area

**Post question**

N/A

**Interviewer instructions**

N/A

## (mainfoods\_count)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete	Valid cases: 27600
Format: character	Invalid: 0
Width: 2	

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

Background Information

**Post question**

N/A

**Interviewer instructions**

N/A

## SET-OF-mainfoods (setofmainfoods)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete  
Format: character  
Width: 72

Valid cases: 27600  
Invalid: 0

#### Description

This is the set of main foods

#### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

#### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

#### Pre question

Background Information

#### Literal question

SET-OF-mainfoods

#### Post question

N/A

#### Interviewer instructions

N/A

## Unique submission ID (key)

File: Deidentified\_NPMValidationData1

#### Overview

Type: Discrete  
Format: character  
Width: 76

Valid cases: 27600  
Invalid: 0

#### Description

This is unique submission ID

#### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

#### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

#### Pre question

Background Information

#### Literal question

Unique submission ID

#### Post question

N/A

#### Interviewer instructions

N/A

## Date/time submitted (submissiondate)

File: Deidentified\_NPMValidationData1

#### Overview

Type: Continuous  
Format: numeric  
Width: 11  
Decimals: 0  
Range: 2071383149000-2073726209000

Valid cases: 27600  
Invalid: 0  
Minimum: 2071383149000  
Maximum: 2073726209000  
Mean: 2071588890894.2  
Standard deviation: 345584374.9

#### Description

This is the submission date

#### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

Background Information

**Literal question**

Date/time submitted

**Post question**

N/A

**Interviewer instructions**

N/A

## 1.2 DATE OF INTERVIEW (DD/MM/YYYY) (q1p2)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete

Valid cases: 27600

Format: character

Minimum: NaN

Width: 11

Maximum: NaN

**Description**

This is the date of the interview

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

Background Information

**Literal question**

1.2 DATE OF INTERVIEW (DD/MM/YYYY)

**Post question**

N/A

**Interviewer instructions**

N/A

## (parent\_key)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete

Valid cases: 27600

Format: character

Invalid: 0

Width: 41

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

How to classify foods

**Post question**

N/A

**Interviewer instructions**

N/A

(pos)

## File: Deidentified\_NPMValidationData1

### Overview

Type: Discrete  
Format: character  
Width: 5

Valid cases: 27600  
Invalid: 0

### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Pre question

How to classify foods

### Post question

N/A

### Interviewer instructions

N/A

(posb)

## File: Deidentified\_NPMValidationData1

### Overview

Type: Discrete  
Format: character  
Width: 2

Valid cases: 27600  
Invalid: 0

### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Pre question

How to classify foods

### Post question

N/A

### Interviewer instructions

N/A

(pr)

## File: Deidentified\_NPMValidationData1

### Overview

Type: Discrete  
Format: character  
Width: 2

Valid cases: 27600  
Invalid: 0

### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Pre question

How to classify foods

### Post question

N/A

### Interviewer instructions

N/A

(cls)

## File: Deidentified\_NPMValidationData1

### Overview

Type: Discrete	Valid cases: 27600
Format: character	Invalid: 0
Width: 4	

### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Pre question

How to classify foods

### Post question

N/A

### Interviewer instructions

N/A

(fid)

## File: Deidentified\_NPMValidationData1

### Overview

Type: Continuous	Valid cases: 27600
Format: numeric	Invalid: 0
Width: 10	Minimum: 11
Decimals: 0	Maximum: 1110
Range: 11-1110	Mean: 180.5
	Standard deviation: 203.2

### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Pre question

How to classify foods

### Post question

N/A

### Interviewer instructions

N/A

(foodid)

## File: Deidentified\_NPMValidationData1

### Overview

Type: Discrete	Valid cases: 27600
Format: character	Invalid: 0
Width: 5	

### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

How to classify foods

**Post question**

N/A

**Interviewer instructions**

N/A

(description)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete

Format: character

Width: 45

Valid cases: 26930

Invalid: 0

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

How to classify foods

**Post question**

N/A

**Interviewer instructions**

N/A

(energy)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete

Format: character

Width: 11

Valid cases: 26930

Invalid: 0

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

How to classify foods

**Post question**

N/A

**Interviewer instructions**

N/A

Energy\_B (energy\_b)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete

Format: character

Width: 10

Valid cases: 26930

Invalid: 0

**Description**

This is energy\_B

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

How to classify foods

**Literal question**

Energy\_B

**Post question**

N/A

**Interviewer instructions**

N/A

## Total\_Fat (total\_fat)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete

Format: character

Width: 6

Valid cases: 26930

Invalid: 0

**Description**

This is total fat

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

How to classify foods

**Literal question**

Total\_Fat

**Post question**

N/A

**Interviewer instructions**

N/A

## Saturated\_Fat (saturated\_fat)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete

Format: character

Width: 5

Valid cases: 26930

Invalid: 0

**Description**

This is saturated\_fat

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

How to classify foods

**Literal question**

Saturated\_Fat

**Post question**

N/A

**Interviewer instructions**

N/A

## Trans\_fat (trans\_fat)

### File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete

Format: character

Width: 4

Valid cases: 26930

Invalid: 0

**Description**

This is trans\_fat

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

How to classify foods

**Literal question**

Trans\_fat

**Post question**

N/A

**Interviewer instructions**

N/A

## Total\_carbohydrate (total\_carbohydrate)

### File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete

Format: character

Width: 6

Valid cases: 26930

Invalid: 0

**Description**

This is total\_carbohydrates

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

How to classify foods

**Literal question**

Total\_carbohydrate

**Post question**

N/A

**Interviewer instructions**

N/A

## Total\_sugar (total\_sugar)

File: Deidentified\_NPMValidationData1

### Overview

Type: Discrete  
Format: character  
Width: 6

Valid cases: 26930  
Invalid: 0

### Description

This is total\_sugar

### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Pre question

How to classify foods

### Literal question

Total\_sugar

### Post question

N/A

### Interviewer instructions

N/A

## Added\_sugar (added\_sugar)

File: Deidentified\_NPMValidationData1

### Overview

Type: Discrete  
Format: character  
Width: 3

Valid cases: 26930  
Invalid: 0

### Description

This is added\_sugar

### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

### Pre question

How to classify foods

### Literal question

Added\_sugar

### Post question

N/A

### Interviewer instructions

N/A

## Sodium (sodium)

File: Deidentified\_NPMValidationData1

### Overview

Type: Discrete  
Format: character  
Width: 7

Valid cases: 26930  
Invalid: 0

### Description

This is sodium

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

How to classify foods

**Literal question**

Sodium

**Post question**

N/A

**Interviewer instructions**

N/A

## Is this food high in sugar? (qr1p1) File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete

Format: numeric

Width: 8

Decimals: 0

Range: 0-1

Valid cases: 27569

Invalid: 31

**Description**

This is if this food is high in sugar

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

How to classify foods

**Literal question**

Is this food high in sugar?

**Post question**

N/A

**Interviewer instructions**

N/A

## Is this food high in saturated fat? (qr1p2) File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete

Format: numeric

Width: 8

Decimals: 0

Range: 0-1

Valid cases: 1141

Invalid: 26459

**Description**

This is if this food is high in saturated fat

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

How to classify foods

**Literal question**

Is this food high in saturated fat?

**Post question**

N/A

**Interviewer instructions**

N/A

## Is this food high in sodium/salt? (qr1p3)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete  
Format: numeric  
Width: 8  
Decimals: 0  
Range: 0-1

Valid cases: 18423  
Invalid: 9177

**Description**

This is if this food is high in sodium/salt

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

How to classify foods

**Literal question**

Is this food high in sodium/salt?

**Post question**

N/A

**Interviewer instructions**

N/A

## (If applicable) Is this food high in total fat? (qr1p4)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete  
Format: numeric  
Width: 8  
Decimals: 0  
Range: 0-1

Valid cases: 21020  
Invalid: 6580

**Description**

This is if this food is high in total fat (if applicable)

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

How to classify foods

**Literal question**

(If applicable) Is this food high in total fat?

**Post question**

N/A

**Interviewer instructions**

N/A

## Should this food be classified as unhealthy? (qr1p5)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete  
Format: numeric  
Width: 8  
Decimals: 0  
Range: 0-1

Valid cases: 27600  
Invalid: 0

**Description**

This is if this food should be classified as unhealthy

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

How to classify foods

**Literal question**

Should this food be classified as unhealthy?

**Post question**

N/A

**Interviewer instructions**

N/A

## Food Category (foodcat1)

File: Deidentified\_NPMValidationData1

**Overview**

Type: Discrete  
Format: numeric  
Width: 48  
Decimals: 0  
Range: 1-11

Valid cases: 27600  
Invalid: 0

**Description**

This is food category

**Universe**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Source of information**

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

**Pre question**

How to classify foods

**Literal question**

Food Category

**Post question**

N/A

**Interviewer instructions**

N/A

(n\_items\_participant)

File: Deidentified\_NPMValidationData1

#### Overview

Type: Discrete  
Format: numeric  
Width: 9  
Decimals: 0  
Range: 40-40

Valid cases: 27600  
Invalid: 0

#### Universe

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

#### Source of information

Nutrition professionals (Dietetics, Nutrition Human, Food sciences, Nutrition Medicine, Nutrition Biochemistry)

#### Pre question

How to classify foods

#### Post question

N/A

#### Interviewer instructions

N/A

## Documentation

### Questionnaires

#### **NPM Validation Tool- Word-Revised 2025 APRIL 14 2025-SM.xlsx**

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Title NPM Validation Tool- Word-Revised 2025 APRIL 14 2025-SM.xlsx  
Author(s) African Population and Health Research Center  
Date 14/05/2026  
Country Kenya  
Language ENGLISH and SWAHILI  
Contributor(s) Dr. Gershim Asiki  
Publisher(s) African Population and Health Research Center (APHRC)  
Filename NPM Validation Tool- Word-Revised 2025 APRIL 14 2025-SM.xlsx

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### Other materials

#### **P1323.2022 Protocol.21.11.23.docx**

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Title P1323.2022 Protocol.21.11.23.docx  
Author(s) African Population and Health Research Center  
Date 14/05/2026  
Country Kenya  
Language ENGLISH and SWAHILI  
Contributor(s) Dr. Gershim Asiki  
Publisher(s) African Population and Health Research Center (APHRC)  
Filename P1323.2022 Protocol.21.11.23.docx

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