

Food HYGEINE Practices Among Selected Food Vendors In OSUN State, Nigeria.

Oyetunji Akinola¹ and Oyinloye D.O¹, Enwerem D.E¹,
Orji I.G¹, Mosimabale M.M¹, Mustapha R.O²

1. Nutrition and Dietetics department, Federal Polytechnic, Ede, P.M.B.231, Osun State, Nigeria.

2. Nutrition and Dietetics department, Rufus Giwa Polytechnic, Owo, Ondo State, Nigeria

Corresponding Author: Oyetunji Akinola

Abstract: This study examined pattern of food hygiene and environmental health practices among some selected food Vendors' in most part of Osun State. The study was a descriptive survey design which assessed 200 food vendors who are engaged in all forms of food vending in the state. The result of the study shows that (42.5%) of the food vendor's had secondary education and also fall between 20-30 years of age, majority follow the rule of environmental health practices such as covering of bin for waste and refuse up to (70%), (30%) ensuring personal hygiene of washing hands with water and soap after toilet, 24.4% and 22.3% could not see anything wrong in using the same utensil and instruments for raw meat and vegetable without washing. Respondent also had good knowledge and awareness on food hygiene. The relationship between food hygiene and environmental hygiene is positive in ensuring safety standard in food as a major issue in environmental health practices. Rule and regulation are enforced by environmental law Enforcement Agencies on food vending. It was recommended that government should empower food safety vendor to make training on food hygiene and safety compulsory. Every food vendors should be registered with government agencies for monitoring and safety compliance.

Key words: Vendors, Food Hygiene, Environmental Health, Practices.

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I. Introduction

Food hygiene is a business of serious concern not only to developing countries but also to developed countries because the ill-effect of contaminated food, when ingested, may be so devastating. In the event of an outbreak of food borne illness, not only do humans suffer, the economy, useful manpower, the health facilities etc are all strained

Food hygiene practice is a subject of wide scope and it is a broad term used to describe the preservation and preparation of foods in a manner that ensures the food is safe for human consumption. [1]. Food hygiene deals with the prevention of contamination of food stuffs at all stages of production, collection, transportation, storage, preparation, sale and consumption. [2].

Although food contamination may occur at any point from production, processing, distribution and preparation, food vendors and other people responsible for food preparation have a critical role in the occurrence and spread of food borne illnesses as their hands and other body parts may harbor micro-organisms and their actions as well. Food safety continues to be a public health problem worldwide because food borne illnesses are widespread. Consequently, consumers are increasingly concerned about food safety and quality; and demand more transparency in production and distribution. Reports have it that food borne and waterborne diarrheal diseases together kill about 2.2 million people each year. [3 & 4].

Food safety is difficult to achieve especially regarding sub-standard and fake products as well as the unorganized sectors where no attention is paid to standards. Therefore, it's most important to tackle the issue of substandard/fake products headlong and institutionalize street food vending/open markets [5&6].

Food safety is a scientific discipline describing handling, preparation, and storage of food in ways that prevent food borne illnesses. [7&8].

Food safety and sanitation also extends to keeping the preparation area clean and relatively germ-free. Mixing bowls, spoons, paring knives and any other tools used in the kitchen should be washed thoroughly before use. Kitchen countertops and cutting boards should also be cleaned and sterilized from time to time. Keeping a sanitary workplace will also cut down on the chances of some types of food borne illnesses from developing when people consume a prepared food. [4]; Also Some of the food safety knowledge cannot be translated to practice due to the absence of basic facilities such as water and toilets at their vending sites. [9]

II. Subjects And Methods

Self administered questionnaire was used to elicit information from the vendors on food hygienic practice. The questionnaire items were categorised into four sections, namely;

- The personal data of the subject?
- The knowledge of food hygiene?
- The attitude of food vendors towards food hygiene?
- The practice of food hygiene?

2.1 STUDY DESIGN:

A cross-sectional descriptive study was carried out among 200 selected food vendor across the Osun State.

2.2 DATA ANALYSIS

Questionnaires completed was checked for completeness, cleaned and analyzed using Statistical Package for Social Sciences (SPSS) version 15. Results were presented using simple percentage

III. Results

Table 1 Educational level

Educational level	Frequency	Percentage (%)
Primary Education	37	19.2
Secondary Education	82	42.5
Tertiary Education	55	28.5
Illiterate	18	9.2
Total	200	100

Table 2 Age of respondents

Age (years)	Frequency	Percentage (%)
20-30	57	29.5
30-40	47	24.4
40-50	51	26.4
50.>	38	19.7
Total	193	100

Table 3 Orientation heard about food borne disease

Information on food borne disease	Frequency	Percentage (%)
No response	8	4.1
Yes	148	76.7
No	37	19.2
Total	193	100

Table 4. The covering of bins for waste and refuse

Covering of bins	Frequency	Percentage (%)
Yes	140	70.0
No	53	30.0
Total	200	100

Table 5 Door-ways and windows with insect screens

Insect screens	Frequency	Percentage (%)
Yes	102	51
No	98	49
Total	200	100

Table 6 Washing hands of food handlers with soap and water after toilet

Washing of hands	Frequency	Percentage (%)
Strongly agreed	65	33.7
Agreed	79	40.9

Disagreed	39	20.2
Strongly Disagreed	10	5.2
Total	193	100

Table 7 Usage of same instrument for raw meat and plant products without washing

Response	Frequency	Percentage (%)
Strongly agreed	69	35.8
Agreed	43	22.3
Disagreed	40	20.7
Strongly Disagreed	41	21.2
Total	193	100

Table 8

	Frequency	Percentage (%)
No response	4	2.1
Every day	71	36.8
After meal	65	33.7
Every week	44	22.8
Every month	9	4.7

IV. Discussion

The study shown that the largest proportions of the food handlers are those who have secondary school education as their highest education attainment (42.5%), tertiary education (28.5%) and those who do not have advantage of going school (9.8%), the study find out those with higher qualification were those food vendors find within the convergence of institution. [10] Discovered also that the training of food vendors on food hygiene, instead of the level of education had a significant association ($p < 0.05$) with crucial food hygiene practices such as medical examination, hand hygiene and protection of food from flies and dust.

This study primary data shown that (76.7%) of food vendors have orientation on food borne disease but have little knowledge on good method of food handling, on the site seeing half of the food vendors used in the study have no door and window insect screen also few of the food vendors strongly agreed (33.7%) of washing hands after visiting toilet but due to the cultural knowledge of the people lead them into washing of hand with the addition of figures of those disagreed (25.4%) in the result table 6 you will agree with me that good number of the food vendors are well oriented on proper way of handling food in hygiene way.

The major hygienic practices observed among food vendors in all the case study have poor attitude to so many food hygienic practices such as use of cutting board (working surface) (36.8%) could not understand the uses of cutting board, uses of apron during cooking (36.8%), only (33.7%) adhered to washing of jugs and cups after use.

This study also find out that (35.8% & 22.3%) strongly agreed and agreed that the same instruments for raw meat and plant products which may result to cross contamination, this indicate there shallow knowledge of food hygiene even on where poultry product, plants such as fruit and vegetable product and other food items should be kept if not used immediately. This study is in line with the study of [11]. The fact that the total number of the respondents that are educated having secondary and tertiary education (42.5% & 28.5% are more than the illiterate but this has no impact on their food hygiene practices, because many food vendors are not making use open bin for their waste and refuse even place close to their canteen (27.5%), even some of them are using paper carton, and nylon bags, this contradict the findings by [12] and colleagues where they fund that (76%) of the food vendors had food hygiene training, adequate instruction and supervision on food hygiene Continuous monitoring and periodic training incorporating basic principles of food safety and microbial surveillance of foods is essential to optimizing food hygiene in the food vending business. Food prepared especially along the street such as ready-to-eat food and beverages are most dangerous which usually contain a lot of particles and even heavy metals and could lead to death. [13].

The presence of pathogens in small numbers could render food unsuitable for human consumption [14];

The proportion of staff that received food hygiene training and adequate instruction inform of orientation are more (76.7), but never the less, generally food hygiene training, adequate instruction and supervision of food hygiene should always be carried out most especially by local health authority as point of duty, and food hygiene training should be enforced or perhaps defendants are to be punished to serve as deterrent to others.

Education represents a continuum starting early in life and is a never-ending endeavor. Different studies shows that offering sustainable access to information and possibilities for implementing continuing

education, brain drain of, for instance, medical doctors can be reduced[15], also knowledge improves health through different domains [16].

Regularly cleanliness, the use of disinfections in cleaning surfaces like the floor, tables of working surfaces e.t.c should be made compulsory in all food vendors so as to prevent the food from little contaminant which can lead to infection or death.

V. Conclusion

Food safety continues to be a public health problem worldwide because food borne illnesses are widespread. Consequently, serious public campaign should be put in place for proper orientation of food vendors and public at large and also make every food vendors should be made to register with government agencies for monitoring and safety compliance.

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