

INPLASY PROTOCOL

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None declared.

Systematic review of consumer awareness, knowledge, understanding and use of nutrition labels in Africa

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Review question / Objective: What is the state of consumer awareness, knowledge, understanding and use of nutrition labels in African countries? What are the barriers to the use of nutrition labels? What factors influence the use of nutrition labels and purchasing decisions?

Condition being studied: Nutrition labels and how they consumers use them to make healthy food choices.

Main outcome(s): Levels of awareness, knowledge, understanding, and use of nutrition labels would be established after the study. Barriers to the use of nutrition labels would be known. Factors that influence the use of nutrition labels would be identified.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 01 July 2022 and was last updated on 01 July 2022 (registration number INPLASY202270001).

INTRODUCTION

Review question / Objective: What is the state of consumer awareness, knowledge, understanding and use of nutrition labels in African countries? What are the barriers to the use of nutrition labels? What factors influence the use of nutrition labels and purchasing decisions?

Rationale: Previous studies on consumer awareness, knowledge, understanding and use of nutrition labels have focussed in European countries, North America and other high income countries. Little attention has been paid to Africa regarding the use of nutrition labels. Therefore, this systematic review seeks to assess the level of awareness, knowledge, understanding

and use of nutrition labels in selected African countries. This study will provide a better understanding of the critical issues surrounding the use of nutrition labels and how this affect consumer decision in making healthy food choices.

Condition being studied: Nutrition labels and how they consumers use them to make healthy food choices.

METHODS

Search strategy: Electronic database to be used include Web of Science, PudMed, Scopus, Semantic Scholar and Google Scholar.

Participant or population: Consumers who use nutrition labels of prepackaged foods.

Intervention: We will evaluate the level of awareness, knowledge, understanding and use of nutrition labels.

Comparator: No applicable.

Study designs to be included: Cross sectional studies.

Eligibility criteria: Studies conducted in English language, from 2000 to 2022, and published articles. Conference papers, abstracts and reviews will be excluded from the study.

Information sources: Electronic databases, libraries and other sources.

Main outcome(s): Levels of awareness, knowledge, understanding, and use of nutrition labels would be established after the study. Barriers to the use of nutrition labels would be known. Factors that influence the use of nutrition labels would be identified.

Quality assessment / Risk of bias analysis: To prevent the risk of bias in this systematic review, a quality assessment tool will be used to assess the quality of all the studies that will be included in the study.

Strategy of data synthesis: Main findings and conclusions from all the studies shall be analysed using SPSS statistical tool.

Subgroup analysis: Excel spreadsheet will be used for subgroup analysis if need be.

Sensitivity analysis: Not applicable

Language: Only English language articles.

Country(ies) involved: United States.

Keywords: Awareness: Knowledge: Understanding: Nutrition labels.

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