# Kasi Health and Wellness Index (FiT Score)

**Nigeria**

October 2017

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# Executive Summary

**1** Research shows that the shift towards urbanization across Africa has health implications. The lion's share of public health spending and health-related donor aid goes to infectious diseases. Given these challenges, it is essential to adopt a people-centred, rather than a disease-focused, approach to diagnosis and care.

**2** The Kasi Health & Wellness Index (FiT Score) is a semi-annual report that aims to measure the Non-Communicable Disease (NCD)-related risk factors in Africa's urban cities by tracking people's opinion about their health, lifestyle habits (healthy and unhealthy) and medical care.

**3** Life expectancy in Nigeria is steadily increasing. Overall, Nigerians feel good about their health and very few expect it to get worst. Additionally, one third of respondents attain the recommended amount of physical activity weekly. However, where there is participation in unhealthy lifestyle behaviours such as tobacco use, it is most often among young adults. 38% of respondents consume alcohol regularly. Among the drinkers, the majority consume once a month or less and 1 to 2 alcoholic beverages per occasion. Only 5% of respondents consume the recommended servings of fruits and vegetables per day.

**4** Overall, among the seven African cities covered by the index, Nigerians living in Lagos & Abuja scored the second highest FiT score at 53. Nigerians do not habitually engage in unhealthy habits but scored relatively low for medical care, healthy habits and general health. Therefore, there is still work to do to improve health-seeking behaviour and drive down participation in unhealthy lifestyle habits that affect the health of Nigerians.

# Introduction

**The Kasi Health & Wellness Index (FiT Score) provides data and intelligence in real time regarding lifestyle behaviors and the prevalence of risk factors for NCDs**. The index available in seven African countries is based on a landmark survey of 3,500 adults conducted by Kasi Insight.

NCDs are the result of a combination of genetic, physiological, environmental and behaviors factors. The main types are cardiovascular diseases, cancers, chronic respiratory disease and diabetes.

Modifiable behaviors, such as tobacco use, physical inactivity, unhealthy diet and the harmful use of alcohol, all increase the risk of NCDs. Sufficient daily consumption of fruits and vegetables could help prevent major diseases. Approximately 16.0 million (1.0%) disability adjusted life years (DALYs) attributable to low fruit and vegetable consumption.

The 2030 Agenda for Sustainable Development adopted at the United Nations Summit on Sustainable Development in September 2015, recognizes non-communicable diseases (NCDs) as a major challenge for sustainable development.

**"Ensure healthy lives and promote well-being for all at all ages"**

Among the targets of UN SDG goal 3 is to reduce the fatality rates of individuals with an NCD by one third by 2030 and to reduce by 50% injuries from road traffic accidents by 2020.

Agenda 2063 (2015) is a framework developed by the African Union Commission and its member states seeks to address past injustices and the realisation of the 21st Century as the African Century". In order to improve performance on global quality of life measures, African nations have committed to increasing basic health services.

# Kasi FiT Score Explained

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**100** points = **25** points   **25** points   **25** points   **25** points

The score ranges from 0 (lowest) to 100 (highest)

The score captures positive outcomes from each section (i.e. Sample smoking less will score high)

Low scores indicate increased risk factors for NCDs and high scores indicate decreased risk factors for NCDs



GENERAL HEALTH - Find out how Africans feel about their overall health today, compared to last year and their peers.

This section consists of 4 questions weighted equally.



UNHEALTHY HABITS - Find out about Africans attitudes and behaviors when it comes to smoking and drinking.

This section consists of 4 questions weighted equally



HEALTHY HABITS - Find out about Africans attitudes and behaviors when it comes to eating and exercising.

This section consists of 5 questions weighted equally



MEDICAL CARE - Find out what kind of medical care Africans receive from health professionals.

This section consists of 2 questions weighted equally

# Nigeria Health Care System

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## National Health Insurance Scheme (NHIS)

- Established under Law in 1999 but fully operational in 2005.
- NHIS has three programmes: vulnerable, formal sector and informal sector.
- Contributions and benefits package depend on programme membership
- Private out-of-pocket health expenditure is over 90%
- Only 4% of Nigerians are covered by NHIS (2016)

**3.7%**

Health expenditure as percent of GDP (2014)

**4**

Number of physicians per 10,000 people

**53 years**

life expectancy at birth (2015)

**190M**

Population of Nigeria

## NHIS Programmes

Nigeria's NHIS has 3 programmes with varying health plans

- **Formal Sector**
  Formal Sector Social Health Insurance Programme
  Vital Contributors Social Health Insurance Programme
  National Mobile Health Insurance Program
- **Informal Sector**
  Tertiary Institution Social Health Insurance Programmes
  Community Based Social Health Insurance Programmes
  Public Private Partnership Social Health Insurance Programmes
- **Vulnerable groups**- Social health plans for Pregnant women, Prison inmates, Aged and Physically & Mentally challenged persons

# The Burden of NCDs in Nigeria

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## Africa

## Nigeria

**7.1%** **Rate of diabetes** in Africa (2014)

**Cancer Deaths per 100,000 persons per year** in Sub-Saharan Africa (Globocan, 2012) **90.8**

**46%** **Rate of high blood pressure** in Africa

**Rate of diabetes** in Nigeria(WHO,2016) **4.3%**

**72.1** **Cancer Deaths per 100,000 persons per year** (Globocan, 2012)

**Rate of hypertension** in Nigeria( 2015) **2-47%**

## NCD-Related Policies

- National Strategic Plan of Action on Prevention and Control of Noncommunicable diseases (2015)
- National Nutritional Guideline on Non-Communicable Disease Prevention, Control and Management (2014)
- National Health Policy 2016: Promoting the Health of Nigerians to Accelerate Socio-Economic Development
- National Tobacco Control Act (2015)

# Objectives & Methodology

The Kasi Health & Wellness Index provides a vital source of timely data and intelligence regarding lifestyle behaviours and the prevalence of risk factors for chronic NCDs.

It aims to deliver supplementary evidence that supports the development and implementation of uniquely tailored health policy, for maximum impact and effectiveness.
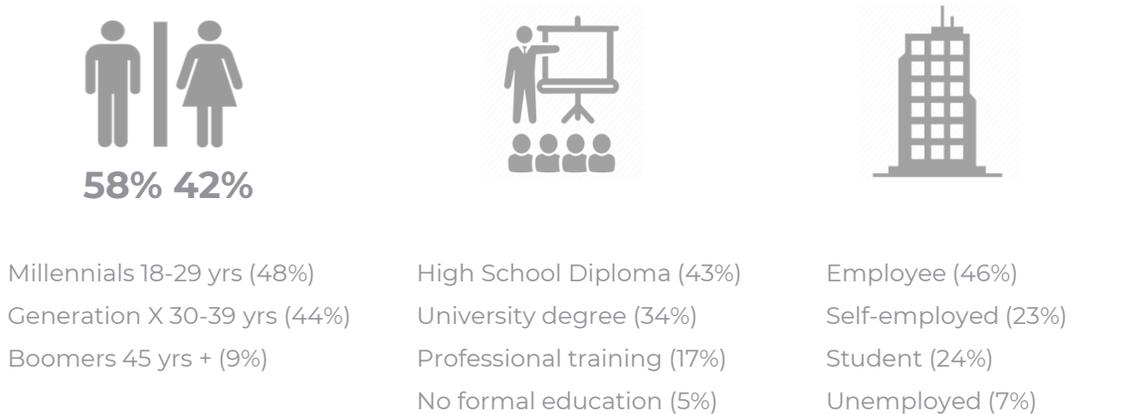
## Index (FiT Score) Objectives

- Track attitudes and health habits over time to anticipate health issues.

- Find out what's driving the wellness index down or up.

- Make informed health policy decisions backed by reliable data.

- Understanding socio-economic drivers to chronic and NCDs diseases such as diabetes, cancer and high blood pressure.

## Methodology

The first Kasi Health & Wellness index is based on findings of a Kasi Insight Computer Assisted Self Interview (CASI) survey conducted between February 17th and 27th, 2017. A sample of 3,369 urban dwellers in Africa from 18 to 65 years of age. Kasi employed weighting to balance demographics and ensure the same composition reflects that of the adult, urban and working population in the countries surveyed

*Please refer to About Survey for further information on methodology.*

## DEMOGRAPHICS

**58% 42%**

Millennials 18-29 yrs (48%)

Generation X 30-39 yrs (44%)

Boomers 45 yrs + (9%)

High School Diploma (43%)

University degree (34%)

Professional training (17%)

No formal education (5%)

Employee (46%)

Self-employed (23%)

Student (24%)

Unemployed (7%)

# Key Findings



## HOW DO NIGERIANS RATE THEIR HEALTH?

- 40 percent of respondents rank their health as excellent.
- But 23 percent of respondents expect their health to get much worse.
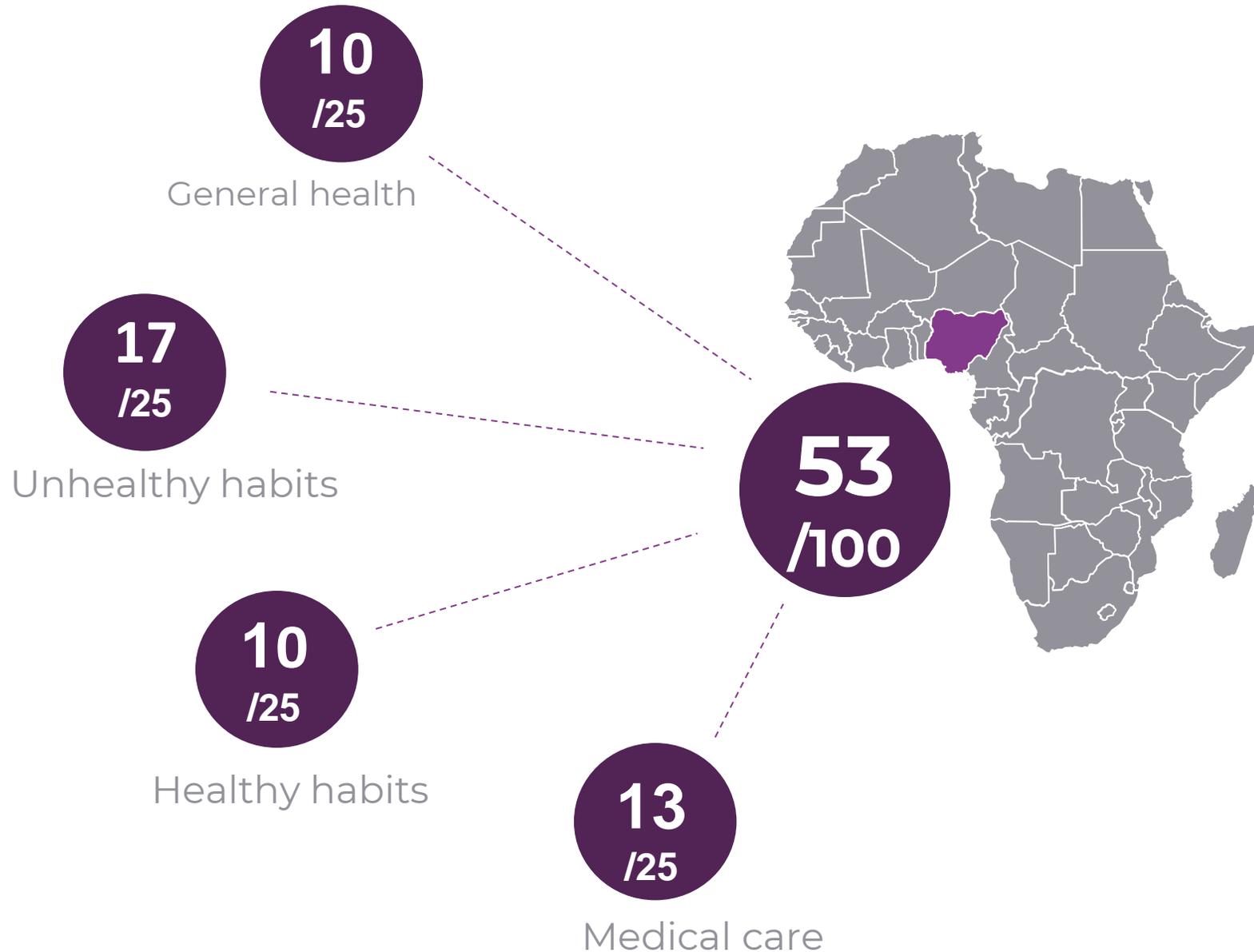
## UNHEALTHY HABITS

- 26 percent of respondents smoke at least one cigarette per day.
- 38 percent of respondents consume alcoholic drinks (mostly one drink per month).
- Only 2 percent of respondents consume between 6 to 9 alcoholic drinks per day.

## MEDICAL CARE

- 69 percent of respondents had a doctor visit over the past 6 months.
- Doctors recommended tests to 63 percent of respondents and the top 3 tests were Diabetes, Blood Pressure and Blood.

## HEALTHY HABITS

- 5 percent of respondents get the recommended fruit servings per day (more than 4 servings).
- 5.1 percent of the respondents take the recommended vegetable servings per day (more than 4 servings).
- 9.5 percent of respondents exercise at least 4 days per week.

# FiT Score

**10** /25
General health

**17** /25
Unhealthy habits

**10** /25
Healthy habits

**13** /25
Medical care

**53** /100

## HOW NIGERIA RANKS

Among the 7 countries covered by the index, Nigeria scored the second for highest FiT score. The score of 53 is slightly above the average.

Nigerians are less likely to participate in unhealthy habits.

Nigeria scores below average in all sub-categories (except unhealthy habits).

# The majority of respondents feels very good about their health

## 40%

Say their health is
**excellent**

Among Millennials (18-30), 48% rank their health as excellent. Compare that to 44% of Generation X (30-39) and 9 % of Boomers (40+). A slightly higher percentage of men rate their health as excellent (44 % of men and 34% of women)
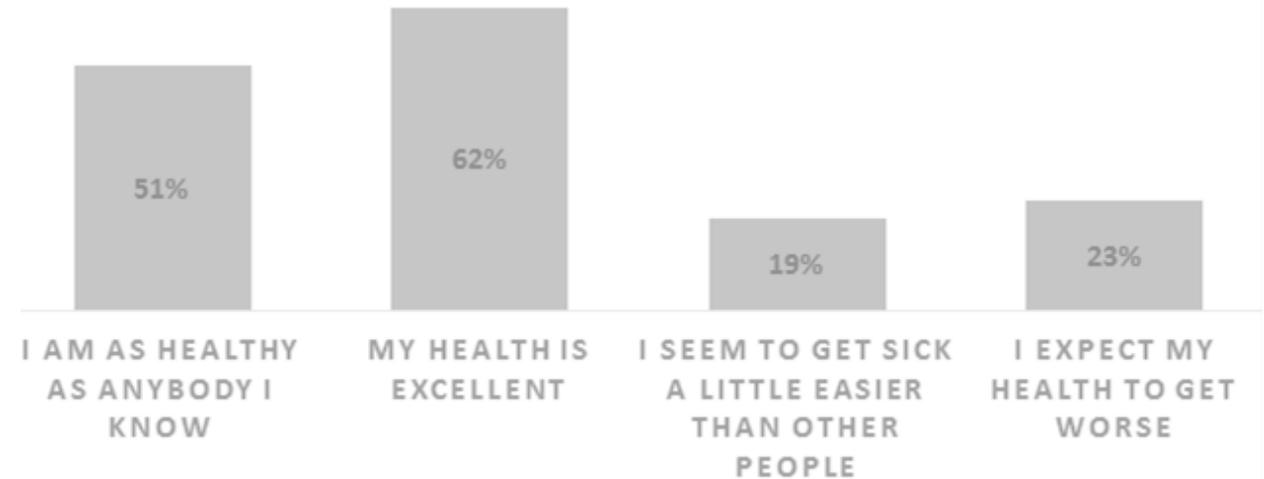
## 23%

Expect their health to
**get worse**

Among Millennials (18-30), 60% expect their health to get worse. Compare that to 40 percent of Generation X (30-39).
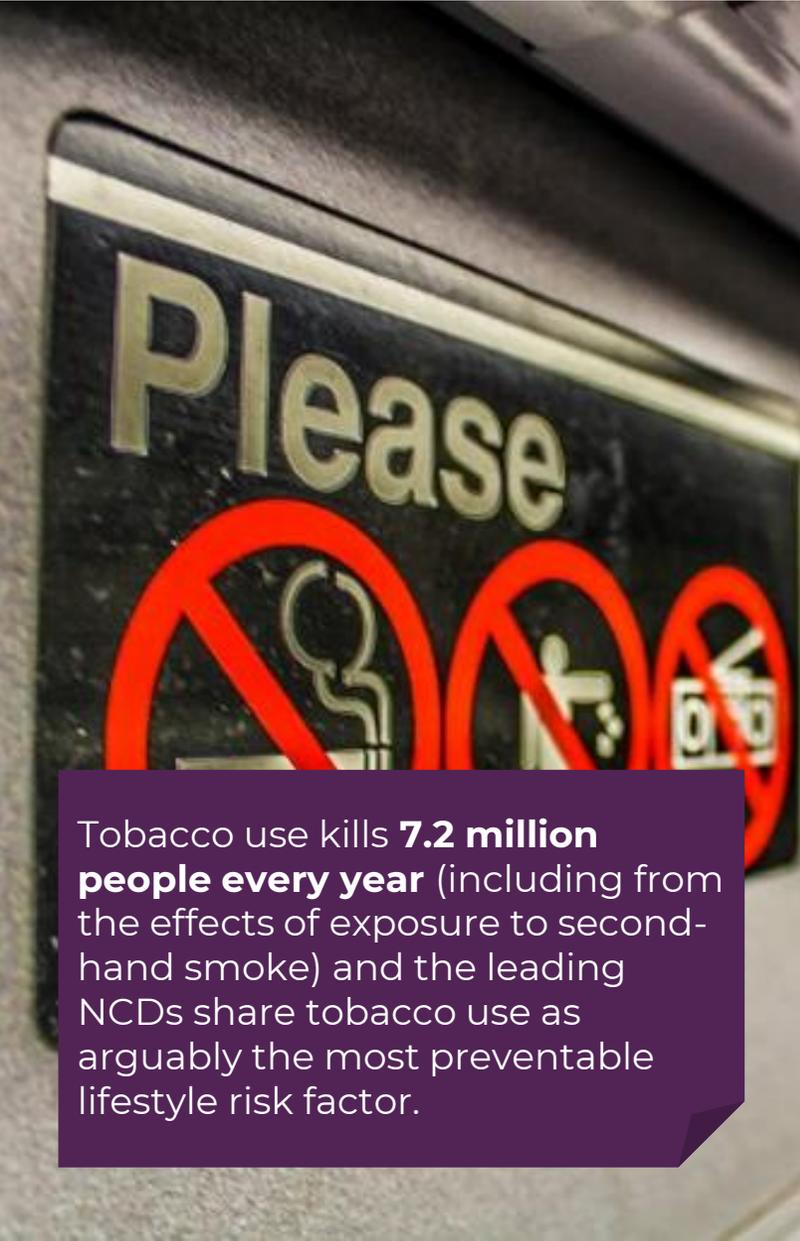75% of men expect their health to get worse compared to 25 percent of women.

# The majority of the respondents feels as healthy as anybody they know



32 percent say their health is somewhat better than a year ago and 19 percent believe they get sick a little easier than other people.
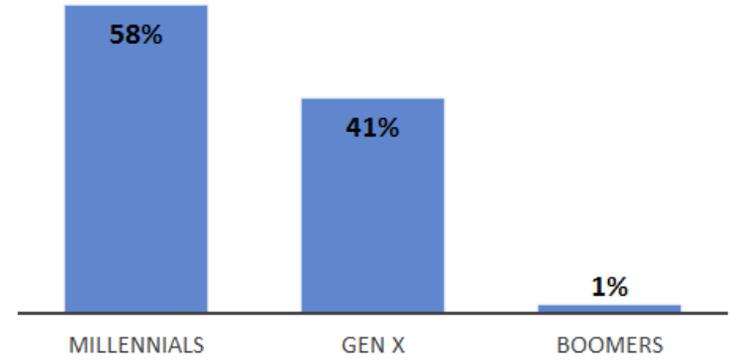
51%
I AM AS HEALTHY AS ANYBODY I KNOW

62%
MY HEALTH IS EXCELLENT

19%
I SEEM TO GET SICK A LITTLE EASIER THAN OTHER PEOPLE

23%
I EXPECT MY HEALTH TO GET WORSE

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# 26 % of respondents smoke, mostly millennials

Between 1 to 10 cigarettes per day

**58%** MILLENNIALS

**41%** GEN X

**1%** BOOMERS

Legend:
- ■ 1 to 10 a day
- ■ 11 to 20 a day
- ■ 21 to 30 a day
- ■ 31 or more a day
- ■ Do not know
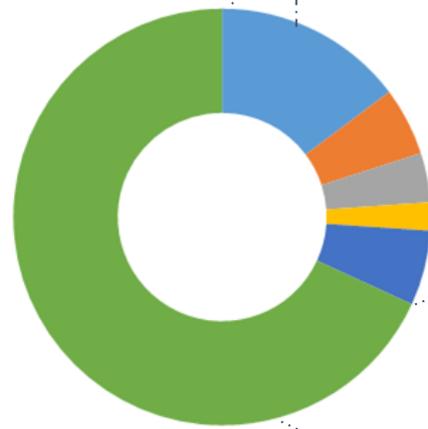- ■ I do not smoke

68% of respondents do not smoke

Tobacco use kills **7.2 million people every year** (including from the effects of exposure to second-hand smoke) and the leading NCDs share tobacco use as arguably the most preventable lifestyle risk factor.
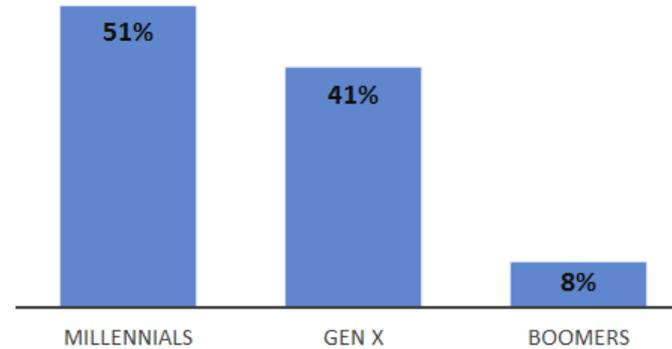
➜ Among the smokers, 58 percent are aged between 18 and 29 years old while 41 % are between 30–39-year-olds
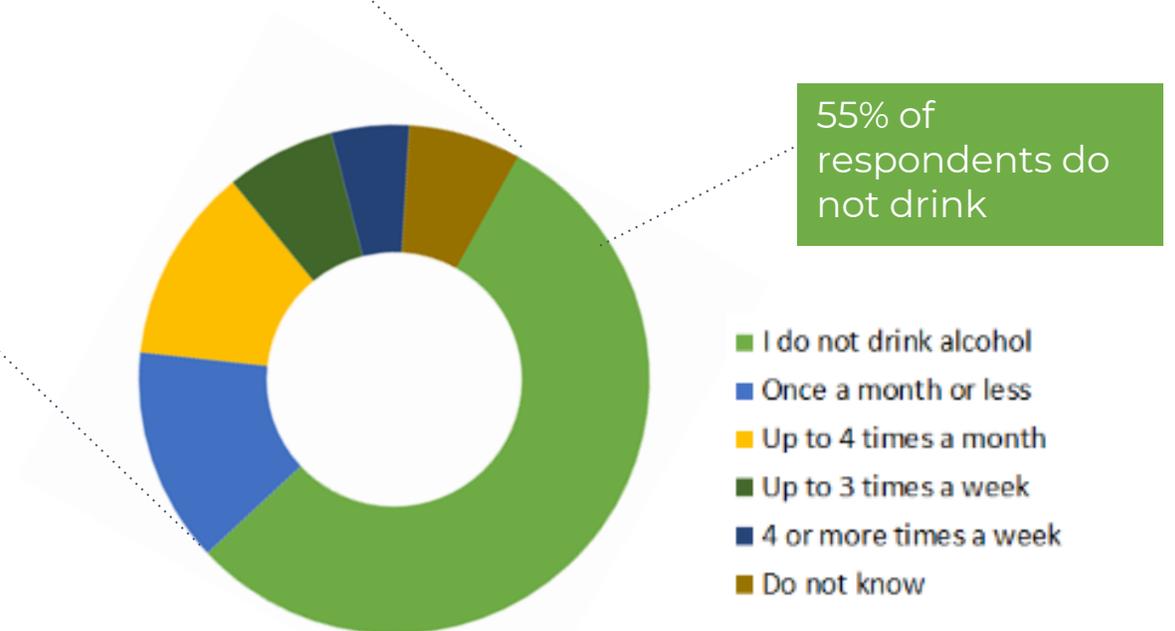➜ Among the smokers, 37 percent are women while 63 percent are men.

# 38% of respondents drink alcohol, mostly millennials

**51%** MILLENNIALS

**41%** GEN X

**8%** BOOMERS

➜ Among the drinkers, 51 percent are aged between 18 and 29 years old while 41 percent are between 30–39-year-olds

➜ Among the drinkers, 33 percent are women while 67 percent are men.

55% of respondents do not drink
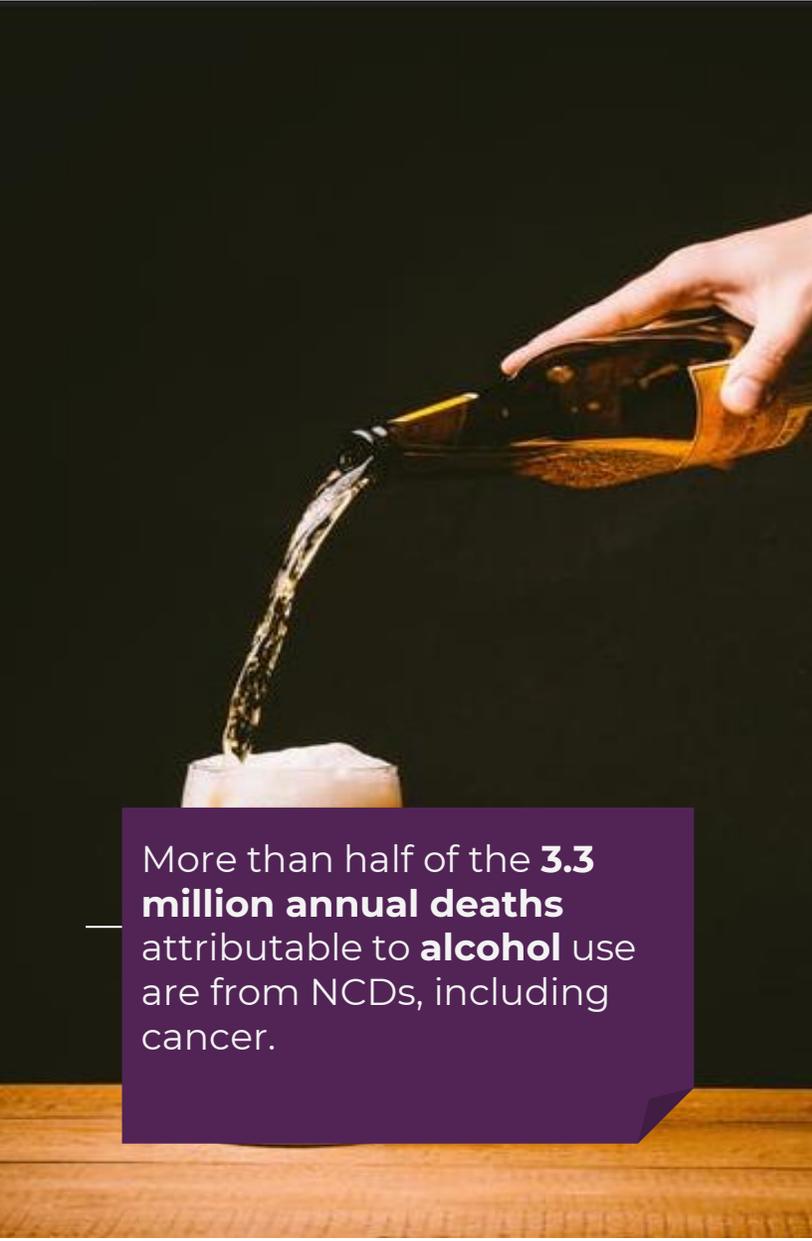
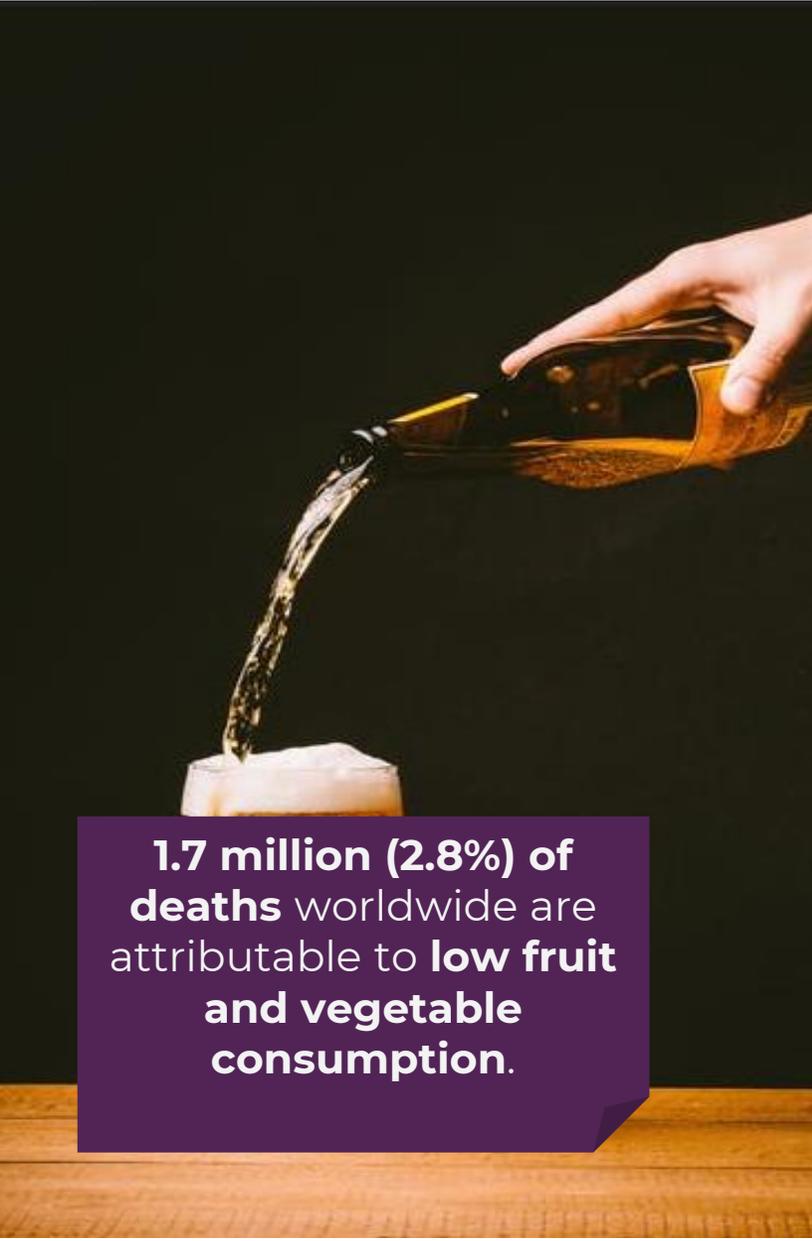More than half of the **3.3 million annual deaths** attributable to **alcohol** use are from NCDs, including cancer.

- I do not drink alcohol
- Once a month or less
- Up to 4 times a month
- Up to 3 times a week
- 4 or more times a week
- Do not know

# Respondents mostly drink 1 to 2 alcoholic drinks/occasion

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**1.7 million (2.8%) of deaths** worldwide are attributable to **low fruit and vegetable consumption**.

Legend:
- 1 or 2
- 3 or 4
- 5 or 6
- 6 to 9
- Do not know
- I do not drink alcohol

**18%** of respondents have **1-2 drinks per occasion**

**11%** of respondents have **3-4 drinks per occasion**

**8%** of respondents have **5-6 drinks per occasion**

of respondents have **6-9 drinks per occasion** **2%**
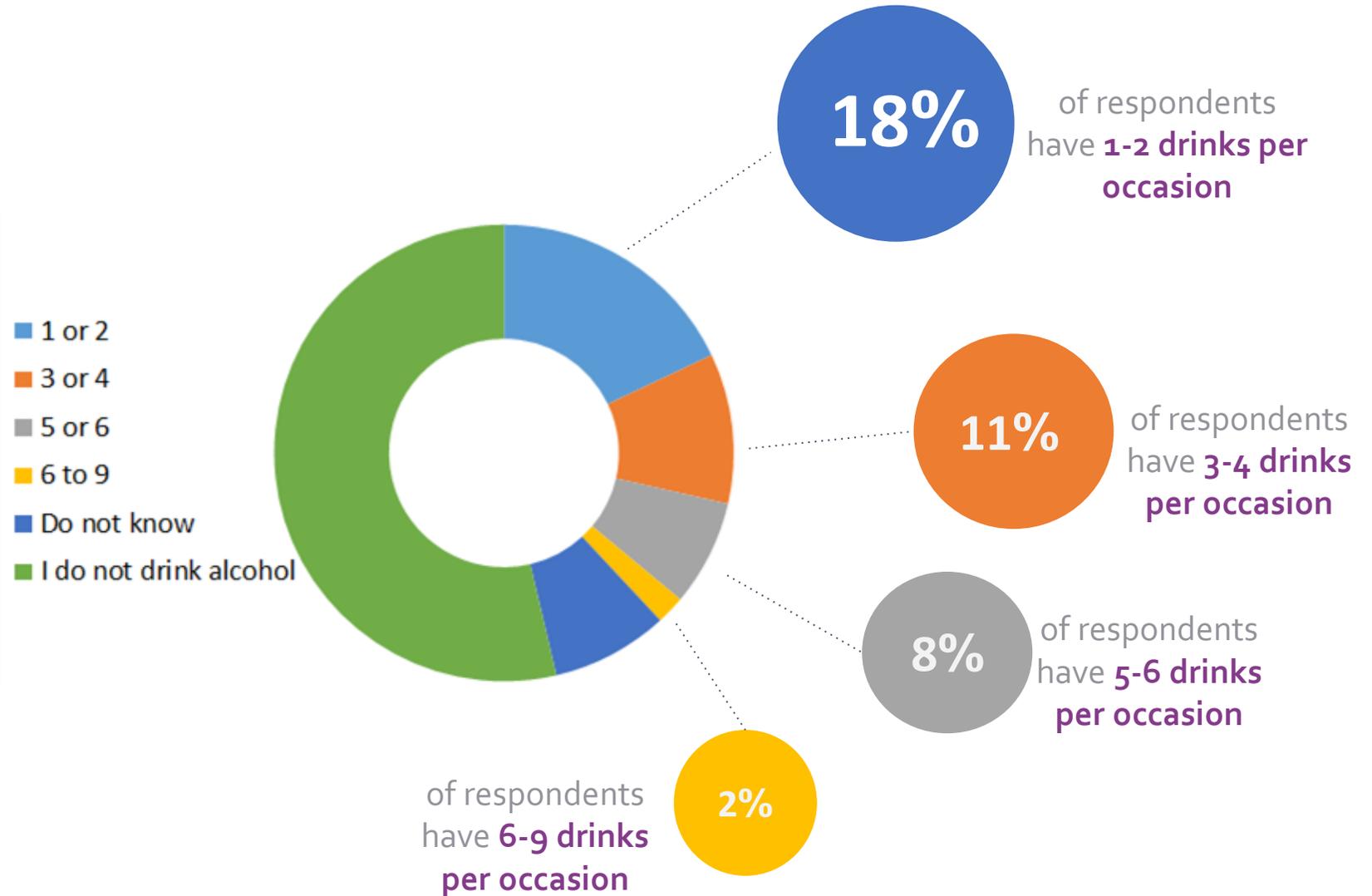
# 98% of respondents consume fruits daily but...

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**29%**
of respondents have **2 servings per day**

**27%**
of respondents have **1 serving per day**

**14%**
of respondents have **3 servings per day**

**5%**
of respondents have **>4 servings per day**

**400g**
Recommended **fruit & vegetable intake** per day

**5**
Recommended **fruit & vegetable servings** per day

**1.7 million (2.8%) of deaths** worldwide are attributable to **low fruit and vegetable consumption**.

**... Only 5%** of respondents get the recommended fruit and vegetable servings per day.

# 98% of respondents consume vegetables daily but...

**31%** of respondents have **1 serving per day**

**29%** of respondents have **2 servings per day**

**12%** of respondents have **3 serving per day**

**5%** of respondents have **>4 servings per day**

**400g** Recommended **fruit & vegetable intake** per day

**5** Recommended **fruit & vegetable servings** per day

**1.7 million (2.8%) of deaths** worldwide are attributable to **low fruit and vegetable consumption**.

**...Only 5% of** respondents get the recommended fruit and vegetable servings

# 81% of respondents exercise weekly and..

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**41%**

Of respondents perform **light activities** at least 4 days per week

**150**min

Recommended **minutes of moderate exercise** per week

**35%**

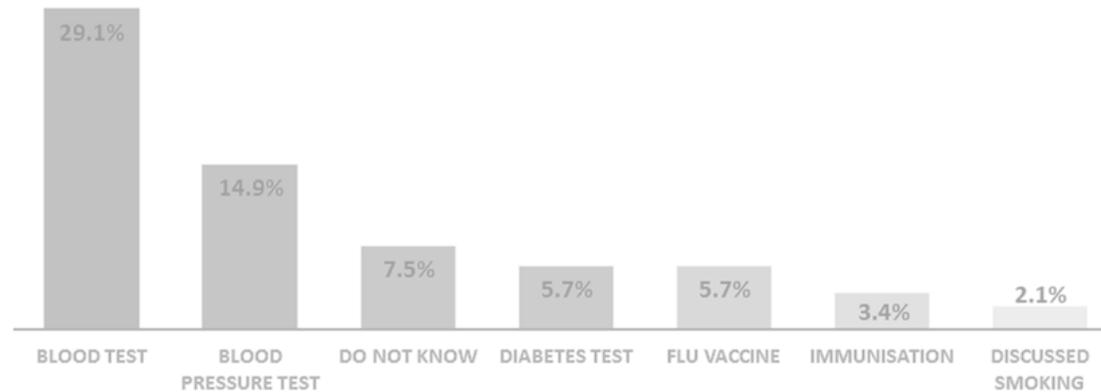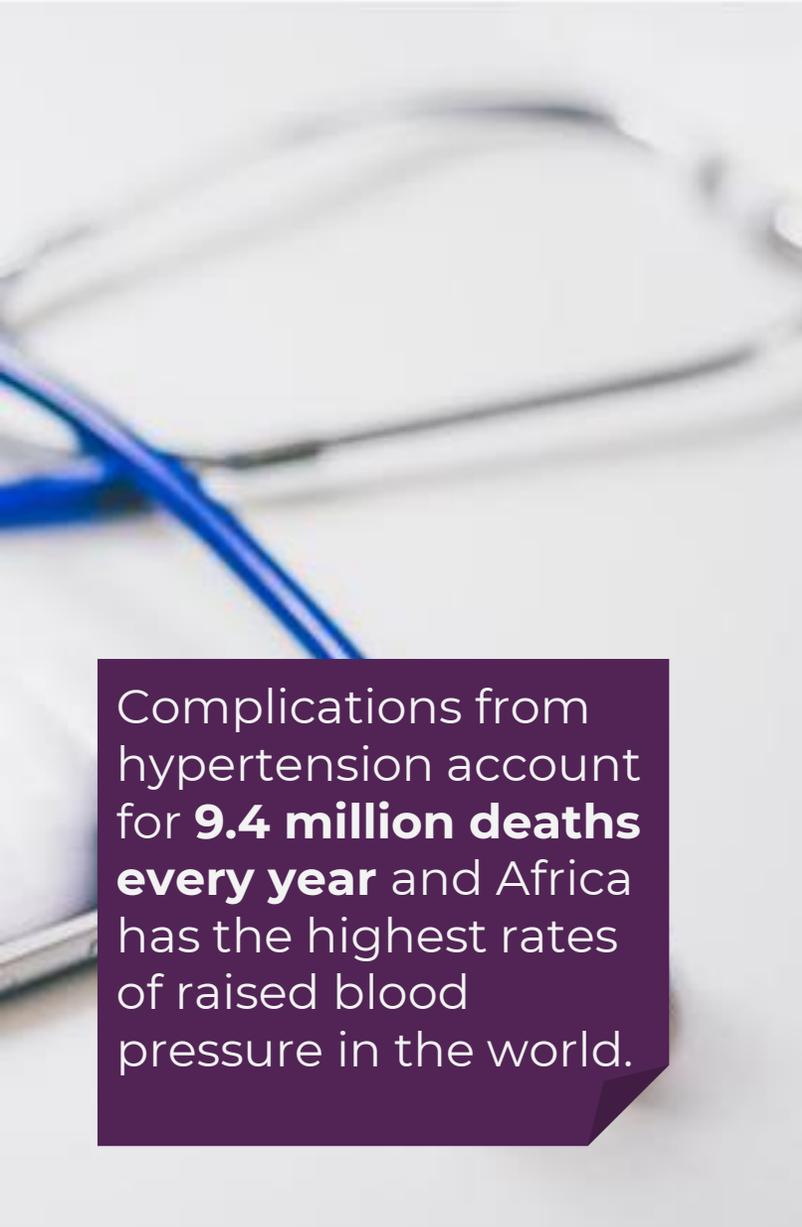Of respondents perform **moderate activities** at least 4 days per week

**42%**

Of respondents perform **vigorous activities** at least 4 days per week

**3**

Recommended **minimum days per week** for exercise

**1.6 millions of deaths** worldwide are attributable to **insufficient physical activity**.

**...Over 35%** of respondents get the recommended physical activity.

# 69% of respondents visited a doctor last year but...

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**22%**
Last month

**16%**
1-3 months

**14%**
3-6 months

**17%**
6-12 months

Complications from hypertension account for **9.4 million deaths every year** and Africa has the highest rates of raised blood pressure in the world.

29.1%
14.9%
7.5%
5.7%
5.7%
3.4%
2.1%

BLOOD TEST | BLOOD PRESSURE TEST | DO NOT KNOW | DIABETES TEST | FLU VACCINE | IMMUNISATION | DISCUSSED SMOKING

**TOP 3**
1. **Blood test**
2. **Blood pressure**
3. **Diabetes**

**...38%** of the visits did not result in recommended exams or tests.

As a leading provider of consumer insights and related data products for emerging markets especially Africa, Kasi Insight is dedicated to the ongoing development of insights into the health of Africans, and how the right lifestyle choices can prevent or reduce the severity and the impact of illness and disease.

The Kasi Health Wellness Index plays an important role in the development of these insights, by providing a comprehensive snapshot of the attitudes, perceptions and behaviors of Africans relating to their health. The FiT score provides supplementary evidence to help inform public health policy.

The first Kasi Health Wellness index is based on findings of a Kasi Insight survey conducted between February 17th and 27th, 2017. A sample of 3,500 urban dwellers in Africa from 18 to 65 years of age. After data cleaning, the final sample was 3,369.

Kasi employed weighting to balance demographics and ensure the same composition reflects that of the adult, urban and working population in the countries surveyed.

The precision of Kasi surveys is measured using a credibility interval. In this case the survey is accurate to within +/- 4.0% at 95% confidence level had all urban dwellers been polled. All sample surveys and polls may be subject to other sources of error, including, but not limited to methodological change, coverage error and measurement error.

# Authors & Acknowledgement

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Rhonda's is a Queen Elizabeth Scholar focused on strengthening health systems. She currently works as a Health Researcher at the Peace & Love Hospitals (Ghana) coordinating a project for the International Agency for Research On Cancer (IARC). Rhonda's primary research areas are health policy, mental health and non-communicable diseases.

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Yannick is the co-founder & CEO of Kasi Insights. Yannick expertise includes data analysis, risk management and research. He is a member of the Africa Expert Network and a mentor within the Africa Business Academy.

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