



Evaluation of food safety knowledge and practices among women in Ogun State, Nigeria

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The role of women in food safety is critical and multifaceted, encompassing domestic food preparation, food processing, and agricultural production—each of which significantly influences the incidence of foodborne illnesses. This study assessed women's knowledge and practices related to food safety, as well as the barriers they face in implementing safe food handling practices. A cross-sectional study was conducted from January to February 2025 across one local government area in each of the three senatorial districts of Ogun State, Nigeria. Data were collected using a structured questionnaire covering socio-demographic characteristics, knowledge and practices regarding food safety, and perceived barriers. Descriptive statistics, Chi-square tests, and binary logistic regression were used for data analysis. A total of 384 respondents participated. The mean knowledge and practice scores were 17.01 ± 1.94 (maximum = 19) and 15.89 ± 1.86 (maximum = 20), respectively. Significant factors associated with knowledge included age, marital status, income level, and senatorial district. Religion (OR = 1.667; 95% CI: 1.017 – 2.731) and marital status (OR = 0.364; 95% CI: 0.040 – 3.334) were identified as significant predictors of knowledge. Major barriers to food safety identified by respondents included inadequate water supply (97.6%), negligence (96.4%) and poor waste disposal methods (93.0%). The study underscores the need for targeted educational and policy interventions to improve food safety awareness and practices among women. Additionally, provision of basic infrastructure for food preparation is essential to reduce the risk of foodborne disease outbreaks and enhance public health outcomes.

Keywords: Foodborne illnesses, knowledge, practice, women, food safety.
