

**AWARENESS AND PRACTICE ON
NON-PERMITTED FOOD DYES AMONG
MARKET FOOD VENDORS IN
NORTHERN DISTRICT OF YANGON**

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2021

ABSTRACT

A cross-sectional descriptive study was done in randomly selected market food vendors who were selling chili powder, shrimp paste, pickled tea leaves and bamboo shoots in Northern district of Yangon to determine their awareness and practice on non-permitted food dyes and association between them. The study period was from May 2020 to May 2021 and 121 participants were included in this study. After taking informed consent, data collection was done by face to face interview using pre-tested structured questionnaires which include socio-demographic characteristics, knowledge, attitude and practice. In this study, mean age of the participants was about 41 years and 65% were female. And 83% of the participants' education were middle school and above. Moreover, 93% of them had family members whose educational status were middle school and above. Their mean duration of selling these foods was 11 years and monthly income was about 6 lakhs kyats. About 45% of participants had overall good knowledge scores and 92% had good knowledge on the diseases that are caused by non-permitted dyes. Concerning the attitude, overall good attitude scores were seen in about 50% of the participants and 94% of them agreed on the fact that food should be sold as natural color and sellers should have proper knowledge about food safety. Regarding practice, about 88% of them had overall good practice scores and overall attitude and practice were satisfactory compared with their knowledge. Ninety-Six percent of them responded that they did not buy coloring agents for food. Educational status was found to have statistically significant association with knowledge (p value= 0.009), attitude (p value= 0.01) and practice (p value<0.001). It was also found that there was statistically significant association between knowledge scores and attitudes scores (p value<0.001), knowledge scores and practice scores (p value= 0.003), attitude scores and practice scores (p value<0.001). This study revealed that overall knowledge, attitude and practice score of market food vendors on non-permitted dyes in this study area was not found to be good enough. Therefore, dissemination of health education, health talks and awareness raising about non-permitted food dyes and their harmful effects should be done more frequently in study area.