
A decorative graphic on the left side of the page consisting of four horizontal bars of different colors (green, teal, blue, purple) that are wider on the left and taper to the right, creating a funnel-like effect.

## Using the Food Systems Dashboard to examine sugar in the food supply in Gabon *for business*

A decorative graphic on the right side of the page consisting of four horizontal bars of different colors (green, teal, blue, purple) of varying lengths, stacked vertically.



## Purpose and Use

These briefs demonstrate how various stakeholders can use the Food Systems Dashboard to inform their work.

- The purpose of this brief is to show how businesses can use the Food Systems Dashboard (FSD) to understand the status of a country's food system and how food supplies influence health.
- Stakeholders can learn about what actions are needed within food systems to promote positive outcomes and avoid negative consequences by using multi-year data, making comparisons across countries, and examining trends.

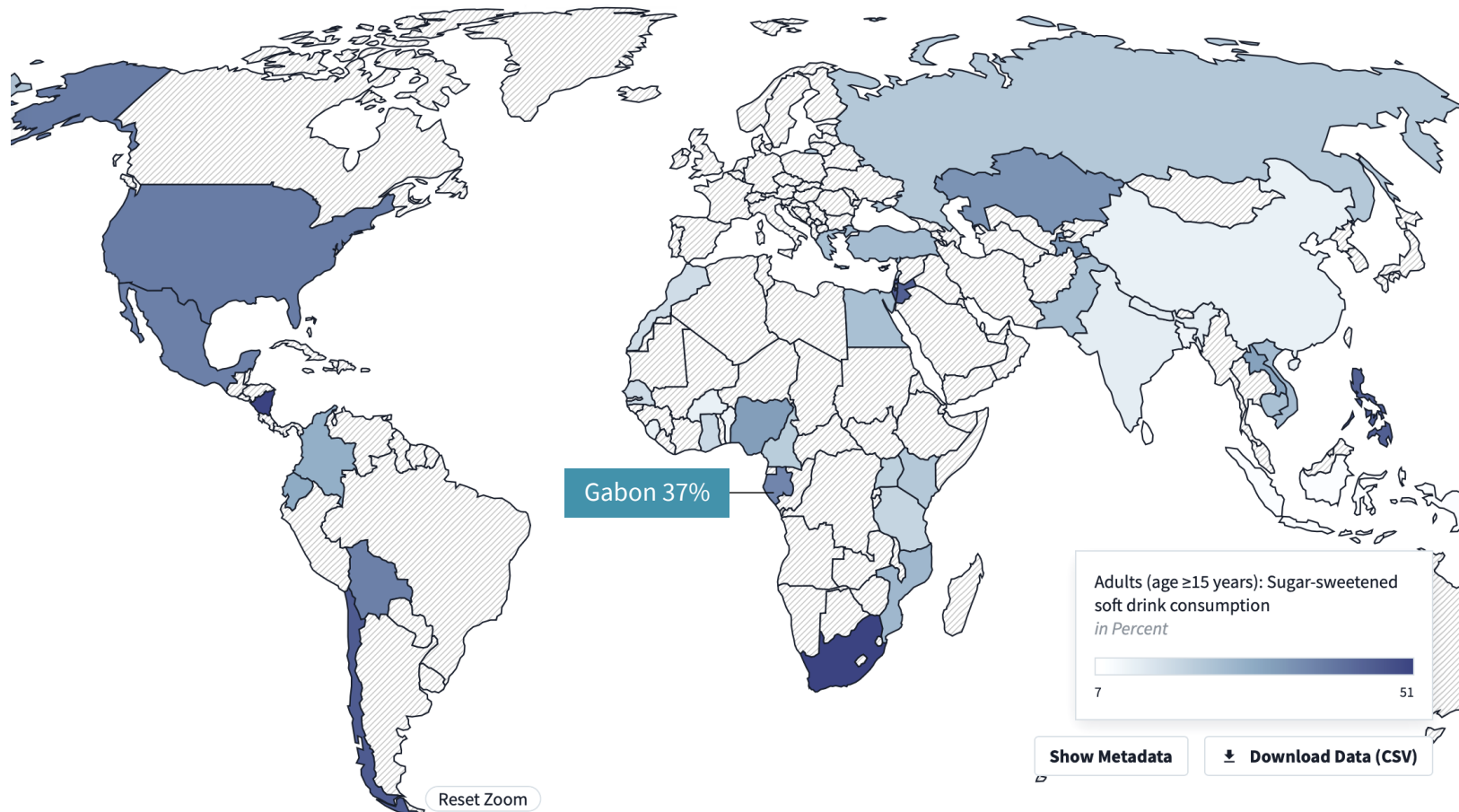


## Sugar and Diabetes

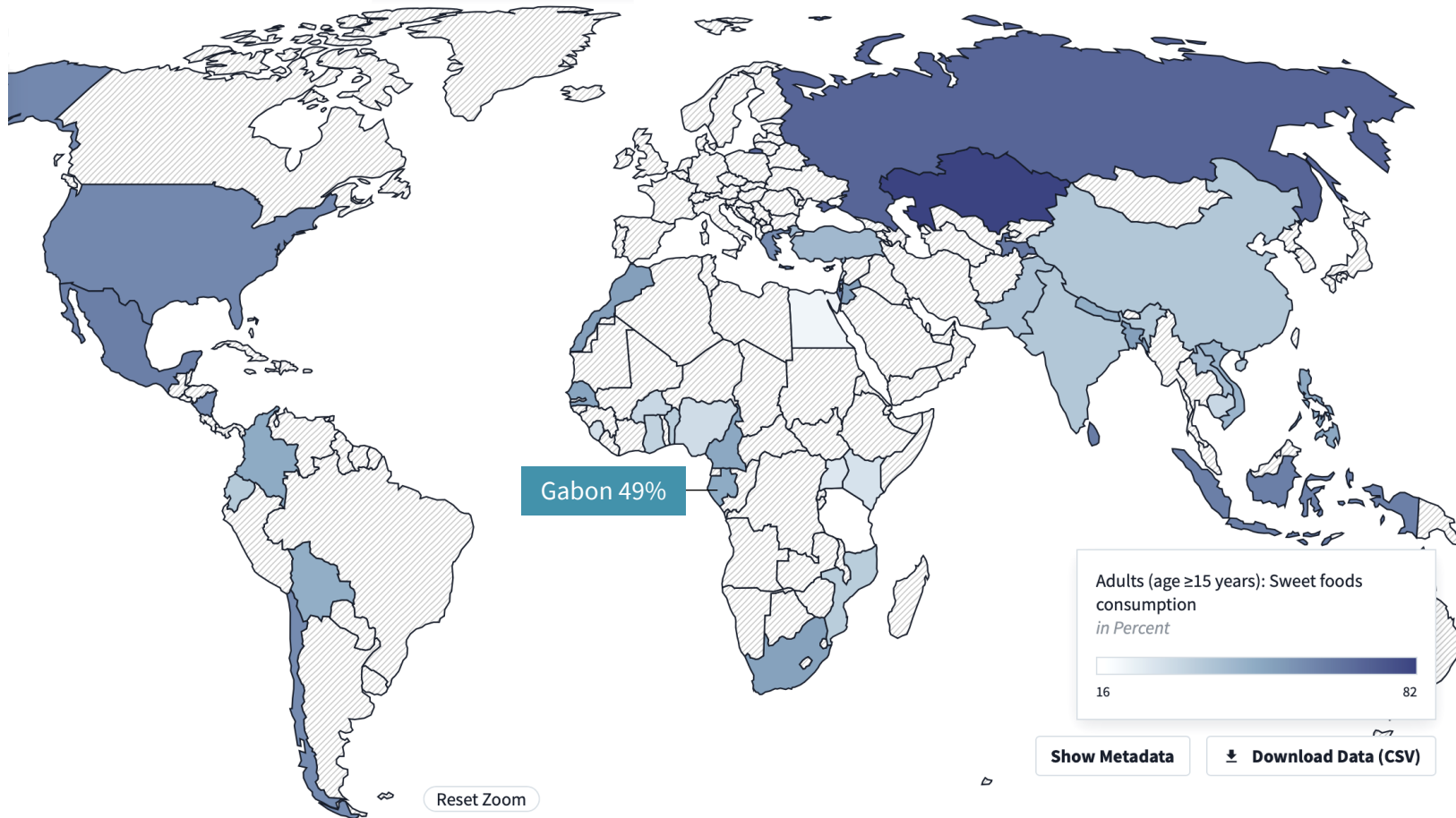
- Globally, diets are transitioning. Many populations are moving away from traditional diets comprised of locally-sourced, seasonal, less processed foods, and increasing their consumption of processed foods high in added sugar.
- Increasing rates of diet-related noncommunicable diseases (NCDs) such as type 2 diabetes are associated with these changes in diets.
- High consumption of added sugar increases the risk of weight gain and dysregulation of blood sugar, both of which are risk factors for type 2 diabetes.
- Businesses can support healthy food system outcomes by reformulating products to decrease added sugar, and can ensure ethical advertising of such products, especially when marketed to children.

***Let's look at why Gabon may be an important market for these efforts from food businesses.***

Gabon has one of the highest levels of consumption of sugar-sweetened beverages in Africa, among countries with data available

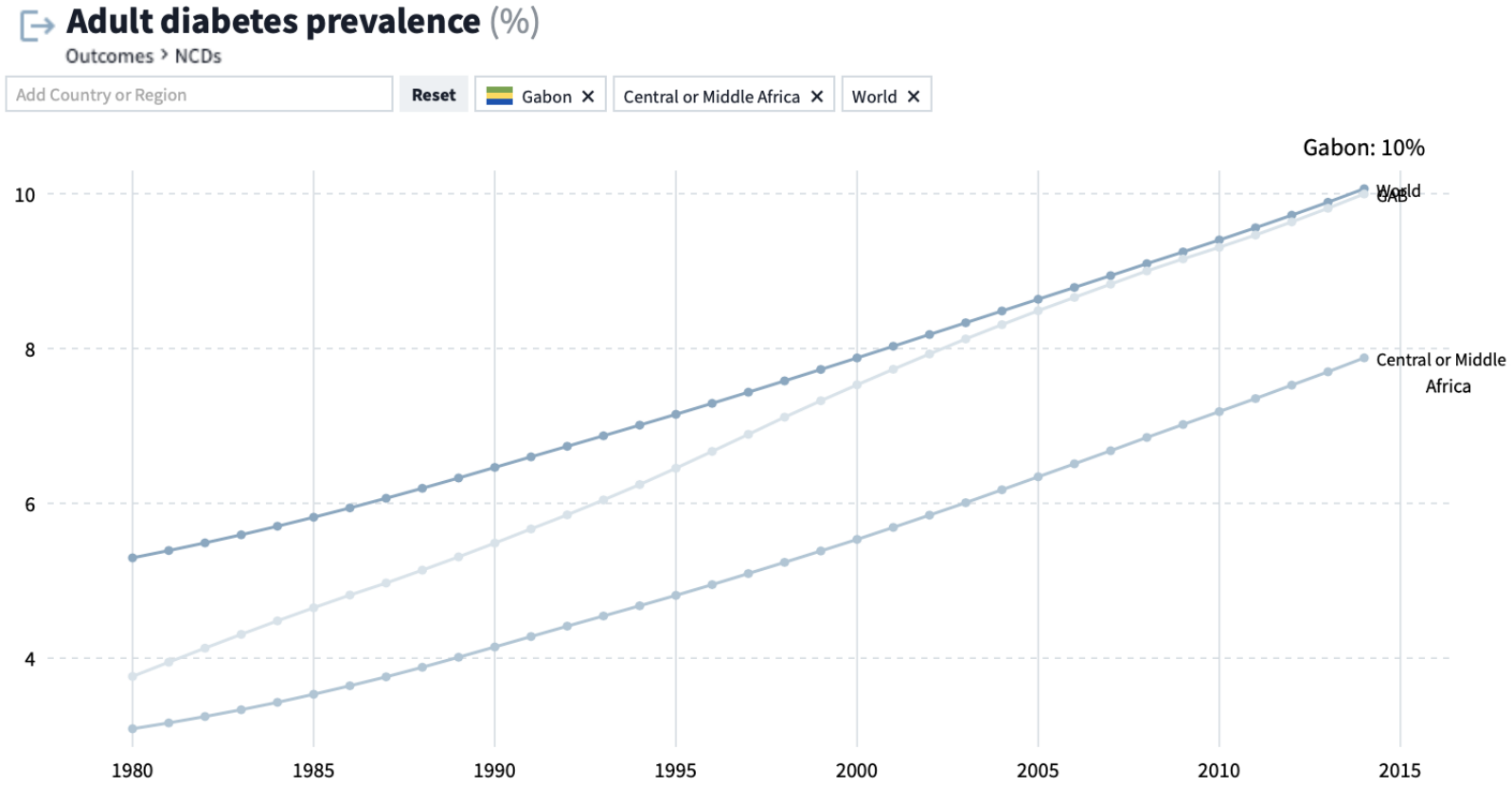


## Consumption of sweet foods is also high, among countries with data available

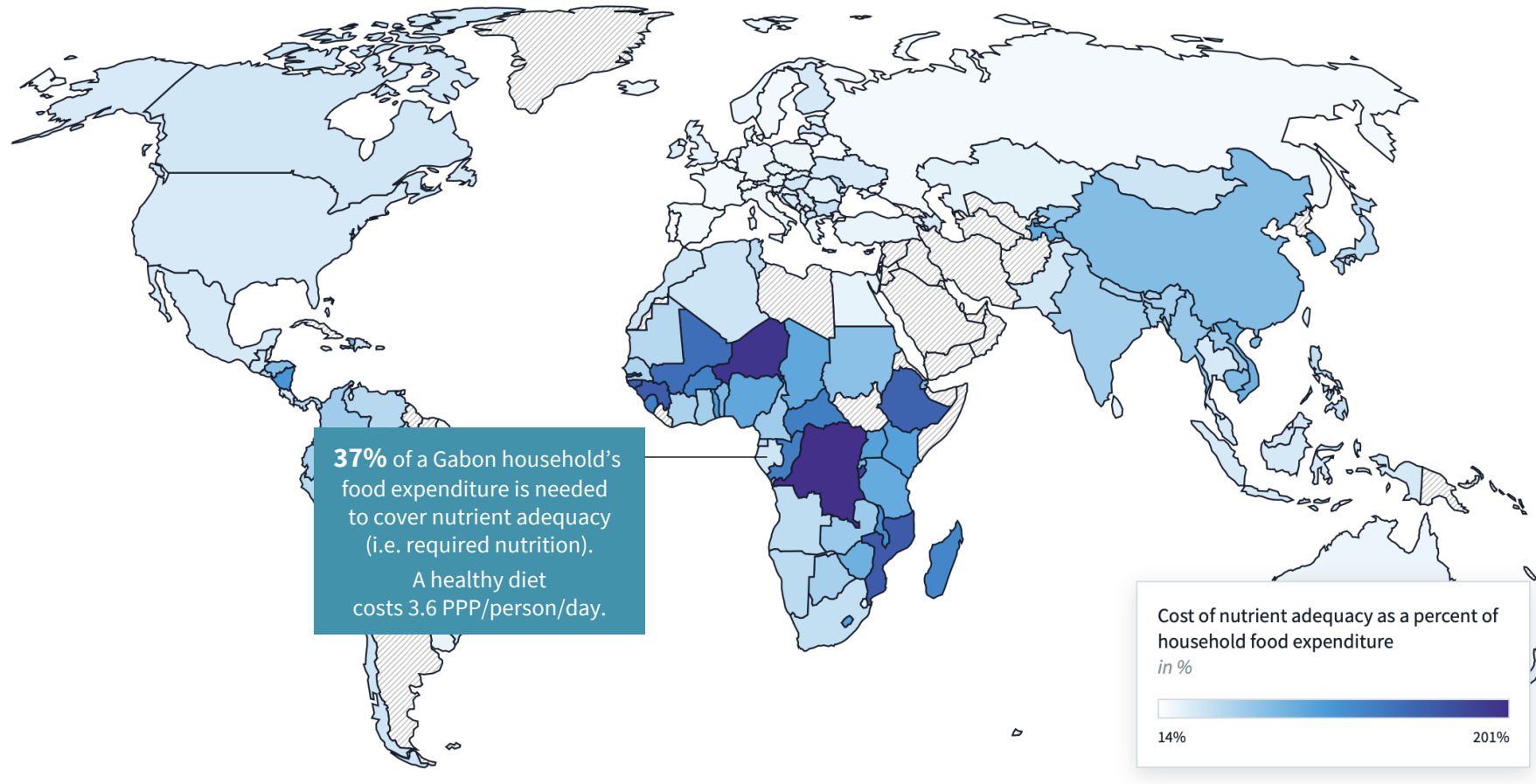


*Excessive consumption of sugar-sweetened beverages and sweet foods is linked to an increased risk of diet-related NCDs.*

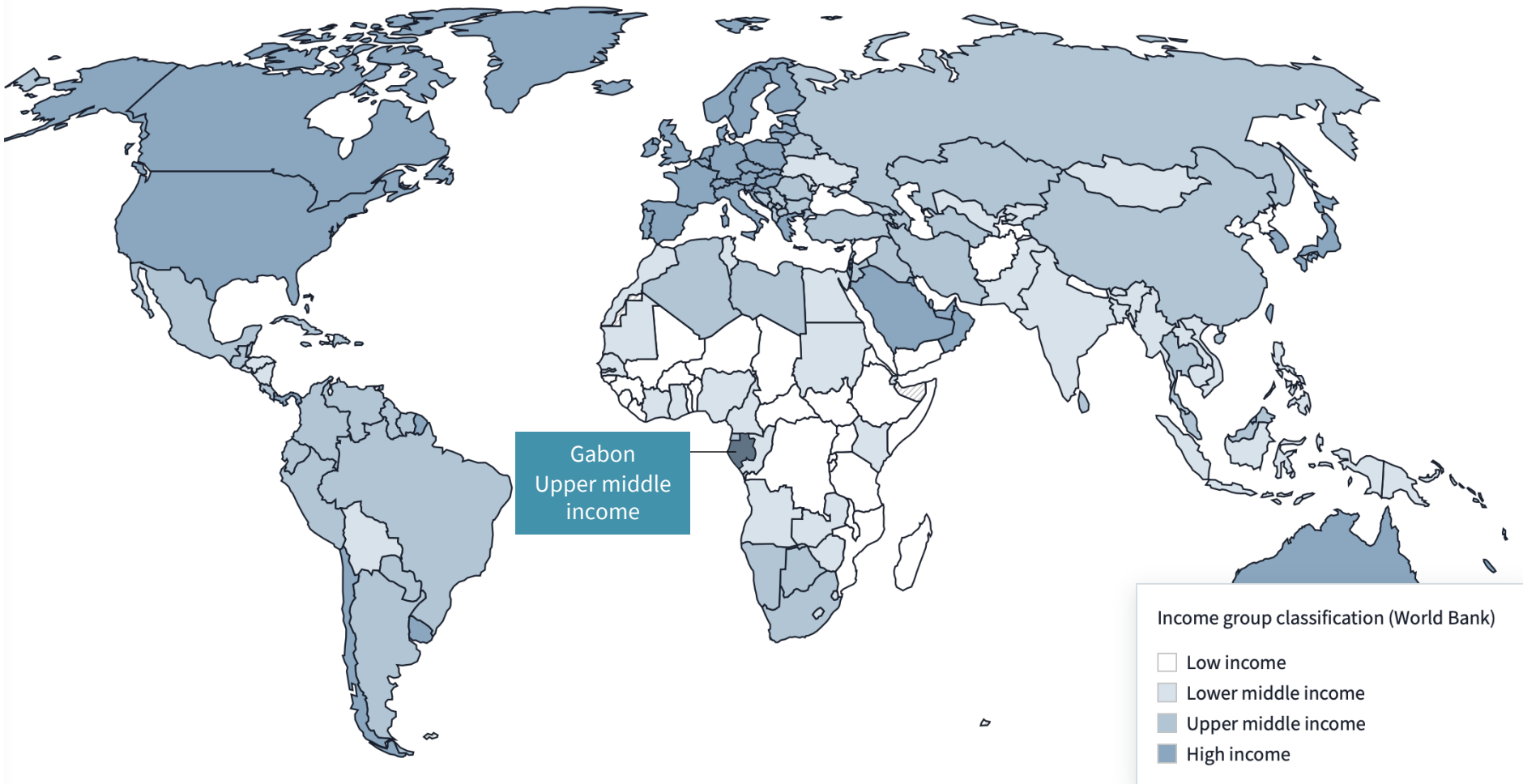
It also has one of the highest levels of type 2 diabetes in Central or Middle Africa



## Cost is not a major constraint to securing a nutritious diet in Gabon



And income levels are relatively high compared to other Central or Middle African countries



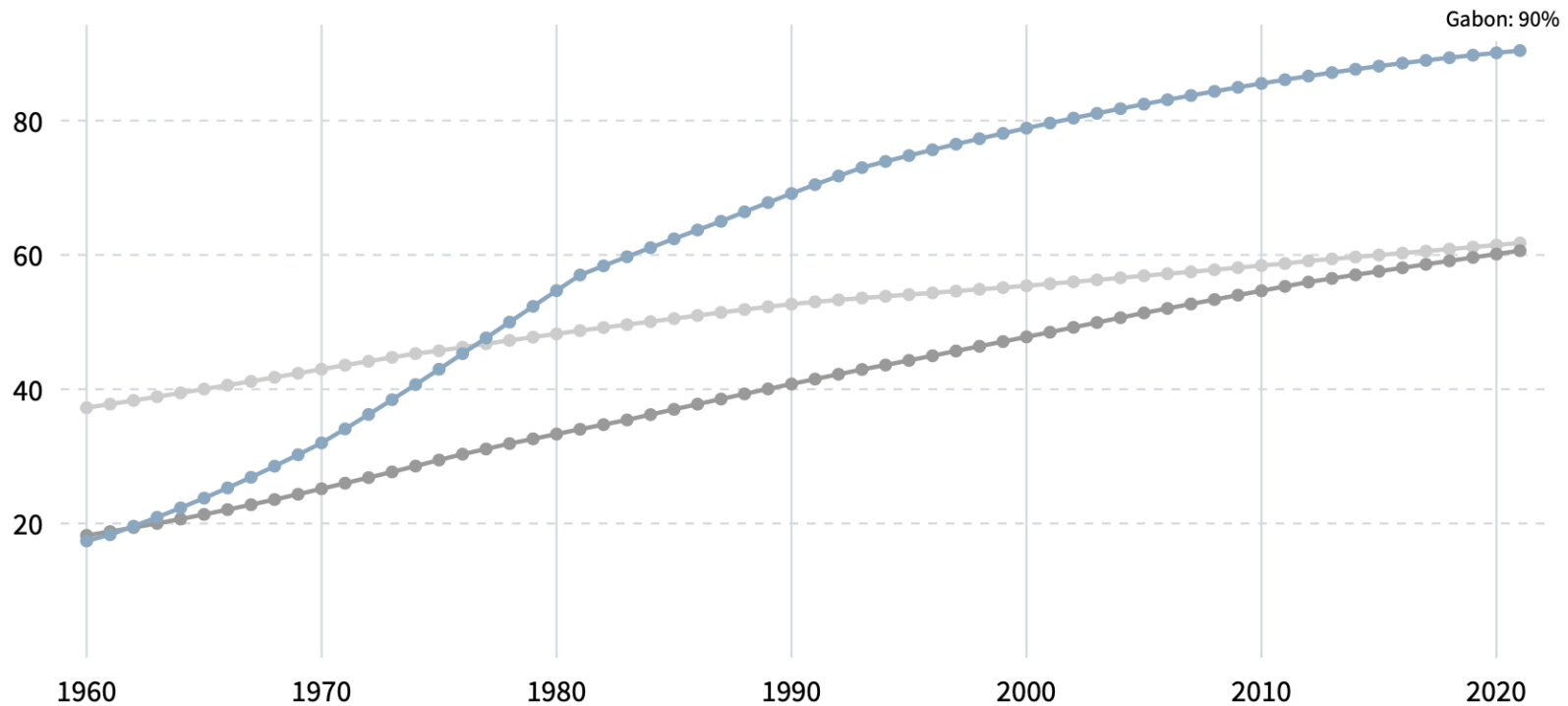




# Ninety percent of Gabon's population lives in an urban area

→ **Percent urban population of total population (%)**  
Drivers > Urbanization

● Gabon ● Central or Middle Africa ● World





## Key Messages and Recommendations

### Key Messages

- Demand for sweet foods and beverages is high in Gabon.
- Diabetes is a significant public health issue.
- Incomes are relatively high for the region.
- Cost is not a major constraint to nutritious diets or healthy eating.
- A large urban population, with most people residing in urban areas, potentially enables more efficient food distribution and impacts accessibility.

### Recommendations

- Gabon is an excellent prospect for businesses that aim to produce and market healthy, low sugar foods and beverages.