

Nigeria's NCD Crisis and the Journey to Regulation

By

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Brief background

Nigeria is a West African nation adjudged the most populous black nation on earth with over 242 million people.

It boasts over 525 distinct languages and has a diverse landscape, a tropical climate, and fertile agricultural lands.

Agriculture used to be Nigeria's mainstay but this changed in the early 1970s when oil became the dominant revenue earner.

As agriculture took the back seat and the farms were abandoned due to the allure of oil, Nigerians also pivoted towards western life style, switching from rich and available home grown agricultural products to ultra processed foods.



The Consequences

- Urban culture and fallouts eg consumption of unhealthy diets, lack of physical activities, tobacco use, and high alcohol consumption.
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- Nigeria now faces a NCDs crisis including heart disease, diabetes, and hypertension.
 - NCDs cause approximately 447,800 deaths annually, and is responsible for nearly 30% of all annual deaths, including among young people.
 - WHO says cardiovascular illnesses account for a significant share of hospital admissions and deaths in Nigeria. Treatment is expensive, most citizens pay out of pocket and most Nigerians lack access to primary health care.
 - WHO supported a National Multi-Sectoral Action Plan (2019–2025), aimed at reducing premature mortality by one-third by 2030 through policies targeting tobacco, alcohol, and diet.

TFA Tax Regime

Only 4% of national budget goes to health.

are no taxes on TFAs but there's a N10 per litre excise duty on sugar-sweetened beverages (SSBs) introduced to address NCDs in 2021. There's ongoing advocacy for increasing it to cover broader unhealthy diet components.

But there are mandatory limits & bans on TFAs

On 28th September, 2025, NAFDAC launched the Implementation of Strategy and Roadmap for Trans-fatty Acids (TFAs) Regulation which established the following:

- Legal limit of not more than 2 grams of iTFA per 100 grams of total fat in all oils, fats, and food products.
- Ban on the production and use of Partially Hydrogenated Oils (PHOs) in food products, a major source of trans fats.
- Plans for WHO validation of Nigeria's trans-fat elimination programme which requires full implementation, enforcement, and sustainability.

NOTE: These regulations apply to both domestic and imported food products.

Regulation 

Focus

Status

Fats & Oils Regulation 2022

Limits trans-fat to 2% (2g/100g)

Gazetted

**Pre-packaged Food Labelling Regs
2022**

Mandates declaration of trans-fats on
labels

Gazetted

Trans Fat Roadmap (2025)

Outlines strategy for enforcement and
compliance

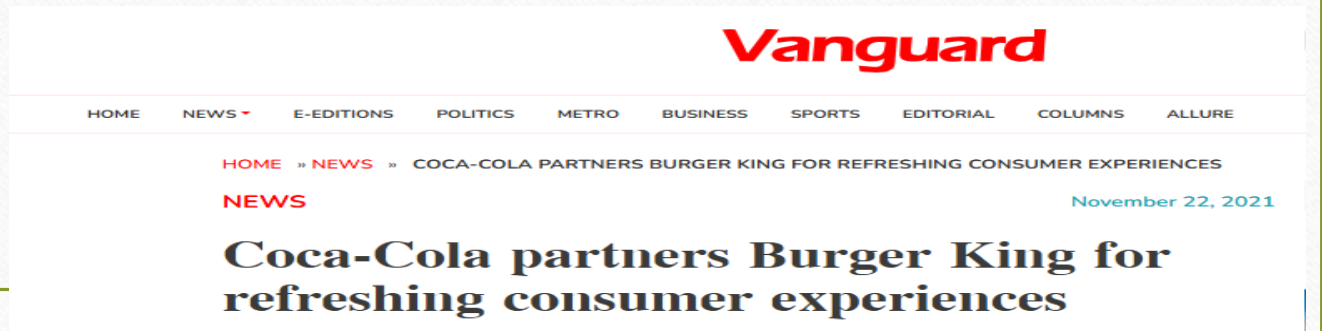
Launched

The public right to know – Ads and marketing

- According to the Food Product Advertising Regulations 2021,
“Advertisements must not contain false or misleading information, including vague or unsubstantiated claims about the health benefits of a food product”

The "Pre-packaged Food, Water and Ice Labelling Regulation 2022" requires that,
“Nutrient content (including trans fats) be explicitly stated, prohibiting false "trans fat-free" claims”.

Images from Nigeria



Burger King Nigeria Introduces Three New Additions to Their Sides Menu

By Olukoya Olubolade

Published 3 years ago on May 3, 2023
By [BellaNaija.com](https://www.bellanaija.com)



Combo Offer

Aso Rock Burger, Coke,
Fries & Free Ice cream

N5000



Industry tactic to pushback regulation

- Consistently framing regulation as a threat to jobs
- Revenue loss argument

- Use of media to syndicate outright lies
- Direct and subtle pressure on the regulator using industry organisations and front groups.

CSO response – Counter misinformation with right information

- Industry monitoring
- Training of journalists to expose industry, reporting facts, articles
- Supporting the regulator through advocacy engagements
- Coalition building

Thank you!