

### **Impact of Modern Diet on the Prevalence of Lifestyle Diseases in the Kikuyu Community of Othaya Sub County, Nyeri South District: A call for returning to Traditional Diets**

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#### **Abstract**

The Kikuyu community in Othaya Sub County, Nyeri South District, has witnessed a surge in lifestyle diseases among adults aged 30-60 years, including arthritis, high blood pressure, gut problems, diabetes, skeletal disorders, and cancer. This rise correlates with adopting a modern poor diet characterized by high levels of ultra-processed foods, refined sugars, trans-fats, and high carb intake. This abstract explores the detrimental effects of this dietary shift on the health of the community, reflecting broader trends in modern lifestyles. Through an analysis of client data, we reveal a concerning prevalence of lifestyle diseases in the region, highlighting the urgent need for intervention. Additionally, we shed light on the historical dietary practices of the Kikuyu community, emphasizing the nutrient-rich and balanced nature of traditional diets. By revisiting these traditional foods, we propose a viable solution for the management and prevention of lifestyle diseases. This abstract advocates for a holistic approach to health promotion, emphasizing the importance of cultural heritage and dietary traditions in maintaining optimal health. By raising awareness of the link between diet and disease prevalence, we aim to inspire positive dietary changes within the community and foster a return to ancestral eating patterns. Ultimately, this shift towards a more traditional diet holds promise for improving the overall health and well-being of the Kikuyu community in Othaya Sub County and beyond.

**Keywords:** Lifestyle Diseases, Traditional Diet, Modern Diet, Arthritis, High Blood Pressure, Gut Problems, Diabetes, Skeletal Issues, Othaya Sub County