

# Weight Management and Wellbeing in Kenya

January 2024

**Table of Contents** 

## Weight Management and Wellbeing in Kenya - Category analysis

#### **KEY DATA FINDINGS**

#### 2023 DEVELOPMENTS

Higher prices drive value growth in weight loss supplements Weight loss trends see growing preference for healthier eating Sedentary lifestyles is leading to rising obesity rates

## PROSPECTS AND OPPORTUNITIES

Weaker outlook in the upcoming years

Healthier diets and lifestyles will lead to lower demand for slimming aids

Pharmacies will remain dominant channel as e-commerce gains traction

#### CATEGORY DATA

- Table 1 Sales of Weight Management and Wellbeing by Category: Value 2018-2023
- Table 2 Sales of Weight Management and Wellbeing by Category: % Value Growth 2018-2023
- Table 3 NBO Company Shares of Weight Management and Wellbeing: % Value 2019-2023
- Table 4 LBN Brand Shares of Weight Management and Wellbeing: % Value 2020-2023
- Table 5 Forecast Sales of Weight Management and Wellbeing by Category: Value 2023-2028
- Table 6 Forecast Sales of Weight Management and Wellbeing by Category: % Value Growth 2023-2028

# Consumer Health in Kenya - Industry Overview

## **EXECUTIVE SUMMARY**

Consumer health in 2023: The big picture

2023 key trends

Competitive landscape

Retailing developments

What next for consumer health?

#### MARKET INDICATORS

- Table 7 Consumer Expenditure on Health Goods and Medical Services: Value 2018-2023
- Table 8 Life Expectancy at Birth 2018-2023

# MARKET DATA

- Table 9 Sales of Consumer Health by Category: Value 2018-2023
- Table 10 Sales of Consumer Health by Category: % Value Growth 2018-2023
- Table 11 NBO Company Shares of Consumer Health: % Value 2019-2023
- Table 12 LBN Brand Shares of Consumer Health: % Value 2020-2023
- Table 13 Distribution of Consumer Health by Format: % Value 2018-2023
- Table 14 Distribution of Consumer Health by Format and Category: % Value 2023
- Table 15 Forecast Sales of Consumer Health by Category: Value 2023-2028
- Table 16 Forecast Sales of Consumer Health by Category: % Value Growth 2023-2028

## **APPENDIX**

OTC registration and classification

Vitamins and dietary supplements registration and classification

Self-medication/self-care and preventive medicine

Switches

#### DISCLAIMER

# **DEFINITIONS**

# About Euromonitor International

Euromonitor International is an independent market intelligence provider. Data, insight and analysis stem from in-the-field research spanning 210 national markets.

Content ranges from the in-depth and country-specific, to key strategic themes with a global range and significance. Products cover a comprehensive range of insights and market data, but can be broadly categorised as:

- Strategy Briefings: Global or regional in scope, and focusing on the most important themes shaping consumer demand, the key markets, competitive environment and future outlook across a range of industries.
- Company Profiles: Analysis dedicated to the world's most significant companies, with detailed insight into their activities, focus of operations, their competitors, their geographic presence and performance.
- Country Reports: For an in-depth understanding of specific countries, whether by industry, economic metrics or consumer trends and lifestyles. These reports cover current trends, consumer demand, market potential and future prospects, with country-specific local insight and comprehensive data, unavailable elsewhere.

For more information on this report, further enquiries can be directed via this link www.euromonitor.com/weight-management-and-wellbeing-in-kenya/report.