

RADIOLOGICAL ASSESSMENT OF GRAINS, VEGETABLES, FRUITS AND TUBER CROPS CULTIVATED IN OKEMESI TOWNSHIP, EKITI STATE, NIGERIA

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ABSTRACT

Exposure to radiation is a natural phenomenon in the human environment. This is received from naturally occurring radionuclides in water, air, soil and food. Ingestion is one of the two major pathways through which these nuclides enter the human systems. Radiological assessment of fruits, vegetables, grains and tuber crops cultivated and consumed in Okemesi township, Ekiti State has been carried out using a 76mm by 76mm lead-shielded Sodium Iodide detector (NaI(Tl)) located at the Centre for Energy, Research and Development (CERD), Obafemi Awolowo University, Ile-Ife, Nigeria. The mean activity concentration of the radionuclides in the food samples was $155.76 \pm 14.22 \text{ Bqkg}^{-1}$ for ^{40}K , $8.00 \pm 0.24 \text{ Bqkg}^{-1}$ for ^{238}U and $7.39 \pm 0.21 \text{ Bqkg}^{-1}$ for ^{232}Th . The value obtained for Annual Effective Dose due to intake of the food crops (D_{ing}) ranged from 104.32 to 687 $\mu\text{Sv yr}^{-1}$ while values for Excess Lifetime Cancer Risks (ELCR) ranged from 0.365 to 2.407. Although the radioactivity levels in the food crops were lower than the world-wide limits, some values obtained for the A_{ED} and the ELCR were significantly higher than the recommended limits of UNSCEAR 2000. The rank order of D_{ing} and ELCR in the food types was tubers > fruits > vegetables > grains. Consumption of food cultivated in the area over a long period of time may induce a degree of health risks which should not be overlooked.

Keywords: Natural radioactivity, Food, Okemesi, Gamma spectrometry, Nigeria

1. INTRODUCTION

An atom whose nucleus is unstable is referred to as a radionuclide. The excess energy possessed by this nucleus is transmitted to newly created radiation particles, resulting in the release of gamma, alpha or beta particles or radiation (Oluyide *et al.*, 2019). Energetic particle or wave which navigates vacuum or medium that contains matter, which is not necessary for its movement is known as radiation (Kwan- Hoong, 2003). Effects of radiation on man is dependent on the absorbed or ingested dose among other factors. These effects could be somatic or genetic, stochastic or deterministic (Hall, 2000). Researches regarding the analysis of natural radioactivity in foodstuff have been propelled to the forefront in recent years, and it has become an important aspect of the environmental monitoring program. Food is one of the major pathways through which radionuclide is transferred to man. It is therefore necessary to estimate the radiation doses obtained from the ingestion of contaminated food (Syarbaini *et al.*, 2014). Cultivation of crops meant for consumption on contaminated soils result in the transfer of radioactivity from soil to the roots of such crops, which is consequently shifted to human diet (Fasanmi *et al.*, 2020). The two major pathways by

which natural radionuclides enter into man are ingestion and inhalation (Tawalbeh *et al.*, 2012). This ingested radionuclide could be concentrated in certain parts of the body thereby causing damage (Linares *et al.*, 2006) With the aforementioned facts in mind, this study aimed to extensively investigate the concentration of ^{40}K , ^{238}U and ^{232}Th in some food samples and provide adequate information about the Annual Effective Dose due to the consumption of food grown in the study area.

2. MATERIALS AND METHODS

2.1. Study Area

Okemesi, the area of study is a major town in Ekiti-West local government area in Ekiti State, South-western Nigeria with a population of about 79,563 residents (Sun, 2014). It is situated on latitude 7.82N and longitude 4.92E and sits 541 metres above sea level. The town lies between two ridges rich in quartzite running approximately north-south with lands rich in agriculture (Sun, 2014). The town forms a conglomerate of undulating valley and low lands. Since hills and rocks are natural reservoirs of radionuclides and rich in Uranium, Okemesi a town with a hilly terrain becomes an interesting site for this research. The schematic map of the study area is displayed in Figure 1.

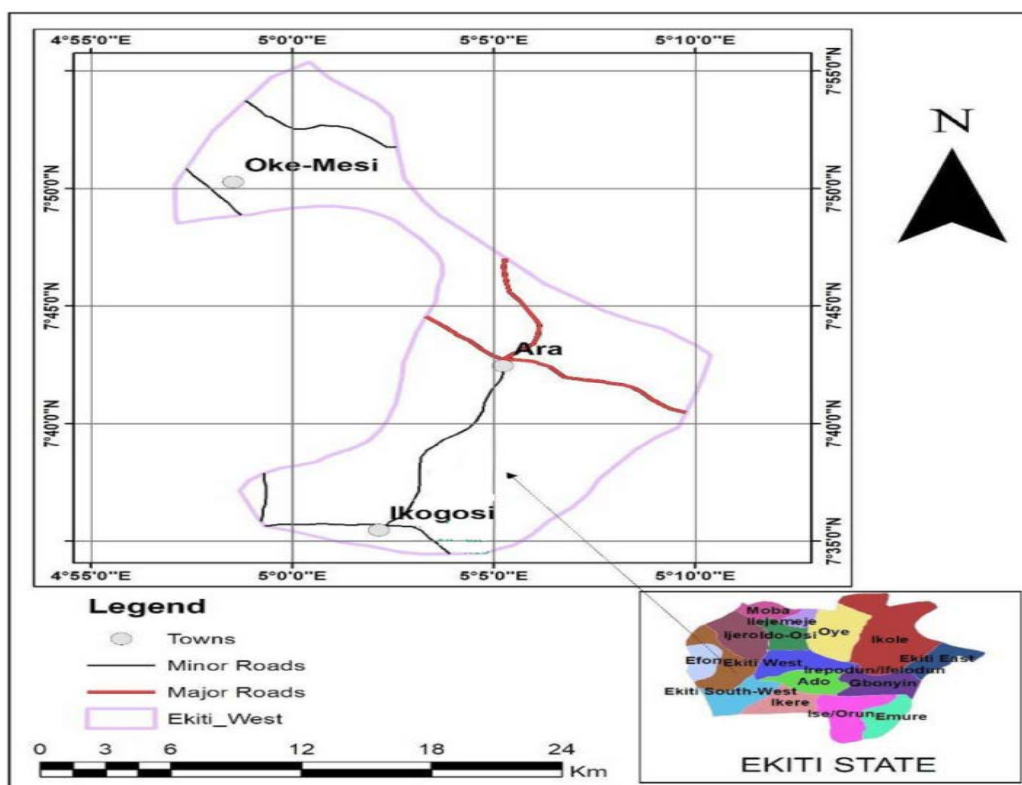


Figure 1. Map of the study area (Digitized from Faweya *et al.*, 2018)

2.2. Sampling procedure

Selection of food samples is supposed to be based on thorough understanding of agricultural practices and food consumption pattern in a study area (IAEA, 1989) Agriculture is a major source of livelihood in the area therefore it was easy to obtain food samples cultivated on the farms in the area. Three (3) samples each of fruits, vegetables, grains and tubers crops were collected. A total of twelve (12) samples were collected for the investigation. At the point of collection, each sample was carefully placed in separate polythene bags, labelled and transferred to the laboratory for due processing. The samples were air dried, oven dried to constant weight and then pulverized. Samples

were sieved to ensure uniform particle size after which they were sealed in containers made air tight. Sealing was done for minimum of 28 days for secular equilibrium to take place. Samples are described in Table 1.

Table 1. Description of food samples analysed in the study

Sample code.	Crop type	Trade name	Scientific names
F1	Fruit	Local sugar cane	<i>Sacharumofficinarum</i>
F2	Fruit	Banana	<i>Musa sapientum</i>
F3	Fruit	Plantain	<i>Musa paradisaca</i>
V1	Vegetable	African spinach	<i>Amaranthushybridus</i>
V2	Vegetable	African spinach	<i>Amaranthushybridus</i>
V3	Vegetable	African spinach	<i>Amaranthushybridus</i>
G1	Grain	Maize	<i>Zea mays</i>
G2	Grain	Maize	<i>Zea mays</i>
G3	Grain	Maize	<i>Zea mays</i>
T1	Tuber	Yam	<i>Dioscoreaspp</i>
T2	Tuber	Yam	<i>Dioscoreaspp</i>
T3	Tuber	Yam	<i>Dioscoreaspp</i>

2.3. Radioactivity measurements

The activity concentrations of the natural radionuclides in the food samples were determined using a well calibrated 76 mm x 76 mm NaI(Tl) scintillate detector (Bicron Corp model 3M/3) shielded from background radiation by a 5 cm thick Lead shield located at the Centre for Energy Research and Development (CERD), Obafemi Awolowo University, Ile-Ife. The detector was coupled with a preamplifier (Bicon Corp Model PA-14), an amplifier (CanberraModel 2022), and an analogue-to-digital converter (ADC) (Canberra Model 8075) and multichannel analyzer (MCA) card slotted in a desktop computer. The output is displayed on the desktop through a Canberra S100 multichannel analyzer (MCA) software. Standard sample with reference number IAEA-375 for radionuclides and trace elements from International Atomic Energy Agency (IAEA), Vienna, Austria was used for the detector calibrations. The gamma-ray energy lines of 1460 keV for ⁴⁰K; 1120.30 keV for ²¹⁴Bi; and 911keV for ²²⁸Ac were used to measure activity concentration of ⁴⁰K; ²³⁸U and ²³²Th, respectively. The system was preset to 25,200 seconds counting time. The activity concentrations for a particular radionuclide in the measured samples were evaluated using the following equation (IAEA, 1996):

$$A_c = \frac{N}{G_\gamma m T \varepsilon} \quad (1)$$

Where the activity concentration of radionuclide in the sample is depicted by A_c , N represents the net area covered by the spectrum, G_γ is the gamma yield, m is the mass of individual sample (kg), T is the counting time, while ε is the detector's efficiency. The expression below, given by Scheibel and Appoloni in 2013 was used to estimate the lower limit of detection at 95% degree of confidence.

$$LLD = \frac{N_{min}}{\varepsilon G_\gamma T} \quad (2)$$

Where N_{min} stands for the minimum net area of the spectrum measured

$$N_{min} = 4.66 (S_b)^{1/2} \quad (3)$$

Where S_b is the calculated standard error of the net count as a result of Compton scattering and effect. The Minimum Detectable Activity Concentration (MDA) was calculated using the following formular after introducing the food samples,

$$MDA = \frac{4.66 (S_b)^{1/2}}{\varepsilon G_\gamma MT} \quad (4)$$

Where M is the mass of the sample (kg).

2.4. Estimation of Health Risks

The level of health risks which consumers of the food analysed in the study could be exposed to was estimated using the Annual effective dose due to intake of food and the Excess life time cancer risks of their exposure.

2.5. Annual effective dose due to ingestion of food cultivated in the area.

The Annual effective dose due to ingestion (D_{ing}) was determined with the Equation 2 (UNSCEAR 2000);

$$D_{ing} (Svyr^{-1}) = A \times C_R \times D_F \quad (5)$$

Where A ($Bq\ kg^{-1}$) is the activity concentration of radionuclide, C_R is the consumption rate per year ($kg\ yr^{-1}$), and D_F ($Sv\ Bq^{-1}$) is the standard dose conversion factor which is equal to $0.28\ \mu Sv\ Bq^{-1}$ for ^{226}Ra , $0.23\ \mu Sv\ Bq^{-1}$ for ^{232}Th and $0.0062\ \mu Sv\ Bq^{-1}$ for ^{40}K for the persons who live over 17 years. The food consumption rates for maize, vegetables, fruits and yams obtained from Food Balance Sheet Nigeria, 2014 were 31.10, 46.70, 59.50, 100.40 $kg\ y^{-1}$ respectively.

2.6. Excess lifetime cancer risk (ELCR)

The excess lifetime cancer risk (ELCR) was calculated using Equation 3

$$ELCR = D_{ing} \times D_L \times R \quad (6)$$

Where D_{ing} , is the annual effective dose due to ingestion, D_L is the duration of life (70 years) (WHO, 2018) and risk factor R is $0.05\ Sv^{-1}$ which is fatal cancer risk per sievert.

3. RESULTS AND DISCUSSIONS

3.1. Radioactivity levels in food samples

Radioactivity levels in the food samples are presented in Table 1 and illustrated in figure 2. In all the food samples collected and analysed, the specific activity of ^{40}K ranged from $44.06 \pm 4.29\ Bq/kg$ (maize) to $259.16 \pm 20\ Bq/kg$ (yam). ^{238}U varied from $3.03 \pm 0.09\ Bq/kg$ to $10.59 \pm 0.21\ Bq/kg$, both in maize while the minimum and maximum value of ^{232}Th were $4.08 \pm 4.29\ Bq/kg$ (Plantain) and $12.23 \pm 0.21\ Bq/kg$ (yam), respectively. A thorough appraisal of the presented result reveals that ^{40}K is a major contributor to the radioactivity level in the food samples. This has been attributed to the fact that ^{232}Th and ^{238}U migrates poorly from soil to plants. (Syarbaini and Iskandar, 2014). However despite its elevated concentration, it is of little significance because it is an essential element metabolically controlled by human cells hence unduly elevated values are taken care of. Highest value for ^{40}K was recorded in fruit crops while ^{238}U and ^{232}Th had the highest mean value in the tuber crops. This trend has been reported by previous studies who inferred that elevated radioactivity levels in tubers compared to other food crops could be attributed to their direct touch with soil unlike other food crops as well as their high water content, leading to accumulation of radionuclides dissolved in water. (Avwiri and Alao, 2013; Tchokossa *et al.*, 2013)

Table 2. Specific activity of radionuclides in the food samples and health impact parameters

Sample I.D.	Specific Activity (Bq kg ⁻¹)			D _{ing} (μSv yr ⁻¹)	ELCR x 10 ⁻³
	⁴⁰ K	²³⁸ U	²³² Th		
F1	230.079 ± 20.83	8.66 ± 0.31	4.47 ± 0.16	290.33	1.016
F2	223.25 ± 19.20	7.44 ± 0.23	5.05 ± 0.15	275.35	0.964
F3	183.87 ± 14.39	9.47 ± 0.19	4.08 ± 0.09	281.38	0.985
Mean (Fruits)	212.40 ± 18.14	8.52 ± 0.24	4.53 ± 0.13	282.35	0.988
V1	121.24 ± 16.36	8.80 ± 0.24	9.07 ± 0.51	247.57	0.867
V2	75.44 ± 10.69	6.40 ± 0.41	6.19 ± 0.37	172.13	0.602
V3	158.42 ± 19.47	7.79 ± 0.51	4.70 ± 0.31	198.30	0.694
Mean (*Veg)	118.37 ± 15.51	7.67 ± 0.50	6.65 ± 0.40	206.00	0.721
G1	175.43 ± 13.75	10.59 ± 0.21	8.47 ± 0.15	186.62	0.653
G2	124.98 ± 9.98	3.03 ± 0.09	7.52 ± 0.13	104.32	0.365
G3	44.06 ± 4.29	7.56 ± 0.18	9.86 ± 0.18	144.85	0.507
Mean (Grains)	114.82 ± 9.34	7.06 ± 0.16	8.62 ± 0.15	145.26	0.508
T1	259.16 ± 20.00	8.68 ± 0.18	12.23 ± 0.21	687.79	2.407
T2	144.34 ± 11.50	8.68 ± 0.18	9.83 ± 0.17	560.72	1.963
T3	128.85 ± 10.22	8.90 ± 0.18	7.26 ± 0.13	498.10	1.743
Mean (Tubers)	177.45 ± 13.91	8.75 ± 0.18	9.77 ± 0.17	582.20	2.038
Overall Mean	155.76 ± 14.22	8.00 ± 0.24	7.39 ± 0.21	303.96	1.064
(UNSCEAR 2008)	412	33	45	290	0.2

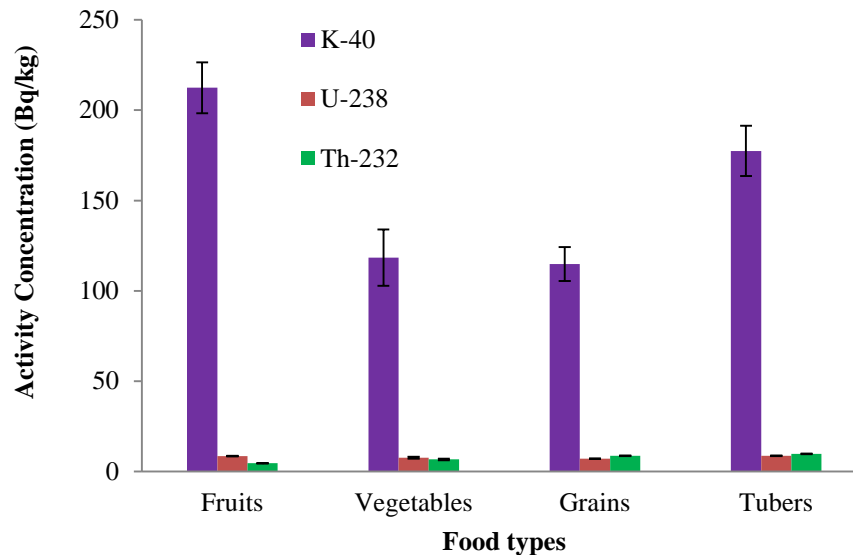


Figure 2. Illustration of radioactivity levels in the food samples analysed.

3.2. Estimation of Health Risk

Sufficient assessment of the health impact of the intake of food collected for analysis cannot be done without adequately estimating the Annual effective dose due to ingestion (D_{ing}) of ^{40}K , ^{238}U and ^{232}Th in the food crops. D_{ing} were determined using the activity concentration of the radionuclides presented in table 2. The values obtained for the D_{ing} and the ELCR are also presented in table 2 and illustratively compared in figure 3. Values for D_{ing} ranged from $104.32 \mu\text{Svyr}^{-1}$ (grains) to $687.79 \mu\text{Svyr}^{-1}$ (tubers). About 33% of the analysed food samples had values exceeding the safe limit of UNSCEAR 2008. In order to investigate the relationship and association between D_{ing} and the measured activity of radionuclides, the Pearson's correlation coefficient analysis was carried out. The results are presented in table 3 as a linear correlation matrix and illustrated in figure 4 a,b, and c. D_{ing} had a moderate positive correlation with ^{40}K , ^{238}U and ^{232}Th . This signifies that all the nuclides contributed equally to the D_{ing} and consequently, the Excess Life Time Cancer Risk (ELCR). ^{232}Th however had a weak negative correlation with ^{40}K . Elevated mean values for D_{ing} were found in tuber crops. Other food crops had mean values lower than the recommended safe limit. The ELCR from consumption of food samples varied from 0.365 (grains) to 2.407 (tubers). All the values obtained were significantly higher than the limit specified by UNSCEAR 2000.

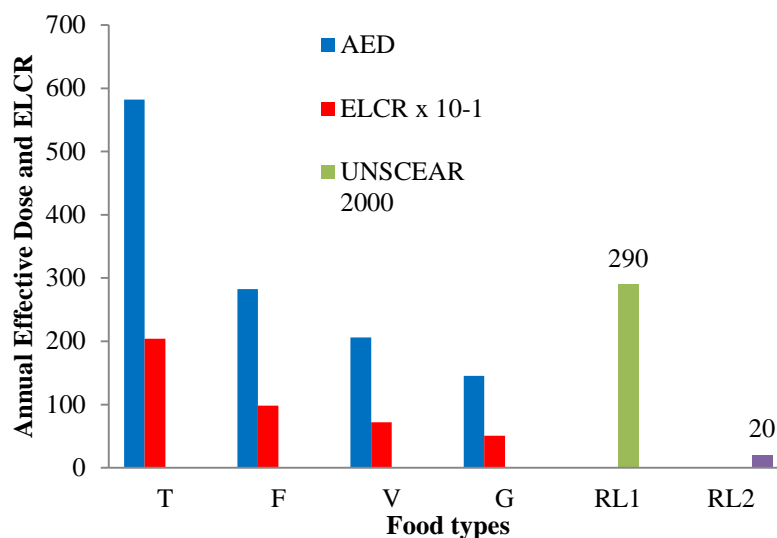


Figure 3: Annual Effective Dose and Excess Life Time Cancer Risks due to food consumption (RL₁ and RL₂ are Recommended Limits for D_{ing} and ELCR respectively)

Table 3. Correlation of D_{ing} with the specific activity of radionuclides

	^{40}K	^{238}U	^{232}Th	D_{ing}	ELCR
^{40}K	1				
^{238}U	0.338	1			
^{232}Th	-0.122	0.079	1		
D_{ing}	0.490	0.404	0.474	1	
ELCR	0.490	0.404	0.474	1.000**	1

3.3. Comparison of radioactivity levels in the food samples with similar studies in Nigeria and beyond

The radioactivity levels in the different types of food crops were compared with similar studies within and outside Nigeria. The radioactivity levels in the fruit crops were comparable with values obtained in fruits from Iraq (Abojassim *et al.*, 2016) but exceeded values reported from high background radiation area in India (Shanthi *et al.*, 2009). Values obtained for tuber crops were lower than values reported from oil and gas producing area in Niger delta (Avwiri and Alao, 2013) but higher than report form Ghana (Darko *et al.*, 2015). Radioactivity levels in the in the grain crops exceeded values reported from Ile-Ife except for ^{232}Th (Oluyide *et al.*, 2018) but were however lower than values obtained in Jos from tin mining town (Jibiri and Agomuo, 2007). Values obtained for the vegetable crops were comparable with values from vegetables cultivated in the vicinity of a iron and steel smelting company at Ile-Ife (Oluyide *et al.*, 2018), but exceeded values from Lagos (Adedokun *et al.*, 2019) and Iraq except for ^{40}K (Abojassim *et al.*, 2016). In general, areas where activities that contribute to the elevation of natural radioactivity in the environment are prevalent, reported higher values than this study.

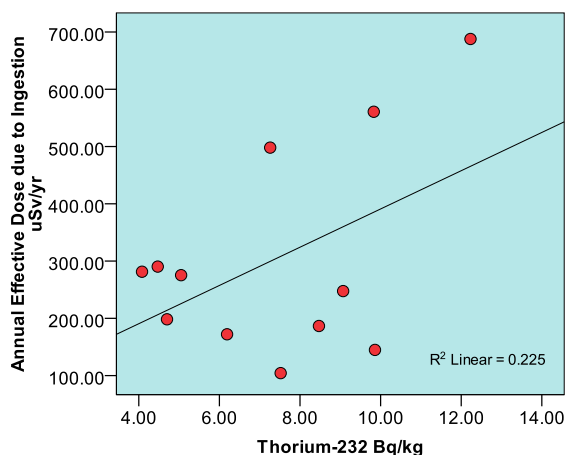


Figure 4a. Correlation of D_{ing} with ^{232}Th

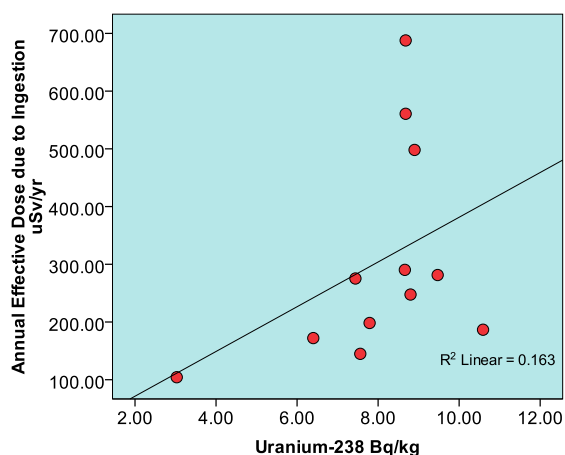


Figure 4b. Correlation of D_{ing} with ^{238}U

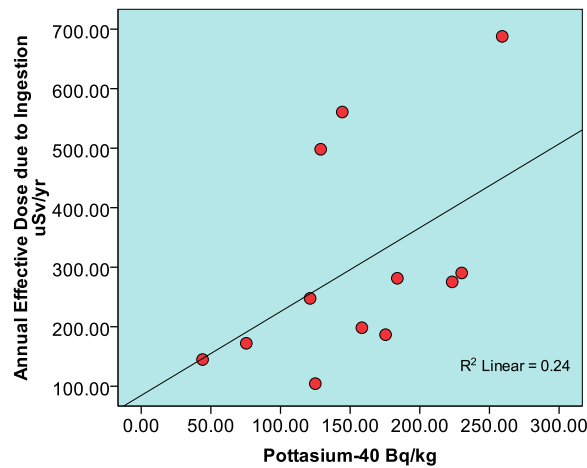


Figure 4c. Correlation of D_{ing} with ^{40}K

Table 4. Comparison of radioactivity levels in the food samples with similar studies in Nigeria and beyond

Region	Food type	Specific activity			References
		^{40}K	^{238}U	^{232}Th	
Jos, Nigeria	Maize	102 ± 6	19 ± 6	40 ± 1	Jibiri and Agomuo, (2007)
Niger	Tubers	229.35 ± 27.19	15.75 ± 4.53	10.90 ± 3.72	Avwiri and Alao (2013)
Delta, Nigeria	Cereals	39.25 ± 8.37	11.39 ± 3.45	7.87 ± 2.72	
Ile-Ife, Nigeria	African spinach	111.55 ± 39.31	7.86 ± 2.41	16.28 ± 6.01	Oluyide <i>et al.</i> , (2018)
	Yellow maize	87.25 ± 17.25	5.27 ± 1.70	8.99 ± 1.88	
Lagos	African spinach	90.69 ± 5.87	1.62 ± 0.44	0.38 ± 0.09	Adedokun <i>et al.</i> , (2019)
Plateau	Spinach	479.34 ± 10.80	10.89 ± 1.96	2.58 ± 0.97	Lubis <i>et al.</i> , (2019)
Iraq	Vegetable	186.15	5.21	4.76	Abojassim <i>et al.</i> , (2016)
	Fruits	211.64	*BLD	2.53	
India	Banana	136.2 ± 41.1	0.12 ± 0.04	0.965 ± 0.4	Shanthi <i>et al.</i> , (2009)
Ghana	Yam	14.19 – 35.07	0.47 – 4.89	0.93 – 5.03	Darko <i>et al.</i> , (2015)
Okemesi, Ekiti	Fruits	212.40 ± 18.14	8.52 ± 0.24	4.53 ± 0.13	Present study
	African spinach	118.37 ± 15.51	7.67 ± 0.50	6.65 ± 0.40	
	Maize	114.82 ± 9.34	7.06 ± 0.16	8.62 ± 0.15	
	Yam	177.45 ± 13.91	8.75 ± 0.18	9.77 ± 0.17	

*BLD - Below Detection Limit

4. CONCLUSION

Natural radioactivity levels of ^{40}K , ^{238}U and ^{232}Th , Annual Effective Dose (D_{ing}) and Excess Life Time Cancer Risks (ECLR) due to consumption of food cultivated in Okemesi township, Ekiti State Nigeria has been measured and determined in this study. Specific activity of the radionuclides in the samples were within the limit of UNSCEAR 2008. However 33% of the values obtained for the D_{ing} exceeded the specified limits while all the estimated values obtained for the ELCR were higher than the limit 0.2×10^{-3} (UNSCEAR 2008). It can be concluded from the study that consumption of food grown in the study area over a long period of time can induce harmful effects on humans. This should not be alarming because averagely, individuals relate or interfere with other communities or regions during their life time (Obaseki et al, 2015). However, regular monitoring of radioactivity levels in food in the area is recommended.

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