



DIETARY DIVERSITY

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January 19, 2016



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The U.S. Government's Global Hunger & Food Security Initiative



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FANTA III

FOOD AND NUTRITION
TECHNICAL ASSISTANCE

SPRING
Strengthening Partnerships, Results
and Innovations in Nutrition Globally

Presentation Outline

- Why dietary diversity is important and review of evidence on multisectoral approaches to address it
- Tool to assess availability and access to a diverse diet
- Approach to assess behaviors and preferences related to diet
- Examples of programming to improve individual and household behaviors related to dietary diversity

USAID Indicators of Dietary Diversity

MSN Strategy outcome level indicator:

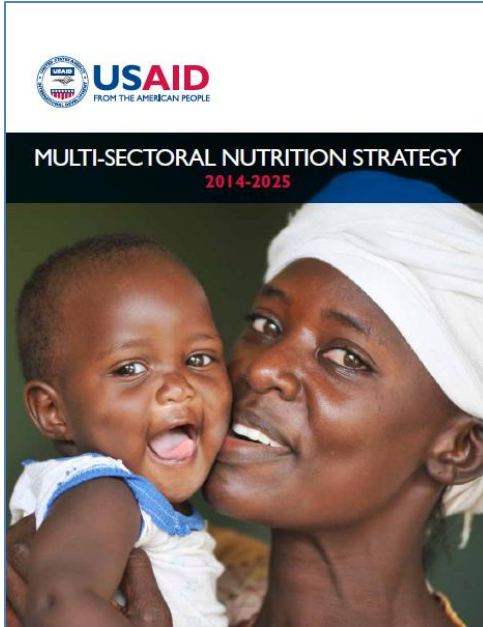
- Women's DD score in USAID-assisted countries

FTF indicators

- 3.1.9.1 (1) Prevalence of children 6-23m receiving a minimum acceptable diet
- 3.1.9.1(2) Women's DD: Mean # of food groups consumed by WRA
- 4.5.2.8 Prevalence of women WRA who consume targeted nutrient-rich value chain commodities
- 4.5.2.8 Prevalence of children 6-23m who consume targeted nutrient-rich value chain commodities

FFP

- Average household dietary diversity score (HDDS)
- Proportion of women of reproductive age who are consuming a minimum dietary diversity



Why measure dietary diversity?

- A proxy indicator for household food access
- A proxy indicator for assessing the micronutrient adequacy of women's diets

1. Grains, white roots, tubers, plantains	6. Eggs
2. Pulses (beans, peas, lentils)	7. Dark green leafy vegetables
3. Nuts and seeds	8. Other vitamin-A rich fruits & veg
4. Dairy	9. Other vegetables
5. Meat, poultry and fish	10. Other fruits

- A proxy for adequate micronutrient density of foods for children 6-23m

1. Grains, roots, tubers	5. Eggs
2. Legumes and nuts	6. Vitamin-A rich fruits and vegetables
3. Dairy	7. Other fruits and vegetables
4. Flesh foods (meat, fish, poultry, organs)	

Hoddinott and Yohannes, Dietary Diversity as a Household Food Security Indicator, FANTA, May 2002

Journal of Nutrition, 2010; FAO, Moving Forward on Choosing a Standard Operational Indicator of Women's Dietary Diversity, 2015

WHO, 2010

Multisectoral Approaches to Improving Dietary Diversity



Interventions to improve availability and access to a diverse diet

- Animal husbandry, livestock, dairy production and aquaculture
- Horticulture, home gardens
- Conditional cash transfers
- Food storage and preservation

Interventions to improve foods

- Biofortification

Interventions to improve utilization

- SBCC

Improving Impact of Dietary Diversity Interventions

- Target the right populations – women, vulnerable
- Make nutrition outcomes explicit
- Understand the context – formative, qualitative, qualitative research and assessments
- Strengthen behavior change and uptake – SBCC
- Continue to determine what works – monitoring, impact evaluations, research



Photo by Gerald Coniel



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This presentation is made possible by the generous support of the American people through the support of the Office of Health, Infectious Diseases and Nutrition, Bureau for Global Health, U.S. Agency for International Development (USAID) under terms of Cooperative Agreement No. AID-OAA-A-12-00005, through the Food and Nutrition Technical Assistance III Project (FANTA), managed by FHI 360. The contents are the responsibility of FHI 360 and do not necessarily reflect the views of USAID or the United States Government.