DIETARY DIVERSITY

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

<table>
<thead>
<tr>
<th>1. Grains, white roots, tubers, plantains</th>
<th>6. Eggs</th>
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<tr>
<td>2. Pulses (beans, peas, lentils)</td>
<td>7. Dark green leafy vegetables</td>
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<td>3. Nuts and seeds</td>
<td>8. Other vitamin-A rich fruits &amp; veg</td>
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<td>4. Dairy</td>
<td>9. Other vegetables</td>
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<td>5. Meat, poultry and fish</td>
<td>10. Other fruits</td>
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Hoddinott and Yohannes, Dietary Diversity as a Household Food Security Indicator, FANTA, May 2002
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
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