Guidelines for measuring DIETARY DIVERSITY

A simple tool for developing and evaluating food and nutrition security interventions

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Content of the guidelines

- How to adapt the questionnaire to the local context
- How to train enumerators and collect data
- How to analyze and get the best out of a simple questionnaire

Overview of the presentation

- Short technical recap on the tool
- Country case studies
- Available resources: adapted country questionnaires
- How can dietary diversity be useful for FAO programmes?

Short technical recap on the tool
Why was DD developed?

- Quantitative dietary assessment too cumbersome and difficult
  → need for a simple proxy of intake

**DD qualitative measure of food consumption**
- Proxy of access to food at household level
- Proxy of micronutrient adequacy of intake at individual level

From household to individual dietary diversity

- Advantages of the individual level:
  - measures a person’s actual intake
  - captures consumption outside of home especially important in urban environments
- Validated for women and young children

<table>
<thead>
<tr>
<th>Household DD:</th>
<th>Individual DD:</th>
</tr>
</thead>
<tbody>
<tr>
<td>food security indicator</td>
<td>nutritional indicator</td>
</tr>
<tr>
<td>(measures access to</td>
<td>(measures quality of</td>
</tr>
<tr>
<td>food)</td>
<td>diets)</td>
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</table>
The dietary diversity questionnaire

- Open recall of consumption over the previous 24 hours
- 16 standardized food groups
- Probing to capture consumption of any food groups not mentioned in the open recall

### Strengths of the tool

- simplicity
- timeliness
- standardization
- low cost
- For national or decentralized level
- Adapted to both urban & rural areas

→ not stand alone tool, together with other indicators
Country case studies

Rural S-East Mali 2011 (Dogon area)

WDD score statistically different between 2 communes

N=398 women
Consumption of micronutrient rich food groups differs by wealth tertile. Consumption in the 3rd tertile could be used as a programme target.

Urban study Tanzania 2008

Poorest households have the lowest dietary diversity and are the most food insecure.
## Central Mozambique 2006-2007

Dietary profiles: food groups consumed by > 50% of households by DD tertile

<table>
<thead>
<tr>
<th>Lowest DD &lt;4</th>
<th>Medium DD 4-5</th>
<th>High DD &gt;5</th>
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<tbody>
<tr>
<td>Cereals</td>
<td>Cereals</td>
<td>Cereals</td>
</tr>
<tr>
<td>Green leafy vegetables</td>
<td>Green leafy vegetables</td>
<td>Green leafy vegetables</td>
</tr>
<tr>
<td>Vitamin A rich fruit</td>
<td>Vitamin A rich fruit</td>
<td>Vitamin A rich fruit</td>
</tr>
<tr>
<td>Oil</td>
<td>Oil</td>
<td>Oil</td>
</tr>
</tbody>
</table>

Other vegetables

Fish

Legumes, nuts and seeds

N=300 hh

## Available resources: adapted country questionnaires

- Adapted to the local context and translated into local language in numerous countries
  - Mozambique - Portuguese,
  - Malawi – Chichewa,
  - Kenya – Kiswahili,
  - Mali – Bambara, etc.

- Already adapted and available upon request

*The Guidelines show how to adapt the questionnaire*
DD as key indicator in international initiatives

- Feed the Future and Food for Peace indicator (USAID)

- Women's and children's DD mandatory indicators for the European Commission

→ to assess the nutritional impact of EC funded food security programs
How can Dietary Diversity be useful for FAO programmes?

Relevance of DD for FAO programmes

- For including a nutrition dimension in the work of FAO departments
  - to develop interventions with a nutrition objective
  - to assess the impact of activities on nutrition

- For responding to growing demand to mainstream nutrition across the house, as emphasized in the 2011 Evaluation of Nutrition

“generate evidence through fieldwork to demonstrate the positive impact of agriculture and food security interventions on nutrition”
For which purposes?

- Situation and vulnerability assessments
- Targeting communities for nutrition and food security interventions
- Setting programme targets
- Monitoring e.g. seasonal changes in food consumption
- Assessment of impact of interventions

Examples of sectoral programmes where DD could be integrated

- Food and nutrition security programmes
  - Food-based nutrition programmes
  - Nutrition education
- Agricultural development programmes
  - Crop diversification
  - Livelihood diversification
  - Promotion of indigenous plant and animal foods
- Fishery, Forestry, Natural Resource programmes/projects that aim to improve diets
Available soon in French and Spanish

Available online in English

Thank you!

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