



## **The Food Insecurity Experience Scale (FIES)**

*Guidance for translation:*

*intended meanings of the questions and specific terms*

**English**  
**Spanish**  
**Portuguese**  
**French**  
**Arabic**  
**Russian**  
**Chinese**  
**Albanian**



### Questions that compose questionnaire and explanations of the intended meanings

<p><i>“Now I would like to ask you some questions about food.. During the last 12 MONTHS, was there a time when:</i></p>	
<p><b>Q1.</b> You were worried you would not have enough food to eat because of a lack of money or other resources?</p>	<p>The question refers to a state of being <b>worried, anxious, apprehensive, afraid or concerned</b> that there might not be enough food or that food will run out of food (because there is not enough money or other resources to get food)</p> <p>The worry or anxiety is due to circumstances affecting their ability to procure food, such as: loss of employment or other source of income, or other reasons for not having enough money; insufficient food production for own consumption; insufficient food available for hunting and gathering; disrupted social relationships; loss of customary benefits or food assistance; environmental or political crises. It is not necessary for the respondent to have actually experienced not having enough food or running out of food to answer yes to this question.</p>
<p><b>Q2.</b> You were unable to eat healthy and nutritious food because of a lack of money or other resources?</p>	<p>This question asks the respondent whether s/he was not able to get foods they considered <b>healthy or good for them, foods that make them healthy</b>, or those that make a <b>nutritious or balanced diet</b> (because there was not enough money or other resources to get food.)</p> <p>The answer depends on the <u>respondent’s own opinion</u> of what <i>they</i> consider to be healthy and nutritious foods.</p> <p>This question refers to the <u>quality</u> of the diet and not the quantity of foods eaten.</p>
<p><b>Q3.</b> You ate only a few kinds of foods because of a lack of money or other resources?</p>	<p>The question asks if the respondent was forced to eat a limited variety of foods, the same foods, or just a few kinds of foods every day because there was not enough money or other resources to get food. <i>The implication is that the diversity of foods consumed would likely increase if the household had better access to food.</i></p> <p>Alternative phrases:</p> <ul style="list-style-type: none"> <li>• You ate meals with a limited variety of foods;</li> <li>• You ate the same foods or just a few kinds of foods every day;</li> <li>• You <u>had to</u> eat a <b>limited variety of foods</b>;</li> <li>• You <u>had to</u> eat <b>the same foods</b> every day;</li> <li>• You <u>had to</u> eat <b>just a few kinds of foods</b>.</li> </ul> <p>This question refers to quality of the diet and not the quantity of foods eaten. It implies lack of money/resources rather than customary habits or other circumstances (i.e., health or religion) as the reason for limiting the variety of food .</p>
<p><b>Q4.</b> You had to skip a meal because there was not enough money or other resources to get food?</p>	<p>This question inquires about the experience of having to <b>miss or skip</b> a major meal (for example, breakfast, lunch or dinner depending on the norm for number and times of meals in the culture) that would normally have been eaten (because there was not enough money or other resources to get food.)</p> <p>This question refers to <u>insufficient quantity</u> of food.</p>
<p><b>Q5.</b> You ate less than you thought you should because of a lack of money or other resources?</p>	<p>This question inquires about eating less than what the respondent considered they should, <b>even if they did not skip a meal</b> (because the household did not have money or other resources to get food).</p> <p>The answer depends on the <u>respondent’s own opinion</u> of how much <i>they</i> think they should be eating.</p> <p>This question refers to <u>quantity</u> of foods eaten and not the quality of the diet.</p> <p>This question does <i>not</i> refer to special diets to lose weight or for health or religious reasons.</p>



<p><b>Q6.</b> Your household ran out of food because of a lack of money or other resources?</p>	<p>Referring to any experiences when there was actually no food in the household because they did not have money, other resources, or any other means to get food .</p>
<p><b>Q7.</b> You were hungry but did not eat because there was not enough money or other resources for food?</p>	<p>This question asks about the <b>physical experience of feeling hungry</b>, and specifically, feeling hungry and not being able to eat enough (because of a lack of money or resources to get enough food).  It does not refer to special diets to lose weight or fasting for health or religious reasons.</p>
<p><b>Q8.</b> You went without eating for a whole day because of a lack of money or other resources?</p>	<p>This question asks about a specific behaviour—not eating anything all day (because of a lack of money and other resources to get food).  It does not refer to special diets to lose weight or fasting for health or religious reasons.</p>

PHRASE	INTENDED MEANING AND SUGGESTIONS FOR FINDING THE RIGHT PHRASE
<p><i>Past 12 months</i></p>	<p>There are different ways to refer to the 12 month period preceding the interview, including “the past year”. Care should be taken to find the best phrase to avoid confusion with other common conceptualizations of a 12-month period, such as an agricultural season or religious calendar year.</p>
<p><i>Lack of money and other resources</i></p>	<p>In addition to money to buy food, “other resources” refers to the lack of other usual means for getting food, such as own production, small livestock for sale or own consumption, barter, trade, fishing, hunting or gathering.</p>