

Training Report

Integration of the Women's Dietary Diversity Score into the Household Budget Survey in Khatlon Region, Tajikistan

Conference Hall, Agency on Statistics under President of the
Republic of Tajikistan

Kurgan Tube, Khatlon Region

Tajikistan

19-24 May 2014



Food and Agriculture
Organization of the
United Nations

The Training course on the Integration of the Women's Dietary Diversity Score into the Household Budget Survey in Tajikistan has been organized by the Food and Agriculture Organization of the United Nations with financial contribution from the European Union in the framework of two projects: *"Support the strengthening of the National Food Security Information System in Tajikistan"* and *"Improve Global Governance for Hunger Reduction."*

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Acronyms

AoS	Agency on Statistics under the President of the Republic of Tajikistan
DDS	Dietary Diversity Score
ESN	FAO Nutrition Division
ESNND	Nutrition assessment and nutrients requirements team
EU	European Union
FAO	Food and Agriculture Organization of the United Nations
FCT(s)	Food Composition Table(s)
FDG(s)	Focus Group Discussion(s)
GBAO	Gorno-Badakhshan Autonomous Oblast
GDP	Gross Domestic Product
HBS	Household Budget Survey
HH	Households
MICS	Multiple Indicators Cluster Survey
MN	Micro Nutrient
RRS	Region of Republican Subordination
SUN	Scaling-Up Nutrition Movement
UNICEF	United Nations Children's Fund
UNDP	United Nations Development Programme
USD	United States Dollar
WB	The World Bank
WDDS	Women's Dietary Diversity Score
WHO	World Health Organization

1. BACKGROUND AND PURPOSE OF THE TRAINING COURSE

In spite of the steady economic growth of the past decade, Tajikistan remains one of the poorest countries of the former Soviet Union, ranking 127 out of 187 in the UNDP Human Development Index in 2011 and with 39.6 percent of its population living below the national poverty line (2012 data). Poverty is higher in rural areas (50.8%) with the highest levels recorded in Sughd region. Over one third of the labour force works abroad and, in 2008, remittances accounted for over half of the Gross Domestic Product (GDP)

According to the 2010 census, the total population of Tajikistan was approximately 7.5 million people: 3.753 million are female (49.8%) and 3.776 million (50.2%) are male; 5.5 million people (73.6%) live in rural areas.¹

Household income is largely used for consumption expenditure: in 2009, according to the Agency on Statistics under President of the Republic of Tajikistan (AoS), as much as 92.4 percent of household income was spent on consumption expenditure, while 7.6 percent was spent on taxes and utility payments. Moreover, foodstuff represents approximately 65 percent of the whole consumption expenditure.

Despite the progress, high prevalence of malnutrition, micronutrient deficiency among woman and children remains a concern: the latest 2012 Demographic and Health Survey (DHS) data show that 26 percent of children under 5 were stunted; nearly half of them were severely stunted.

At national level, the prevalence of anaemia among women (aged 15-49) is 24 percent. The highest prevalence of anaemic women was found in Gorno-Badakhshan Autonomous Oblast (GBAO) and in the Region of Republican Subordination (RRS), with iron deficiency being the main cause of anemia (MNNS, 2009).

In September 2013, the Government of Tajikistan joined the SUN movement, making a stronger commitment to the improvement of nutritional status of its people. In connection to this, timely nutrition assessment is a foundation on which effective interventions and programmes can be built upon in order to improve the food and nutrition situation of people. Standardized indicators are crucial for making time, space and cross-country comparisons; for estimating trends; and for evaluating programmes and policies for improving food and nutrition security.

Within the framework of the European project, *'Support to the strengthening of the National Food Security Information System'* the Food and Agriculture Organization of the United Nations (FAO) has provided technical and financial support in conducting a 6-day training course on the integration of the *Women's Dietary Diversity Tool into the Household Budget Survey in Tajikistan*.

¹ Tajikistan in figures: 2010, Statistical Agency under the President of the Republic of Tajikistan, 2010, 27

The main purpose of the training course was to build capacity to validly and accurately assess the impact of food and nutrition security through the use of a simple and valid food-based assessment tool. The training course was focused on providing theoretical knowledge and practical skills for the field usage of the Women's Dietary Diversity Score (WDDS) tool.

Dietary diversity is defined as the number of food groups consumed over a given reference period. The WDDS tool uses a qualitative open recall method to gather information on all the foods and drinks consumed over the previous 24 hours, which are then classified into standard food groups. It can be administered either at the household or individual level. This tool is particularly useful for assessing whether agricultural development, food security and nutrition education programmes effectively lead to more nutritious diets.

The training course combined lectures, exercises and field work (see Annex 1 for the complete agenda) and was attended by 21 staff from the AoS of Khatlon branches and representatives of the central office in Dushanbe. Upon its completion and starting from June 2014, enumerators will conduct a pilot study for collecting individual dietary diversity data in Khatlon region. The pilot study will target 331 women of reproductive age (15-49) who represent one of the vulnerable groups suffering from malnutrition and micronutrient deficiencies in Tajikistan.

2. PLACE AND DURATION OF THE TRAINING COURSE

The training course took place in the conference hall of the AoS in Kurgan Tube, Khatlon region, Tajikistan. The duration of the training was 6 days, from 19 to 24 May 2014, consisting of classroom lectures and exercises, field testing of the Women's Dietary Diversity Score (WDDS) tools and field practice at household setting as well as analysis and reporting of collected data.

3. PARTICIPANTS

Twenty-one participants sponsored by the aforesaid EU funded programme in Tajikistan attended the training course: 15 enumerators, 2 supervisors from the Kurgan Tube office of the AoS and 4 from the central office in Dushanbe who constituted the monitoring team. The full list of participant is available in Annex 2.

4. IMPLEMENTATION OF TRAINING

The training was facilitated by staff of the Nutrition Division, Nutrient Assessment and Scientific Advice team (ESNA) of FAO, Rome and local staff of the FAO Tajikistan country office:

- Warren T.K. Lee, Senior Nutrition Officer
- Sabir Kurbanov, National Consultant
- Giorgia F. Nicolò, International Nutrition Consultant
- Queenie Wah Yan Mak, Nutrition Consultant

5. TRAINING COURSE SUMMARY

Day 1 –Classroom work

Welcoming remarks were expressed by Abdusaloh Rasulov, FAO National Programme Officer of the EU programme *Strengthening of the National Food Security Information System*, Shokirov Sh, First Deputy and Abduvali Qulov, Head of Demography, Employment and Social Statistics Department, both from AoS.

They all emphasized the contribution of this project to enhance the capacity of the AoS in the area of Food Security Information Systems and the importance of this training course on integrating the Women Dietary Diversity Score into the HBS to perform regular collection of food consumption data.

Upon completion of the WDDS training course, AoS will run a pilot study to integrate WDDS into the existing HBS survey.

The floor was then given to the participants with a round of introduction, to share their experience and current tasks and any relevant previous experience with nutrition assessment tools.

Abdusaloh Rasulov gave a brief overview of the objectives of the EU project *Strengthening of the National Food Security Information System*. Warren T.K. Lee and Sabir Kurbanov provided a synopsis of

the food and nutrition security situation in Tajikistan. The World Bank and UNICEF estimated that undernutrition cost the country about USD 41 million annually.²

The expectations and challenges expressed by the participants are summarized below:

1. *To gain comprehensive knowledge of the WDDS and be able to apply it during the HBS data collection process*
2. *To know more about food security*
3. *To learn about new and innovative methods in the implementation of household budget surveys*
4. *To acquire more information concerning methods for dietary data collection*
5. *To assess the food security situation through HBS*

Warren T.K. Lee reviewed the training course objectives and agenda: the DDS tool can be used for food and nutrition security assessments both at household and at individual level. The DDS is a measure of dietary quality and is a proxy of adequacy of macronutrient and micronutrient intakes. Below are some of its potential uses:

Assessment of food security and nutrition status at household level:

a proxy indicator for financial access to foods in the household (household food security) ,

At individual level:

- a proxy indicator for dietary quality and micro-nutrient status of the individuals

At national level the DDS can be used:

1. *To monitor the quality of the dietary intakes of the population sub-groups*
2. *To monitor and evaluate agro-food and nutrition intervention programmes (baseline and impact indicators)*
3. *In early warning systems and vulnerability assessments of countries*

At global level:

1. *A standard indicator and method - monitor and compare quality of dietary intakes across countries or regions of a country over time*
2. *Cross-cultural comparisons of dietary intakes in different regions of a country*

² Situation analysis: improving economic outcomes by expanding nutrition programmes in Tajikistan. World Bank/UNICEF. February 2012

3. *Provide timely data to inform early warning systems for preparation of actions to ensure food security and to prevent starvation or famine*

During this training course, participants would familiarize themselves with the WDDS tool methodology, and specifically be able to:

1. Understand the background, principles and application of the WDDS in assessing food security and nutrition at country level
2. Be aware of the strengths and weaknesses of the scale
3. Be able to adapt and apply the score to their local context
4. Be able to collect, analyze and interpret the data collected

The rest of the day was dedicated to further technical presentations by Warren T.K. Lee, including an overview of the development of the DD indicators and its validation and an in-depth description. In the overview, the rationale for developing the dietary diversity tool was presented and the evidence base for dietary diversity as a valid proxy of the adequacy of nutrient intake was described. The general principle of the measurement of DD was explained, including the different steps for its practical implementation. The importance of standardization was emphasized as well as possible uses of the tool.

In the afternoon, Queenie Mak and Giorgia F. Nicolò provided a practical demonstration (role-play) of the method and how to conduct individual 24-hour recall interviews at household level, how to classify the collected information into the table of food groups and probe respondents for food groups not spontaneously mentioned.

Participants were invited to practice the method in tandems and then report in plenary any difficulty encountered. The recall method is meant to capture the diet of the individual on usual days and interviewers should aim at collecting information reflecting a typical diet. Definition of special/atypical days (such as feast days and ceremonies) should be known and agreed upon by all enumerators before starting data collection. AoS stressed that if respondent is on a special diet for a short period of time, the interview should be reschedule for another day. A question and answer page (available in annex 9) will be prepared and distributed to all enumerators before inception of pilot data collection.

At the end of the day, participants were assigned to different groups for the next day's field visit.

Day 2 – Field work in Wakhsh (Tojikobod jamoat) and Bokhtar districts (Oriono jamoat)

Before inception of the field trip, Giorgia F. Nicolò presented the different steps for the adaptation process of the WDDS tool.

ADAPTATION PROCESS: discussion with key informants and focus groups

Activities at village setting started by key informants interviews (the complete list of the key informants is available in annex 3) while in the afternoon, Focus Group Discussions (FGDs) were held with women

from the village (approximately 10 women of different age, full list of participants available in annex 4). Conducting FGDs in areas which will be part of survey data collection is a recommended procedure for adapting the DD questionnaire (the list of guiding questions is available in annex 5).

Day 3 and 4 - Household interviews

IMPLEMENTATION PROCESS

During the morning of day 3, the WDDS questionnaires were further amended, using the information collected on the second day of the adaptation process and used for the interviews at household level.

Throughout day 3 and 4, participants were divided into two groups, including 1 facilitator, 1 interpreter and 7-8 participants, to visit the Bokhtar and Waksh districts. They conducted individual interviews at selected households, during which the DD questionnaires were administered to women of reproductive age (15-49 years). Each participant had the chance to practice the method 1 to 2 times. It was reported that, in some cases, the head of the household did not allow all participants to observe the interviewing process with the woman (cultural constraints), as well as that some interviewees were either fasting or on a special diet on the interview day.

Day 5 – Classroom work

Day 5 began with an internal meeting of the AoS staff involved in the HBS.

Debriefing of the field work – adaptation and implementation process.

Participants were asked to discuss in small groups on how the adaptation and implementation process went: the following points were recapped/clarified:

- The DD tool is universal but still needs to be adapted to the local context: agreement needs to be sought for key terms to be used (meal, staple food, snack, among others) in order for all enumerators to ask questions in a consistent way
- A list of locally available foods needs to be developed, with names of foods in the local language
- Classification of all the foods in the appropriate food group needs to be done before a survey can be conducted
- The list of local foods is integrated in the questionnaire to be used in the field: special cases, such as foods consumed in very small quantities, needs to be discussed and consensus made for their classification
- An inventory of common mixed dishes, including all usual and optional ingredients, needs to be developed and to be used during field interviews for probing respondents when mixed dishes are mentioned (see annex 7)
- Particular attention should be paid in order to avoid asking leading questions that might make respondents feel obliged to answer in a certain way. In particular, while avoiding to mention specific food items, ask open questions such as: "did you have anything else aside from what you already mentioned at breakfast, lunch, dinner or snacks?"

During the discussion, participants expressed the need for further guidance on the following issues:
Further elucidation on how to classify foods consumed in very small quantities, particularly vegetables

- More guidance on how to interpret special days (Ramadan, birth days, wedding ceremonies, etc). Considering the local Tajik tradition (often visiting friends, parent's house, birthday), it was proposed that such days, should be considered as usual days, as the eating patterns are almost the same
- Need to consider the constraints of men enumerators interviewing women in a Muslim culture
- Agreement on local terms and definition for snacks

Clarification was given that the field day was to demonstrate the adaptation process and provide an opportunity to practice the implementation of the DD tool. The adaptation process may require several days of key informant interviews and focus group discussions in communities with diverse food cultures. Normally, time is needed after the FGDs to synthesize the information and incorporate these changes into the questionnaire.

Clarification was given that WDDS is normally based on recall of one day and that the results provide a picture of the studied population but not for the individual. The number of days of data collection should be planned to cover proportional numbers of week days and weekend days to gain a representative picture of the dietary diversity at population level: the dietary diversity tool is not meant for individual diet assessment

Abduvali Qulov informed on the implementation of the undergoing HBS and what are the challenges he can anticipate in the integration of the DDS into the HBS:

- HBS is a sustainable survey conducted in Tajikistan on a regular basis: in this regard AoS will consider the feasibility of definitively integrating the DDS module, as an additional module, based on the results of the pilot study
- No food composition tables are available for Tajikistan and AoS is using the Russian FCTs which are now outdated. In this regard, he requested FAO to consider providing technical assistance to develop Tajikistan FCTs

The process of coding the DD questionnaire, its analysis and reporting was explained by Warren T.K. Lee. The steps of the analyses of the survey data were described, e.g. including percent of subjects consuming each food group, constructing DD scores and indicators of special nutritional interest and assessing dietary profiles. Purpose of aggregation of the 16 food groups into 9 groups under WDDS and 12 groups under HDDS, and how to apply minimum quantity rule (less than 1 tablespoon) were clarified, in order to avoid any misinterpretation in forthcoming data collection at household level. DD scores are constructed differently for HH level and for individuals (women). WDDS or HDDS can be applied at national or local level through integration into the existing HBS module, and easily adapted for both urban and rural areas:

- National nutrition surveillance – quality of diets and micronutrient adequacy of population group
- Monitoring and evaluation – baseline surveys and impact evaluation of food and nutrition interventions, project and programmes
- Situation and vulnerability assessment:
 - ✓ Early warning
 - ✓ Integrated Phase Classification (IPC)

Some examples of WDSS analysis from other countries have been demonstrated. Following presentation, all participants were guided to perform coding and calculation of WDDS based on the interviews from the previous day.

Day 6 – Classroom work

Queenie Mak lead participants into data entry using an excel spread sheet for WDSS calculation. Warren T.K. Lee facilitated the session on participants' feedbacks on their expectations: most expectations were met during the training course.

Concluding remarks and recommendations

Closing remarks and acknowledgements were given by Mr. Shokirov, First Deputy of the AoS, Françoise Trine, EU-FAO programme coordinator in Tajikistan and Warren T.K. Lee, Senior Nutrition Officer of FAO HQ, Rome.

The following recommendations were made:

1. AoS considers that it is time to change the existing framework of the HBS in order to collect more comprehensive information about people living in Tajikistan: need to complement the anthropometric information by introducing food-based nutrition assessment methods such as the DDS
2. The staff of the EU-FAO project, "Strengthening of the National Food Security Information System in Tajikistan" will ensure follow-up communication to provide necessary technical support to the AoS for the inclusion of the DDS tool in their national surveys. In view of the fact that this is the first training course on integrating the WDDS into the existing HBS in Tajikistan, FAO is aware that AoS will need continuous support and close follow-up to properly apply the DDS during the pilot study. Therefore, the nutrition assessment and scientific advice Group (ESNA) of the Nutrition Division, will provide the AoS with direct on-call technical assistance and further training, if needed.
3. Guiding materials for frequently asked questions and other commonly arising issues has been prepared by FAO and shared with the AoS (See annex 6 and annex 7 for Q&A and instructions for enumerators, respectively).
4. Sabir Kurbanov will finalize the translation of all final DDS training materials into Tajik before data collection will start

5. Data collection will start on 1 June and conclude on 10 June. Data entry will be performed by AoS staff at their central office and a cleaned DDS database will be delivered to FAO by 1 July, 2014 for further analysis and report writing
6. During field work it was noticed that food intake patterns differ from area to area in Tajikistan and enumerators found meals that they did not have knowledge about. If this survey will be up scaled to nationwide level, an encyclopedia of locally available dishes could be produced
7. According to the AoS, this training course can be considered as a first step in the collaboration with FAO as there are additional nutrition related areas, such as Food Composition Tables and Food consumption guidelines, in which national capacity needs to be strengthened
8. Following this pilot survey and according to the conclusions and recommendations that will be drawn, AoS will consider up scaling DDS data collection at country level

Annex 1.

Agenda of the Training Course on Integrating the Women's Dietary Diversity Score into the Household Budget Survey, Kurgan Tube, Tajikistan, 19-24 May 2014

DAY 1 (19/05/2014)			
	Topic	Speaker	Materials
08:30-09:00	Registration	All participants	Name tag + training material pack
09:00-09:15	Welcoming Remarks	Abdusaloh Rasulov (National programme manager, FAO)+ Shokirov Shodmon Sharipovich (First deputy director, AoS)+ Abduvali Qulov (Head of Demography, Employment and Social Statistics Department, AoS)	
09:15-09:30	Introduction of participants and administrative matters	Sabir Kurbanov + All participants	
09:30-09:50	What do the participants expect from the workshop?	Queenie Mak + All participants	Flip charts + markers+ cardboards
09:50-10:10	Workshop objectives	Warren T.K. Lee	Projector
10:10-10:25	Overview of the EU project on strengthening the National Food Security Information System in Tajikistan	Abdusaloh Rasulov	Projector
10:25-10:45	Food and nutrition security situation in Tajikistan	Warren T.K. Lee + Sabir Kurbanov	Projector
10:45-11:00 Coffee break			
11:00-11:40	1-Overview of the development of the Dietary Diversity Indicators + Q&A	Warren T.K. Lee	Projector
11:40-12:20	2-Description of the Dietary Diversity tools + Q&A	Warren T.K. Lee	Projector
12:20-13:20 Lunch			
13:20-13:50	Role play: Demonstration of the method + probing questions+ Q&A	Giorgia F. Nicolò + Queenie Mak	Flip charts+ markers+ EX1+ projector
13:50-14:50	Group exercise: practice of the 24 hour-recall and probing questions	Giorgia F. Nicolò + All participants	Flip charts+ markers+ EX1 + list of local mixed dishes
14:50-15:05 Tea break			

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15:05-15:50	Group exercise: Participants' feedback on 24 hour recall exercise	Giorgia F. Nicolò + All participants	Projector+ Flip charts+ markers
15:50-16:20	Preparation of the field work (assign participants and interpreters to teams and logistic details)	Sabir Kurbanov	
DAY 2 (20/05/2014)			
08:30-09:00	5-Dietary diversity tool: need for adaptation to the local context + Q&A	Giorgia F. Nicolò	Projector
09:00-09:30	Transportation to the Jamoat	All participants	
09:30-10:00	Introduction to the Jamoat	Head of the Jamoat	
10:00-12:30	Adaptation exercise with key informants <i>(coffee/ tea, snack served during discussion)</i>	Warren T.K. Lee (leading discussion) + Sabir Kurbanov + Queenie Mak + All participants	Flip Charts + Markers
12:30-13:00	Transportation to the conference hall	All participants	
13:00-14:00 Lunch			
14:00-15:30	Group exercise: Classification of collected information into food groups	Warren T.K. Lee and Giorgia F. Nicolò (leading discussion) + Queenie Mak+ Sabir Kurbanov + All participants	Projector + Flipcharts+ Markers + EX2 + List of mixed dishes+ DDS guidelines
15:30-16:00	Transportation to Bokhtar District	All participants	
16:00-17:30	Focus group discussions (2 groups of women) <i>(coffee/ tea, snack served during discussion)</i>	Warren T.K. Lee and Giorgia F. Nicolò (leading discussion) + Sabir Kurbanov + Queenie Mak+ + All participants	Flipcharts + Markers + (updated) EX2 + (updated)List of mixed dishes+ DDS guideline
17:30-18:00	Transportation back to the conference hall	All participants	
DAY 3(21/05/2014)			
09:00-10:00	Group exercise: classification of collected information into food groups and finalization of the questionnaire for interviews with women aged 15-49y at households + Q&A - Grouping participants into two groups for household interview	Warren T.K. Lee and Giorgia F. Nicolò (leading discussion) + Sabir Kurbanov + Queenie Mak + All participants	(updated) Flipcharts+ Markers + (updated) EX2 + (updated)List of mixed dishes+ DDS guideline

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10:00–10:15		Coffee break	
10:15-12:00	(Continue) Group exercise: classification of collected information into food groups and finalization of the questionnaire for interviews with women aged 15-49y at households + Q&A - Grouping participants into two groups for this exercise	Warren T.K. Lee and Giorgia F. Nicolò (leading discussion) + Sabir Kurbanov + Queenie Mak + All participants	
12:00-13:00		Lunch	
13:00-13:30	Transportation to the Jamoat	All participants	
13:30-17:30	Interviews with women aged 15-49y at households + Q&A	All participants	Finalized questionnaires + guidelines + list of local mixed dishes
17:30-18:00	Transportation back to the conference hall		
DAY 4 (22 /05/2014)			
08:30-09:00	Transportation to the village	All participants	
09:00-12:30	(Continue) Interviews with women aged 15-49y at households	All participants	Finalized questionnaires + guidelines + list of local mixed dishes
12:30-1300	Transportation to the conference hall	All participants	
13:00-14:00		Lunch	
14:00-14:30	Transportation to the Jamoat	All participants	
14:30-17:30	(Continue) Interviews with women aged 15-49y at households	All participants	Finalized questionnaires + guidelines + list of local mixed dishes
17:30-18:00	Transportation back to the conference hall	All participants	
DAY 5 (23/05/2014)			
08:30-10:15	AoS staff meeting	AoS staff participants	
10:15-10:30		Coffee break	
10:30-11:00	<u>Debriefing of the field work :</u> Discussion to summarize the experience with the adaptation and implementation process	Warren T.K. Lee (leading discussion) + All participants	Flip charts + markers
11:00-	<u>Debriefing of the field work:</u>	Warren T.K. Lee (leading	Flip charts +

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11:30	Participants of each group present their reflections on the adaptation and implementation process	discussion) + All participants	markers
11:30-12:30	<u>Debriefing of the field work:</u> Discussion of difficulties and further clarifications + Q & A	Warren T.K. Lee (leading discussion) + Sabir Kurbanov + Queenie Mak + All participants	Projector + Flip charts+ markers
12:30-13:00	<u>Debriefing of the field work :</u> Overview of the adaptation and implementation process	Warren T.K. Lee	Projector + Flip chart + Markers
13:00-14:00 Lunch			
14:00-14:30	The Practicality and challenge of integrating DDS into HBS	Abduvali Qulov	Projector
14:30-15:45	3- Coding, data analysis and reporting of dietary diversity scores + Q&A	Warren T.K. Lee	Projector
15:45-16:00 Tea break			
16:00-16:30	Group exercise: Coding and calculation of WDDS	Queenie Mak (leading discussion)+ Giorgia F. Nicolò + All participants	Projector + EX1
DAY 6 (24/05/2014)			
09:00-09:45	Demonstration of data entry	Queenie Mak + Sabir Kurbanov	Projector + Mask for demonstration
09:45-10:30	Q&A session: Overall evaluation of workshop and discussion of data entry and analysis of DDS	Warren T.K. Lee (leading discussion) + All participants	Flip Chart + Markers
10:30-11:00	Evaluation of workshop	All participants	Evaluation questionnaires
11:00-11:15 Tea break			
11:15-12:00	Closing remarks	Abduvali Qulov + Françoise Trine	

Annex 2.

List of participants to the training course

N	Name	Position	District
1	Sultonov Abdugafor	Chief specialist of AoS of Kurgantube	Kurgantube city
2	Nazarova Nukramo	Chief specialist on HBS of AoS	Bokhtar
3	Imomnazarov Bahrom	Specialist of HBS of AoS	Bokhtar
4	Mirmahmadov Abdurozik	Chief specialist on HBS of AoS	Rumi
5	Najmiddinova Nagzigul	Chief specialist on HBS of AoS	Sarband
6	Askarov Haitali	Chief specialist on HBS of AoS	Vakhsh
7	Allanazarov Nurmahmad	Chief specialist on HBS of AoS	Khuroson
8	Khaitov Fayzullo	Chief specialist on HBS of AoS	Dangara
9	Shamsov Zokir	Specialist on HBS of AoS	Kulob city
10	Abdulloeva Zebo	Chief specialist on HBS of AoS	Kulob city
11	Rahmatov Tojimurod	Chief specialist on HBS of AoS	Shaartuz
12	Hoshimov Mahmausuf	Specialist on HBS of AoS	Jomi
13	Azizov Makoniddin	Specialist on HBS of AoS	Timurmalik
14	Teshaev Abdusamad	Specialist on HBS of AoS	Vose
15	Darvozov Rahmatullo	Specialist on HBS of AoS	Payanj
16	Ashurov Jumahon	Head of Department of AoS, Kurgan tube	Kurgan tube
17	Khabibulloeva Farishta	Chief specialist of AoS	Kurgantube city
	Supervisors	Position	District
18	Shokiorov Shodmon	First deputy of AoS	Dushanbe
19	Qulov Abduvali	Head of department of AoS	Dushanbe
20	Sharipova Bunafsha	Head of HH income IT department of AoS	Dushanbe

Training Course on Integrating Dietary Diversity Score into the Household Budget Survey, Kurgan Tube,
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21	Gulomjonova Z arina	Dep. head of IT department of AoS	Dushanbe
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Annex 3.

List of key informants (Waksh district)

#	Name	Occupation
1	Kenjaev Karim	Teacher
2	Shehov Saiburhon	Farmer
3	Shehov Islom	Teacher
4	Giyasov Qurbon	Farmer
5	Jumaev Abbosidin	Farmer
6	Habibov Bobojon	Jamoat clerk
7	Abdulloeva Bibigul	Housewife
8	Sharipova Dilorom	Housewife

Annex 4.

List of participants to focus group discussions (Orion Jamoat, Bokhtar district)

#	Name	Occupation
1	Ikromova Mavluda	Teacher(retired, now farmer)
2	Abdulloeva Maqsuda	Health worker
3	Komilova Muqaddas	Teacher
4	Ubaidulloeva Firuza	Farmer
5	Jabborova Malohat	Farmer
6	Cherkesova Shmsiya	Housewife
7	Pulotova Muhabbat	Housewife
8	Gulova Latofat	Housewife
9	Shafieva Mamlakat	Housewife
10	Sodiqova Hojibibi	Housewife
11	Azimova Guliston	Housewife
12	Safarova Zebo	Housewife

Annex. 5

Questions for key informants and focus group discussions

Questions	
1.	Discuss the meaning of food, meal, snack, staple food, drinks (e.g. how many meals they consume per day? When do they consume these meals? What kind of staple food they eat? What are the other foods? What do they usually drink?)
2.	Appropriate terms, in local language, for food, meal, snack, staple food, drinks
3.	List the locally available foods and those that will be seasonally available during the data collection period (Use the DDS food group table as a reference)
4.	List the commonly prepared mixed dishes (Ask them for the ingredients, usual ingredients and optional ingredients and record consumption according to meals, use the list of mixed dishes as a reference)
5.	Foods consumed in very small quantities (e.g. Spices, herbs or other condiments, would they consume each of these items in quantities equal/more than 1 tablespoon per day?)
6.	What are the most common foods gathered from the wild? Think of green leafy vegetables, wild fruits, fish, insects, other small animals
7.	Are there any vegetables or roots/tubers which have a dark yellow, or orange colored inside flesh?

Annex 6.

List of locally available foods

Q	Food group	Locally available foods	Yes=1 No=0
1	Cereals	Wheat, barley, buckwheat, oats, maize, rice, sorghum, pasta, wheat bread, rye and other bread, wheat flour, rye flour, other flour, pasta products,	
2	White roots and tubers	Potato, turnip(red, yellow, white), radish(red,green)	
3	Vitamin A rich vegetables and tubers	Pumpkin, carrot, red sweet pepper(bulgori), squash	
4	Dark green leafy vegetables (DGLV)	<ul style="list-style-type: none"> - Spinach, checkri, rov, roshak, siyoalaf, bargi salat; - Dill, coriander, mint, parsley, blue basilica, green garlic, green onion, sorrel [Consider as DGLV when consumed at least one table spoon of these vegetable(s) per day. Otherwise, go to Group 16] 	
5	Other vegetables	Cabbage, cauliflower, garlic, cucumber, leek, tomato, onion, eggplant, beetroot, mushrooms fresh and dried, anzur, green beans, green pepper	
6	Vitamin A rich fruits	Apricot and dried apricot, peach and dried peach, Persimmon,	
7	Other fruits	Apple, banana, lemon, watermelon, mandarin, grapes, pears, melon, muskmelon, fruits and berries, dried fruits and berries, raisins, oranges, cherries, figs, plum, pomegranate, prune, quince, raspberries, strawberries, blackberries, mulberries, king mulberries, yellow cherry, plum (orange-color), sinjid, chelon, dulona, kiwi, pineapple, grapefruit, simorodina	
8	Organ meat	Liver, kidney, heart, lung,, stomach, intestine, tongue, brain(Goat and Sheep), spleen (Cow, Goat and Sheep)	

9	Flesh meat	Beef, mutton, goat, chukar, rabbit, chicken, goose, turkey, quail, sausages, veal, lamb and chevron, meat of wild animals and games, sausage products and smoked meat, horse, duck, ox tail	
10	Eggs	Quail eggs, chicken eggs, goose eggs, turkey eggs, duck eggs	
11	Fish and sea foods	Fresh and frozen fish, canned fish, smoked fish, dried fish, caviar	
12	Legumes, nuts and seeds	Mung bean, sesame seed, pistachios, almonds, pumpkin seeds, sunflower seeds, walnuts, peanuts, apricot seeds, hazelnut, pecan, peas, red beans, white beans, lentils, chickpeas	
13	Milk and milk products	Milk, skim milk, Sour milk, yogurt, qurut (dried yoghurt), ice-cream, kefir, chaka, kaimak(cream), cheese, sour cream/Smetana, powdered milk, condensed milk, tvorog, fala (colostrum from cow)	
14	Oils and fats	Vegetable oil (sunflower, flax, sesame, cotton,olive), butter, sheep fat, margarine, mayonnaise, Ravgani zard (oil prepared from kaimak and butter), mahsar/saflo oil (plant oil)	

Annex 7.

List of most common mixed dishes classified by meals

Most common mixed dishes classified by meals		
1. Breakfast		ingredients
1	Black and green tea	Tea, sugar , honey
2	Boiled eggs and sausages (boiled/ fried)	Egg, oil, beef, chicken, soy bean
3	Bread	Wheat flour, salt
4	Butter or margarine	Cow milk , maska
5	Chagaldak	Wheat flour, oil, salt, greens, onion
6	Dalda	Wheat flour, walnuts, chickpeas, milk, oil
7	Fried potatoes/ boiled potato	Oil,potatos, onion
8	Havloi tar	Wheat flour, sugar, oil, water/milk
9	Jam/murabbo	Fruits, sugar, water
10	Kefir/Yogurt	Kefir/Yogurt
11	Mannaya kasha	Semolina, milk, sugar, butter
12	Nashoista	Locally made wheat starch, milk, yellow oil or butter
13	Omelets	Egg, wheat flour, greens, oil
14	Orzuq	Wheat flour, oil, salt, milk, egg
15	Otala	Fried wheat flour with oil, milk, salt, water
16	Pancakes	Egg, wheat flour, egg, milk, oil, sugar
17	Qaymaq	Qaymaq (cream)
18	Shirbat or Gardsuz	Wheat flour, oil, milk, salt
19	Shirbirinj	Milk, rice, salt, butter, water
20	Shirchoy	Tea,milk, salt, sometimes wallnuts are added, dried mulberries
21	Shirkadu	Pumpkin boiled into milk, salt, sugar
22	Shirrughan	Milk, oil(maska), sometimes Kaimok is added
23	Shirshulla	Milk, rice, water, salt
24	Smetana	Smetana (sour cream)
2. Lunch/ Dinner		
1	Borsh	Beetroots, cabbage, beef meat, onion, carrot, potatoes
2	Bread	Wheath flour
3	Cashk/dalda/danguicha	Wheat flour, onion, chickpeas, legs and head of sheep or cow, stomach, water, beans
4	Chagaldak	Fried dough mixed with greens, oil, salt
5	Damlama	Cabbage, carrots, potatoes, meat (beef or lamb), onion, oil, greens
6	Fatir	Fatir : wheat flour bread containing oil

7	Fruits	Apple, pear, peach, cherry, plump, pomegranate, grape, mandarin, kiwi, banana
8	Goluptsi	Sweet pepper (or cabbage), minced beef/mutton meat, onion, rice, oil, salt, water, condiment
9	Greens	Parsley, coriander, dill, sorrel, spring onions
10	Gushtbiryon	Fried meat (beef or lamb or goat), oil, condiments
11	Kadubiryon	Fried pumpkin, onion, oil, salt, sugar
12	Kalla pocha	Intestines, stomachs, leg, head of lamb, chickpeas, onion, greens all boiled
13	Kefir/Yogurt	Kefir/Yogurt
14	Kotlet	Minced meat (beef), onion, dried bread, oil
15	Lagman	Pasta, oil, meat, vegetables, potatoes, herbs
16	Makaron plov /pasta plov	Oil, macaroni, meat, carrots, onion
17	Mantu	Wheat flour to make a steamed dough, meat (or pumpkin), onion, oil
18	Mastova	Rice, oil, carrot, potato, meat, tomato, peppers, chickpeas, greens, sometime chakka is added
19	Moshkichiri	Mungbeans, beans, oil, rice, carrot, onion, salt
20	Non-plov/ bread plov	Dried bread, onion, carrots, oil, potatoes
21	Okroshka	Cucumbers, kefir, dill, mashed meat or sausage, egg, greens
22	Oshi burida	Wheat noodles, beets, chickpeas, onion, yoghurt, beetroot
23	Fatir	Wheat flour, butter/ravgani zard
24	Fatir maska	Wheat flour (fatir), butter, melon
25	Plov/ osh	Rice, beef or mutton, chickpeas, carrots, onion, oil, condiment: zira, hot pepper powder, dill, parsley, coriander
26	Qalama	Wheat flour (dough), oil, eggs, sugar, yogurt, fried
27	Qurutob	Small pieces of fatir (crashed wheat bread) hot water, yoghurt and cucumber, tomato, fried onion and oil, green vegetables. Local variations can include yellow oil or flux oil
28	Rasolnik	Meat, oat, cucumbers, carrot, oil, potato, greens
29	Sambusa	Wheat flour to dough, meat, onion, oil, cooked in the traditional oven-tandoori or oven
30	Shakarob	Tomatoes, cucumber, onions, oil, herbs, greens
31	Shashlik	Grilled beef, lamb or chicken and triprava)

32	Shavla	Onion, carrot, small pieces of meat, water, oil, and can be prepared without meat
33	Shurbo	Meat (beef/lamb), carrots, potatoes, oil, onion, herbs, sometimes with chickpeas and other vegetables
34	Tea	Tea, black or green, sugar, honey
35	Tuppa	Wheat flour to make boiled dough cut in small pieces, vegetables served with boiled vegetables (beans, peas, coriander), chakka can be added before eating
36	Tushbera/pelmeni:	Noodle dough filled with meat in soup
37	Ugro:	Ugro: (flour, oil, onion, chickpeas and greens, wheat noodles
38	pickles	Pickles (cucumber, tomatoes)
3. Snack/ tea break (Shirini/ Advia)		
1	Biscuits	Biscuits
2	Bread	Bread
3	Cakes	Cakes
4	Chakchak	Fried dough with eggs and sugar/honey)
5	Chocolate	Chocolate
6	Cookies	Cookies
7	Dried fruits	Dried fruits
8	Jam	Jam
9	Kefir	Kefir
10	Pickles	Pickles
11	Tajik Snicker	Mashed mulberry with sugar)
12	Toast/ Dried bread	Toast/ Dried bread
13	Nuts, pistachio, almonds, sunflower/pumpkin seeds	Nuts, pistachio, , almonds, sunflower/pumpkin seeds
14	Halvoitar	Wheat flour, sugar, milk or water, walnuts
15	Chocolate	Chocolate
16	Dried mulberry	Dried mulberry
17	Nishollo	Delicacy from sugar and whipped egg

Annex 8.

Example of 24 hours recall table

Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fried eggs with flux oil, tea with sugar, wheat bread, nuts	Coffee+ sugar, <i>chagaldak</i> (fried wheat dough with potato and onion)	Rice porridge (rice, carrot, pumpkin, potato, onion, tomato, peas, beef meat, oil, coriander, dill all cooked on the wood), tomato juice, plain tea (no sugar), bread, grapes, water	Almonds, nuts, sweet candies, cold tea with sugar, water	Grilled chicken with chili pepper and salt, <i>chagaldak</i> (fried wheat dough, chilli pepper, salt, coriander), tinned cucumber, watermelon, pistachios, apple, grapes, cherry juice, tea, bread (made of milk), cake (layered cake of puff pastry, cream made of eggs, milk, sugar)	Water

Annex 9.

Frequently asked questions and answers for WDDS assessment

1. How many enumerators should be present at the household to undertake DDS interview with the respondent?

No more than 2 enumerators should be present in the household; otherwise, the respondent would feel uncomfortable, in particular if women, and she might refuse to be interviewed

2. What is the target group for DDS data collection?

The target individuals in the household are women at reproductive age, i.e. 15-49 years old

3. If the target woman in the household is not available or if the previous 24-hours were not a usual/ typical day, what should we do?

Only one woman meeting the selection criteria should be interviewed. The enumerator should make a future appointment to visit the target woman again in a few days' time. Alternatively, if there is a woman in the household falling within 15-49 years of age and meeting the selection criteria, the enumerator may consider interviewing this woman as an alternative

4. What are unusual/ untypical days that the enumerators should not base on which to collect DDS information?

- i. Unusual/ untypical days refer to those days in which food habits of the sample population are different from usual days, such as Ramadan, religious ceremonies with feasts and other ceremonies. At the same time, food habits of most people at country, region, district, jamoat or family level are also different from usual days. However, celebrations of birthdays, weddings, family visits, eating out at restaurants , etc. that are customary in Tajikistan should be regarded as usual days
- ii. Respondents with acute health conditions, such as surgical operations, fasting for medical treatments or diarrhea, etc. should be regarded as unusual days. For respondents with chronic disease conditions such as diabetes, high blood pressure or coronary heart diseases, etc. that need to follow a special diet for life, food recall on those long-term special diets should be regarded as usual days

- iii. Respondents fasting for a few days with religious reasons prior to Ramadan should be regarded as unusual days

5. Should we consider eating at parent's, friend's or neighbor's places as usual/typical days?

It should be usual days because these events are popular in the Tajik's culture

6. Shall the enumerator record all foods that the woman prepared for the family including those she did not actually eat?

It is the foods and drinks actually consumed by the woman herself that should be recorded in the questionnaire. Any foods, drinks or dishes, although prepared by the woman, but not actually consumed by herself should not be recorded

7. Shall the enumerator record foods or drinks consumed by lactating women after she has gone to bed at night in order to practice breastfeeding?

Yes, any food consumed from the time she got up in the morning during yesterday until the time she got up in the morning as of today, including foods or drinks taken overnight, should be recorded in the questionnaire

8. Is there any difference between grouping sweet pepper (bulgori) red in color and green in color?

Sweet pepper (bulgori) red in color is high in vitamin A than those with other colors. Red color sweet pepper should be grouped under Group 3 (Vitamin A rich vegetables and tubers), while green and other colors sweet peppers should be grouped under Group 5 (Other vegetables).

9. What about foods or drinks eaten at any time during the day, e.g. nuts, chocolate, fruits and dried fruits or tea?

Enter these item(s) in the space provided for tea breaks/ shirini between main meals corresponding to the time she consumed the food or drink during the day

10. Shall greens (herbs) be grouped under Group 16 (Spices, condiments, beverages) if any of these greens (herbs) is/are consumed in a large quantity?

Greens or herbs should be entered into Group 4 (Dark green leafy vegetables, DGLV) when the amount consumed is at least one table spoon per day. If consumption is less than one table

spoon per day, these greens or herbs should be considered as condiments and grouped under Group 16

Annex. 10.

Instructions for administering the WDDS Questionnaire

1. Introduce yourself and explain the purpose of the interview clearly, using a simple language
2. Complete the demographic information section and make sure all items are filled in correctly (call out each answer to the respondent)
3. Ask the respondent if the previous day was a usual/typical day in terms of their food intake. Ask if they consumed more or less than usual. If the previous day's intake was usual, then continue with the questionnaire
4. Explain to the respondent that you are going to ask her a series of questions about the food and drink that she consumed the previous day or the last 24-hour. The 24-hour cycle include all foods eaten from the time she got up in the morning yesterday until at the time she got up in the morning today. It doesn't matter if the recall period spans over two calendar days. Both inside and outside home food consumption are counted. Tell the respondent that there are no correct or incorrect answers
5. If the respondent is the one who is responsible for cooking in the family, remind her that you are going to ask about the food that she actually consumed and not the food she prepared of her family
6. Ask the respondent to think back to yesterday, to the time she woke up in the morning. Ask her to tell you the first thing she ate or drunk – record this in the free recall space. For the Tajik eating habits, the first foods eaten in the morning are usually at breakfast. You should also ascertain if she ate or drank anything in between the time she got up in the morning and her breakfast
7. Continue asking “after breakfast, when was the next meal, food, or drink she consumed?” And record everything including water in the open space. Continue through the entire day until the respondent went to bed. Be cautious that some women might eat or drink at night, e.g. Lactating mothers breast-feeding infants at night time. Use local names for identifying meals such as breakfast, lunch, dinner, tea and shirini. Record these items in the space provided in the questionnaire
8. Probe for foods, drinks, tea and shirini eaten between the three main meals with the respondent. Probe for easily forgotten added foods such as sugar or milk in tea, jam on the bread, oil in mixed dishes or greens in soups and salads
9. For any mixed dishes (e.g. plov, shurbo or mantu) record each ingredient in the free recall space. Please refer to the recipes as

10. After the respondent recalls all the foods and drinks consumed, start underlining the corresponding food items listed in the appropriate food groups. Underline food items in the food groups meal by meal in chronological order as to avoid confusion. For foods or dishes not listed in any food group, write it in the “Remark” column in the questionnaire and discuss this issue with your supervisor
11. Write “1” in the column next to the food group if at least one food in this group has been underlined. At this stage, do not yet write “0” in the column next to the food group if no food item has been underlined within the food group
12. Continue to probe for food groups where no food was underlined. It is not necessary to read out to the respondent the exact name of the food group, but simply ask (for example) about fruits, vegetables or tubers if these groups were not previously reported. Write “0” in the column next to the food group when it is certain that no foods in that group were eaten

Annex 11.

WDDS training course participants pre- training course capacity assessment questionnaire

Full Name	Name of organization	Type of organization	Position and main responsibilities	Main responsibilities	Main areas of work	Main activities related to your role at work	Percentage of your time dedicated to nutrition	Provide some examples of activities with specific nutrition outcomes	Are you familiar with the Dietary Diversity Score?	In the context of what activity have you used the WDDS?	Food and nutrition security assessment indicator(s) you are familiar with, you have used or you are currently using in your work?	Does your institution provide any training/ staff resources to effectively monitor and assess projects' impact on nutrition?	Relevance of the topics and objectives of this training course in your work?	What capacity (ies) are you expecting to acquire?	Is/are there any particular topic(s) that you expected to be addressed by this training course and that are not?	Would support in any of the following be helpful to you?	Any other general comment
Abdulloz	Agency of Statistics under the President of the Republic of Tajikistan, Statistical department of Rumi districts	statistics	HH budget specialist	HH budget expenditure data gathering at district level	Food safety, statistics	Nutrition surveys/ assessments	Up to 50% of my time	HH budget expenditure for food and nonfood items	Not at all familiar		No	No	Relevant	o Basic general knowledge on the use of the Dietary Diversity	No	o Choosing indicators for measuring outcomes and impact that make sense based on your particular activities and aim	

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														ity Score o How to apply the Dietar y Divers ity Score		o Adapting indicators to fit your particular activities and aim	
Abdusa mad	Agency of Statistics under the President of the Republic of Tajikistan, Statistical department of Pyanj districts	statistic s	budget specialis t	budget data gathering/ entering/ analysis at district level	Food safety, statistics	Nutritio n surveys/ assessm ents	Up to 50% of my time	HH budget expendi ture for food and nonfood items	Not at all familiar		No	No	Relev ant	Basic gener al knowl edge on the use of the Dietar y Divers ity Score o How to apply the Dietar y Divers ity Score	No	o Choosing indicators for measuring outcomes and impact that make sense based on your particular activities and aim o Adapting indicators to fit your particular activities and aim	
Bakhro m	Agency of Statistics under the President of the Republic of Tajikistan, Statistical department of Bokhtar district	statistic s	HH budget specialis t	HH budget data gathering at district level	Food safety, statistics	Nutritio n surveys/ assessm ents	Up to 50% of my time	HH budget expendi ture for food and nonfood items	Not at all familiar		No	No	Relev ant	o Basic gener al knowl edge on the use of the Dietar	No	o Choosing indicators for measuring outcomes and impact that make sense based on your particular	

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														y Divers ity Score o How to apply the Dietar y Divers ity Score		activities and aim o Creating, analyzing and interpreting indicators from your collected data	
Farishta moh	Agency of Statistics under the President of the Republic of Tajikistan, Kur gan tube Regional branch	statistic s	Head specialis t	data gathering/ entering/ analysis from districts	Statistic s	Researc h progra mme/pr ojects related to nutritio n	Up to 20% of my time	o HH expendi ture for food and non food items o Food consum ption by HH/mon itoring	Not at all familiar		No	No	Relev ant	o Basic gener al knowl edge on the use of the Dietar y Divers ity Score o How to apply the Dietar y Divers ity Score	No	o Adapting indicators to fit your particular activities and aim o Designing programme s/project/st udies for nutrition impact	

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Fayzullo	Agency of Statistics under the President of the Republic of Tajikistan, Statistical department of Dangara district	statistics	HH budget specialist	HH budget data gathering at district level	Food safety, statistics	Nutrition surveys/assessments	Up to 50% of my time	HH expenditure for food and nonfood items	Not at all familiar		No	No	Relevant	o Basic general knowledge on the use of the Dietary Diversity Score o How to apply the Dietary Diversity Score	No	o Choosing indicators for measuring outcomes and impact that make sense based on your particular activities and aim o Creating, analyzing and interpreting indicators from your collected data	
Jumakhon	Agency of Statistics under the President of the Republic of Tajikistan, Kurgan tube regional branch	statistics	Head of department	data gathering/analysis in social sector	Food safety	o Human resources management o Management of programme/projects with specific nutrition outcomes o Manage	Up to 50% of my time	o HH expenditure for food and nonfood items o Food items price monitoring	I know the tool but I have never used it		No	No	Very relevant	o How to apply the Dietary Diversity Score	No	o Choosing indicators for measuring outcomes and impact that make sense based on your particular activities and aim o Adapting indicators to fit your particular activities and aim o Creating, analyzing	

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						ment of progra mme/pr jects with no specific nutritio n outcom es										and interpreting indicators from your collected data	
Khaitali	Agency of Statistics under the President of the Republic of Tajikistan, Statistical department of Bokhtar district	statistic s	econom ist	HH budget expenditu re for food and nonfood items from districts	Food safety, statistics	Nutritio n surveys/ assessm ents	Up to 50% of my time	HH expendi ture for food and non food items	Not at all familiar		No	No	Relev ant	o Basic gener al knowl edge on the use of the Dietar y Divers ity Score o How to apply the Dietar y Divers ity Score	No	o Choosing indicators for measuring outcomes and impact that make sense based on your particular activities and aim o Adapting indicators to fit your particular activities and aim	

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Mahmudusuf	Agency of Statistics under the President of the Republic of Tajikistan, Statistical department of Jomi district	statistic s	econom ist	HH budget expenditu re for food and nonfood items from districts	Food safety, statistics	Nutritio n surveys/ assessm ents	Up to 50% of my time	HH expendi ture for food and non food items	Not at all familiar		No	No	Relev ant	o Basic gener al knowl edge on the use of the Dietar y Divers ity Score o How to apply the Dietar y Divers ity Score	No	o Adapting indicators to fit your particular activities and aim o Creating, analyzing and interpreting indicators from your collected data	
Makoni ddin	Agency of Statistics under the President of the Republic of Tajikistan, Statistical department of Timurmali district	statistic s	econom ist	HH budget expenditu re for food and nonfood items from districts	Food safety, statistics	Nutritio n surveys/ assessm ents	Up to 50% of my time	HH expendi ture for food and non food items	Not at all familiar		No	No	Relev ant	o Basic gener al knowl edge on the use of the Dietar y Divers ity Score o How to apply the Dietar y	No	o Adapting indicators to fit your particular activities and aim o Creating, analyzing and interpreting indicators from your collected data	

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														Diversity Score			
Mayram	Agency of Statistics under the President of the Republic of Tajikistan, Statistical department of Kurgan tube city	statistics	HH budget specialist	HH budget data gathering at district level	Food safety, statistics	Nutrition surveys/ assessments	Up to 50% of my time	HH expenditure for food, and nonfood items	Not at all familiar		No	No	Relevant	o Basic general knowledge on the use of the Dietary Diversity Score o How to apply the Dietary Diversity Score	No	o Choosing indicators for measuring outcomes and impact that make sense based on your particular activities and aim o Creating, analyzing and interpreting indicators from your collected data	
Nagzigul	Agency of Statistics under the President of the Republic of Tajikistan, Statistical department of Sarband district	statistics	HH budget specialist	HH budget data gathering at district level	Food safety, statistics	Nutrition surveys/ assessments	Up to 50% of my time	HH expenditure for food and nonfood items	Not at all familiar		No	No	Relevant	o Basic general knowledge on the use of the Dietary	No	o Choosing indicators for measuring outcomes and impact that make sense based on your particular activities	

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														Diversity Score o How to apply the Dietary Diversity Score		and aim o Creating, analyzing and interpreting indicators from your collected data	
Nuqramoh	Agency of Statistics under the President of the Republic of Tajikistan, Statistical department of Bokhtar district	statistics	HH budget specialist	HH budget data gathering at district level	Food safety, statistics	Nutrition surveys/assessments	Up to 50% of my time	HH expenditure for food and nonfood items	Not at all familiar		No	No	Relevant	o Basic general knowledge on the use of the Dietary Diversity Score o How to apply the Dietary Diversity Score	No	o Choosing indicators for measuring outcomes and impact that make sense based on your particular activities and aim o Creating, analyzing and interpreting indicators from your collected data	
Nurmahmad	Agency of Statistics under the President of the Republic of Tajikistan, Statistical department	statistics	economist	HH budget expenditure for food and nonfood items from	Food safety, statistics	Nutrition surveys/assessments	Up to 50% of my time	HH expenditure for food and non food items	Not at all familiar		No	No	Relevant	o Basic general knowledge on the use of	No	o Adapting indicators to fit your particular activities and aim o Creating, analyzing	

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	of Khuroson district			districts										the Dietary Diversity Score o How to apply the Dietary Diversity Score		and interpreting indicators from your collected data	
Rakhmatullo	Agency of Statistics under the President of the Republic of Tajikistan, Statistical department of Pyanj districts	statistics	budget specialist	budget data gathering/entering/analysis at district level	Statistics	o Nutrition surveys/assessments o Other (specify) /budget expenditure	Up to 20% of my time	HH expenditure for food, food items	Not at all familiar		No	No	Relevant	o Basic general knowledge on the use of the Dietary Diversity Score o How to apply the Dietary Diversity Score	No	o Adapting indicators to fit your particular activities and aim	

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Tojimurod	Agency of Statistics under the President of the Republic of Tajikistan, Statistical department of Shaartuz district	statistician	economist	HH budget expenditure for food and nonfood items from districts	Food safety, statistics	Nutrition surveys/assessments	Up to 50% of my time	HH expenditure for food and non food items	Not at all familiar		No	No	Relevant	o Basic general knowledge on the use of the Dietary Diversity Score o How to apply the Dietary Diversity Score	No	o Adapting indicators to fit your particular activities and aim o Creating, analyzing and interpreting indicators from your collected data	
Zebo	Agency of Statistics under the President of the Republic of Tajikistan, Statistical department of Kulyab district	statistician	economist	HH budget expenditure for food and nonfood items from districts	Food safety, statistics	Nutrition surveys/assessments	Up to 50% of my time	HH expenditure for food and non food items	Not at all familiar		No	No	Relevant	o Basic general knowledge on the use of the Dietary Diversity Score o How to apply the Dietary Diversity Score	No	o Adapting indicators to fit your particular activities and aim o Creating, analyzing and interpreting indicators from your collected data	

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														Diversity Score			
Zokir	Agency of Statistics under the President of the Republic of Tajikistan, Statistical department of Kulyab district	statistics	economist	HH budget expenditure for food and nonfood items from districts	Food safety, statistics	Nutrition surveys/assessments	Up to 50% of my time	HH expenditure for food and non food items	Not at all familiar		No	No	Relevant	o Basic general knowledge on the use of the Dietary Diversity Score o How to apply the Dietary Diversity Score	No	o Adapting indicators to fit your particular activities and aim o Creating, analyzing and interpreting indicators from your collected data	

Annex 12.

End-of-training evaluation survey

The end-of- training evaluation was conducted by using questionnaires (see example in annex 9) that were distributed to the participants upon completion of the training course programme

First part of the questionnaire refers to the overall quality of the training.

The clarity of the objectives as well as the relevance of the presentations were rated as good (35%) and above good (65%) by the majority of the respondents. Training material and quality of the trainers were rated as good or above by 65 percent and 85 percent of the respondents, respectively. Time allocated to discussion and exchange was enough for almost all participants. Participants stated that the materials provided were good and provided very useful information. The overall evaluation of trainers' capacity and the facilitation process was very good.

Below some further suggestions/comments provided by the participants:

- Improve the content of some presentation as to take into account the local Tajik context/food culture
- More time to be allocated to the discussion of findings from field work (focus group and key informants)
- The overall training course was very useful for understanding key nutrition issues

Second part of the questionnaire enquiries on how confident participants feel in conducting the different steps of the adaptation of the WDDS questionnaire.

Almost all participants reported that they feel confident in conducting the different steps of the adaptation process and use of the WDDS (they rated 4 or above) including adaptation of the WDDS to the local context with key informants, classification of collected info into food groups, conduct focus group discussions and 24 hour-recall in household interviews, data analysis and presentation.

Participants also mentioned that it was very encouraging to participate in the process of adaptation of the questionnaire with the local food, interviewing of HHs and food groups. The majority of participants also stated that the skills and the practice that they acquired during the training course will be helpful for the data collection in June.

In general, participants provided a satisfactory evaluation of the training course. They felt that the workshop was useful and of good quality. Particularly, participants expressed that their direct involvement in the adaptation process was very stimulating, in spite the fact that during the previous training course some parts of DD tool had been already reviewed by participants. Nevertheless, they concluded that the DD tool could be employed for use in food security and nutrition monitoring and evaluation in Tajikistan.

Further comments:

What do you consider was the most useful and why?

The majority of participants liked group exercise, focus group discussions and food grouping through discussion of local meals ; some participants expressed that they have learned more in regard to Vit A rich fruit and vegetables

What actions do you envisage to take upon completion of this training course when you will be back to your work?

Most participants mentioned that they will use the skills and knowledge acquired during this training course in HBS data collection and future work at HH level.

The cumulative results are reported in annex 13

Annex 13.

End-of-training evaluation questionnaire

Please rate the overall quality of the training					
	Weak	Fair	Good	Very good	
Clarity of the objectives of the training			7	13	
Any comment	- WS arrangements and design were very good				
Relevance of the presentations			3	17	
Any comment					
Sufficient space allocated for discussion and exchange		1	8	11	
Any comment					
Quality of the material			6	14	
Any comment					
Quality of the trainers			4	16	
Any comment	- Trainers had very solid experience in this filed , that is way they could explain issues clearly				
To what extent do you feel confident in doing each of the following? (rate 1-5)					
	1	2	3	4	5
Adaptation of the WDDS to the local context (with key informants)				5	15
Any comment					
Classification of collected info into food groups				7	13
Any comment					
Conducting focus group discussions					20
Any comment					
Conducting 24 hour-recall in household interviews				9	11
Any comment					
Data analysis				4	16
Any comment					

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Data presentation				3	17
Any comment					

Annex 14.

Complete WDDS questionnaire use for data collection

Statistics Agency under the President of Tajikistan

WDDS Code: _____

Household Budget Survey - Add to Form 2

Household No:

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(from HBS)

Women's Dietary Diversity

Name of the enumerator:	
Date of interview: (dd/mm/yyyy)	

Part 1 – Demographic information of interviewee

Please fill in the blank and tick the appropriate boxes

Question	Answer	Code for entry (if applicable)								
Name of interviewee										
Date of Birth (dd/mm/yyyy)	<table border="1"> <tr> <td>D</td> <td>D</td> <td>M</td> <td>M</td> <td>Y</td> <td>Y</td> <td>Y</td> <td>Y</td> </tr> </table>	D	D	M	M	Y	Y	Y	Y	
D	D	M	M	Y	Y	Y	Y			
Age										
Occupation										
Number of Children										
Sex	Male <input type="checkbox"/>	0								
	Female <input type="checkbox"/>	1								

<i>Marital Status</i>	<i>Single</i> <input type="checkbox"/>	<i>0</i>
	<i>Married</i> <input type="checkbox"/>	<i>1</i>
	<i>Divorced</i> <input type="checkbox"/>	<i>2</i>
	<i>Widow</i> <input type="checkbox"/>	<i>3</i>
<i>Education level</i>	<i>No Education</i> <input type="checkbox"/>	<i>0</i>
	<i>Primary School (1-4)</i> <input type="checkbox"/>	<i>1</i>
	<i>Secondary School (5-9)</i> <input type="checkbox"/>	<i>2</i>
	<i>Secondary School (10-11)</i> <input type="checkbox"/>	<i>3</i>
	<i>Middle- level Education (college)</i> <input type="checkbox"/>	<i>4</i>
	<i>Higher Education</i> <input type="checkbox"/>	<i>5</i>
<i>Pregnant</i>	<i>No</i> <input type="checkbox"/>	<i>0</i>
	<i>Yes</i> <input type="checkbox"/>	<i>1</i>
<i>Lactation</i>	<i>No</i> <input type="checkbox"/>	<i>0</i>
	<i>Yes</i> <input type="checkbox"/>	<i>1</i>
<i>Responsible for food preparation</i>	<i>No</i> <input type="checkbox"/>	<i>0</i>
	<i>Yes</i> <input type="checkbox"/>	<i>1</i>
	<i>Partial</i> <input type="checkbox"/>	<i>2</i>
<i>Living area</i>	<i>Rural</i> <input type="checkbox"/>	<i>0</i>
	<i>Urban</i> <input type="checkbox"/>	<i>1</i>

Part 2 – 24-hour dietary recall

Please describe the foods (meal/ tea break/ shirini) that you ate or drank yesterday, whether at home or outside the home. Start with the first food or drink of the morning.

*Write down all foods and drinks mentioned. When composite dishes are mentioned, ask for the **FULL list of ingredients**.*

When the respondent has finished, probe for meal/ tea break/ shirini not mentioned

Time:	Meal/ Tea break/ Shirini:
Time:	Meal/ Tea break/ Shirini:
Time:	Meal/ Tea break/ Shirini:
Time:	Meal/ Tea break/ Shirini:

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<i>Time:</i>	<i>Meal/ Tea break/ Shirini:</i>
<i>Time:</i>	<i>Meal/ Tea break/ Shirini:</i>

Part 3 – Table of Food Groups

After the respondent recalls all the food and beverages consumed, underline the corresponding foods in the list under the appropriate food group. For any food groups not mentioned, ask the respondent if a food item from this group was consumed. Write '1' in the column next to the food group if at least one food in this group has been underlined. If the food is not listed in any group, write it in the remark page (p.4) and discuss it with the supervisor

Question #	Food group	Locally available foods	Yes=1 No=0
1	Cereals	Wheat, barley, buckwheat, oats, maize, rice, sorghum, pasta, wheat bread, rye and other bread, wheat flour, rye flour, other flour, pasta products,	
2	White roots and tubers	Potato, turnip(red, yellow, white), radish(red,green)	
3	Vitamin A rich vegetables and tubers	Pumpkin, carrot, red sweet pepper(bulgori), squash	
4	Dark green leafy vegetables (DGLV)	<ul style="list-style-type: none"> - Spinach, checkri, rov, roshak, siyoalaf, bargi salat; - Dill, coriander, mint, parsley, blue basilica, green garlic, green onion, sorrel [Consider as DGLV when consumed at least one table spoon of these vegetable(s) per day. Otherwise, go to Group 16] 	
5	Other vegetables	Cabbage, cauliflower, garlic, cucumber, leek, tomato, onion, eggplant, beetroot, mushrooms fresh and dried, anzur, green beans, green pepper	
6	Vitamin A rich fruits	Apricot and dried apricot, peach and dried peach, Persimmon	
7	Other fruits	Apple, banana, lemon, watermelon, mandarin, grapes, pears, melon, muskmelon, fruits and berries, dried fruits and berries, raisins, oranges, cherries, figs, plum, pomegranate, prune, quince, raspberries, strawberries, blackberries, mulberries, king mulberries, yellow cherry, plum (orange-color), sinjid, chelon, dulona, kiwi, pineapple, grapefruit, simorodina	

8	Organ meat	<i>Liver, kidney, heart, lung,, stomach, intestine,tongue, brain(Goat and Sheep), spleen (Cow, Goat and Sheep)</i>	
9	Flesh meat	<i>Beef, mutton, goat, chukar, rabbit, chicken, goose, turkey, quail, sausages, veal, lamb and chevron, meat of wild animals and games, sausage products and smoked meat, horse, duck, ox tail</i>	
10	Eggs	<i>Quail eggs, chicken eggs, goose eggs, turkey eggs, duck eggs</i>	
11	Fish and sea foods	<i>Fresh and frozen fish, canned fish, smoked fish, dried fish, caviar</i>	
12	Legumes, nuts and seeds	<i>Mung bean, sesame seed, pistachios, almonds, pumpkin seeds, sunflower seeds, walnuts, peanuts, apricot seeds, hazelnut, pecan, peas, red beans, white beans, lentils, chickpeas</i>	
13	Milk and milk products	<i>Milk, skim milk, Sour milk, yogurt, qurut (dried yoghourt), ice-cream, kefir, chaka, kaimak(cream), cheese, sour cream/Smetana, powdered milk, condensed milk, tvorog, fala (colostrum from cow)</i>	
14	Oils and fats	<i>Vegetable oil (sunflower, flax, sesame, cotton,olive), butter, sheep fat, margarine, mayonnaise, Ravgani zard (oil prepared from kaimak and butter), mahsar/saflo oil (plant oil)</i>	
15	Sweets	<i>Sugar, honey, candies, chocolate, cakes, biscuits, jam, halva, baklava,, obinabot (Crystalised sugar), nishollo, shirim initut (Tajik Snicker, mulberry paste with sugar)</i>	
16	Spices, condiments, beverages	<ul style="list-style-type: none"> - black pepper, cumin, ketchup, salt, pripava (adviya), chicken/ beef cubes; - Dill, coriander, mint, parsley, blue basilica, green garlic, green onion, sorrel, Jambil (small green leaves) [Consider as condiments when these vegetable(s) are consumed less than one table spoon a day. Otherwise, go to Group 4]; - Coffee, black and green tea, alcohol, beer, fruit drinks (compote), sweet soda 	

Remarks:

