HOW THE SELECTED INDICATOR WOMEN’S DIETARY DIVERSITY ASSESSMENT CAN BE INTERPRETED AND COMMUNICATED

Reaching Consensus on a Global Dietary Diversity Indicator for Women
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Motivation

• Simple proxy indicator for nutrient adequacy from the diet

• Food-based indicators fill a niche in agriculture-nutrition advocacy
  – Provide more direct impact pathway from ag to nutrition than for example stunting

• Focus on quality of women’s diet
  – Adolescent nutrition (15 y and older)
  – 1000 day framework
Interpretation

• Population-level assessment of women’s dietary diversity
  – Prevalence of women in the population reaching minimum dietary diversity
  – Groups/populations with a higher proportion at or above the cut-off are likely to have higher average micronutrient adequacy across the 11 micronutrients
  – Could be emphasized not hh level indicator

• DOES NOT MEAN the population at or above the cut-point has adequate intake of ALL 11 micronutrients in the MPA
Interpretation (cont.)

• IS NOT A dietary guideline
• Is NOT reflective of all aspects of diet quality
• Not the ONE and ONLY indicator
• Is not reflective of intake of fortified foods
Uses

• Assessment of dietary diversity at national, regional, project/program levels

• Monitoring indicator for projects with food-based interventions and plausible impact pathway for dietary diversification

• SHOULD NOT be used for individual level assessment OR Screening
Communication

• Dichotomous indicator can have more meaning than discussing population means
  – Mean DDS 3.0 compared to Prevalence above “minimum dietary diversity” of 5%
• Useful to analyze also individual food groups of interest
  – % consuming ASF
  – % consuming F/V
Cautions

• “Tracking” we do not know how sensitive the indicator is to change over time
  – If starting from a very low baseline for diversity, the proposed dichotomous indicator may not be very sensitive to change
  – There could be a “threshold” for diversification

• Seasonality of the food supply will be an important consideration for most countries

• Further disaggregation on the Questionnaire Tool could lead to less comparability of the DDS
Other issues

• Key Dietary Principles of Women
• International Dietary Guidelines
• Limitations of the MPA as a gold standard
Discussion questions

• What should the indicator be named?
  – IYCF uses “Minimum Dietary Diversity” the WDDP approach in developing this indicator has been similar

• Which messages/ uses most important to promote?

• Communication of changes to current users of FGI-9 (USAID, CGIAR, UN) (go back to motivations)

• Communication with future users
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