Cost of Recommended Diet (CoRD) and its Affordability in Bangladesh

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Rationale and Objectives

- The cost of diet has been increasingly recognized as a major determinant of overall diet quality and nutrition outcomes.
- The cost of recommended diets (CoRD) is an estimate of the basic minimum cost needed to meet a country's food-based dietary guidelines (FBDG).
- Dizon and Anna (2019) have estimated CoRD and its affordability in Bangladesh, but they used the decade-old FBDG of 2012 along with the food prices of a limited number of food items (n=82) collected back in 2014-15¹.
- This study aims to estimate the CoRD and its affordability using the latest FBDG of Bangladesh, 2020, and actual market prices of the food items collected through a market survey.

^{1.} F. Dizon, A. Herforth, and Z. Wang, "The cost of a nutritious diet in Afghanistan, Bangladesh, Pakistan, and Sri Lanka," *Glob. Food Sec.*, vol. 21, no. July, pp. 38–51, 2019, doi: 10.1016/j.gfs.2019.07.003.



Methodology

Generating food list (n = 124) from the FCTB and recent nutrition surveys

Collecting price data of the foods from 48 locations of Bangladesh

Estimating CoRD by using the price data and updated FBDG of Bangladesh

Foods were
categorized according
to FBDG, and the price
of the food items was
converted into 100 g
edible

Calculated price per edible serving by multiplying the 100g edible price with the serving sizes of each food group. Multiplied the average price per edible serving of two least-cost foods with the average recommended serving size.

Summed the cost for eating recommended servings of each food group to calculate CoRD.



Methodology contd.

Adjusted household size with AME values

Multiplied the adjusted AME values with the CoRD and a deflation factor.

Divided the estimate by household daily food expenditure.

Assessed the affordability of CoRD

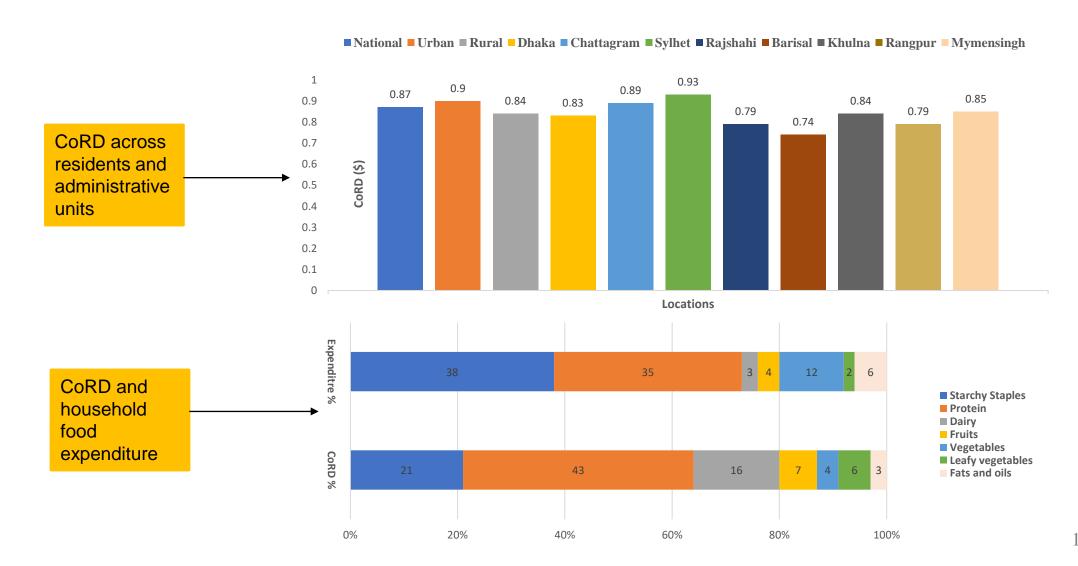
Data on household size were taken from the HIES, 2016

The deflation factor was 1.26 for national and urban areas and 1.27 for rural areas

Household daily food expenditure data were taken from the HIES, 2016



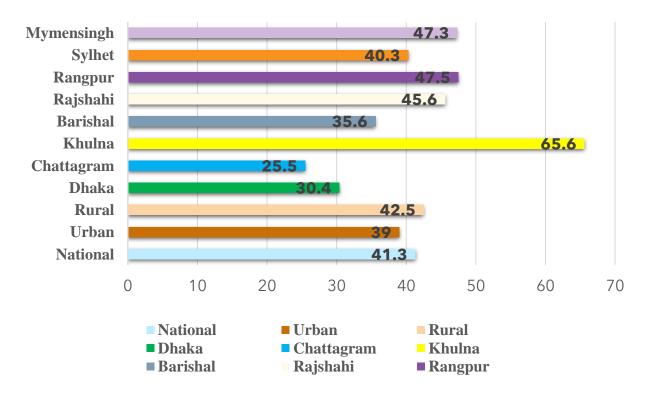
Results

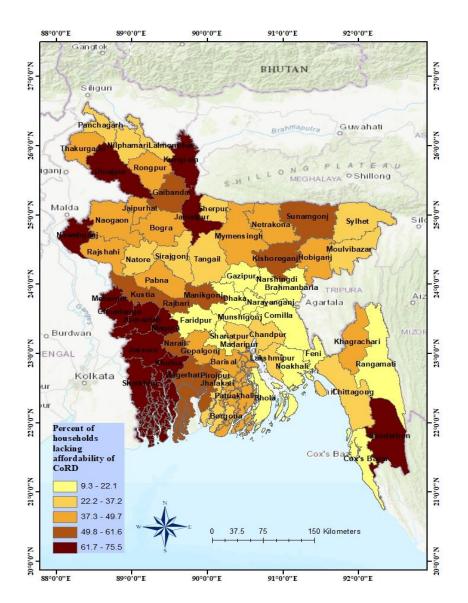




Results contd.

% of Households unable to afford CoRD







Policy Implications

- A robust nutrition education program through various channels should be undertaken to bring about changes from rice-based food habits to diversified food habits.
- Nutrition education and behavior change communication should be complemented with social protection and food systems policies (e.g., scaling up and intensifying home production of diverse foods through kitchen gardens and rooftop gardens).
- The government would need to implement nutrition-sensitive agriculture policies that support stable food prices.