Evidence on Dietary Diversity of Women and Young Children from Madhya Pradesh and Maharashtra, India

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GIZ Securing Nutrition, Enhancing Resilience Project
Duration: 2020 – 2025

Project Objective: To improve nutrition situation of women of reproductive age and small children in four districts in Madhya Pradesh (Khandwa, Barwani) and Maharashtra (Nandurbar, Washim), India

Nutrition Sensitive Integrated approach: Linking Social Behaviour Change driven Nutrition Education and Community Nutrition Gardens

Target Group: 280,000 women and 56,000 small children

Objectives of the Baseline Survey:

- To determine the dietary diversity of women of reproductive age (15-49 years) and children (6-23 months) in the four districts (key outcome indicators of the project)

- To ascertain information on household's access to nutritious food

Methodology

Sampling: Two stage Probability Cluster sampling

Selection criteria: Households with woman in reproductive age (15-49 years) and at least one child in the age group 6-23 months.

Data collection: Standardised questionnaire, (N=800, 200 women per district)

Key Outcome Indicators of the project	Definition
1. Individual Dietary Diversity Score Women (IDDS-W) - [mean ± SD]	Scale indicator that measures the dietary diversity of an individual woman by counting the number of different food groups consumed by women of reproductive age (15 - 49 years) over a 24-hour recall period
2. Proportion of children achieving Minimum Acceptable Diet (MAD) - [%]	Dichotomous indicator indicating the proportion of breastfed and non-breastfed children aged 6 to 23 months who received in a 24-hr dietary recall period a) 4 or more out of 7 solid, semi-solid or soft food groups (Minimum Dietary Diversity, MDD) and; b) solid, semi-solid or soft foods the minimum number of times or more (Minimum Meal Frequency, MMF)

Results: Dietary Diversity of Women

	Barwani (N=200)	Khandwa (N=200)	Nandurbar (N=200)	Washim (N=200)	Total (N=800)
IDDS-W (mean ± SD)	3.5 ± 0.9	4.1 ± 1.1	4.1 ± 1.1	4.1 ± 1.1	4 ± 1.1
MDD (%)	10.5	33.5	33.5	33.5	27.75

- On average women consumed 4 food groups with only exception in Barwani (3.5 ± 0.9 food groups).
- Vitamin /mineral-rich food groups were consumed only by a minority of respondents (less than 16%).
- There is a substantial potential for improvement in consumption of dark green leafy vegetables and other vitamin A rich fruits and vegetables.

Child Nutrition

- Young children in Barwani consumed on average 2.3 ± 1.2 food groups only.

- The value of all child nutrition indicators increases with the children's age.

- Vitamin A rich fruits and vegetables and flesh food are consumed by less than 5% of children overall.

|	Barwani (N=200)	Khandwa (N=200)	Nandurbar (N=200)	Washim (N=200)	Total (N=800)
IDDS-C (mean ± SD)	2.3 ± 1.2	2.9 ± 1.1	2.9 ± 1.4	2.7 ± 1.2	2.7 ± 1.3
MDD-C (%)	14.5	27.0	32.0	29.0	25.6
MMF (%)	66.5	79.5	79.1	79.5	76.2
MAD (%)	11.7	26.3	31.6	27.7	24.4

Feeding Habits

- Breastfeeding is practiced almost universally (99%) and 90% were exclusively breastfed.

- Only 37% of families initiated timely complementary feeding

- Changing feeding habits warrants particular attention during training and counselling.

Access to Nutritious Food

- Access to a nutrition garden is relatively small with about 13% of all households declaring having one.

- Growing vegetables is usually done during the wet season in Barwani (66.7%) and Nandurbar (57.7%).

- In Khandwa and Washim, vegetables are grown all year round (72.7% and 63.3% respectively).
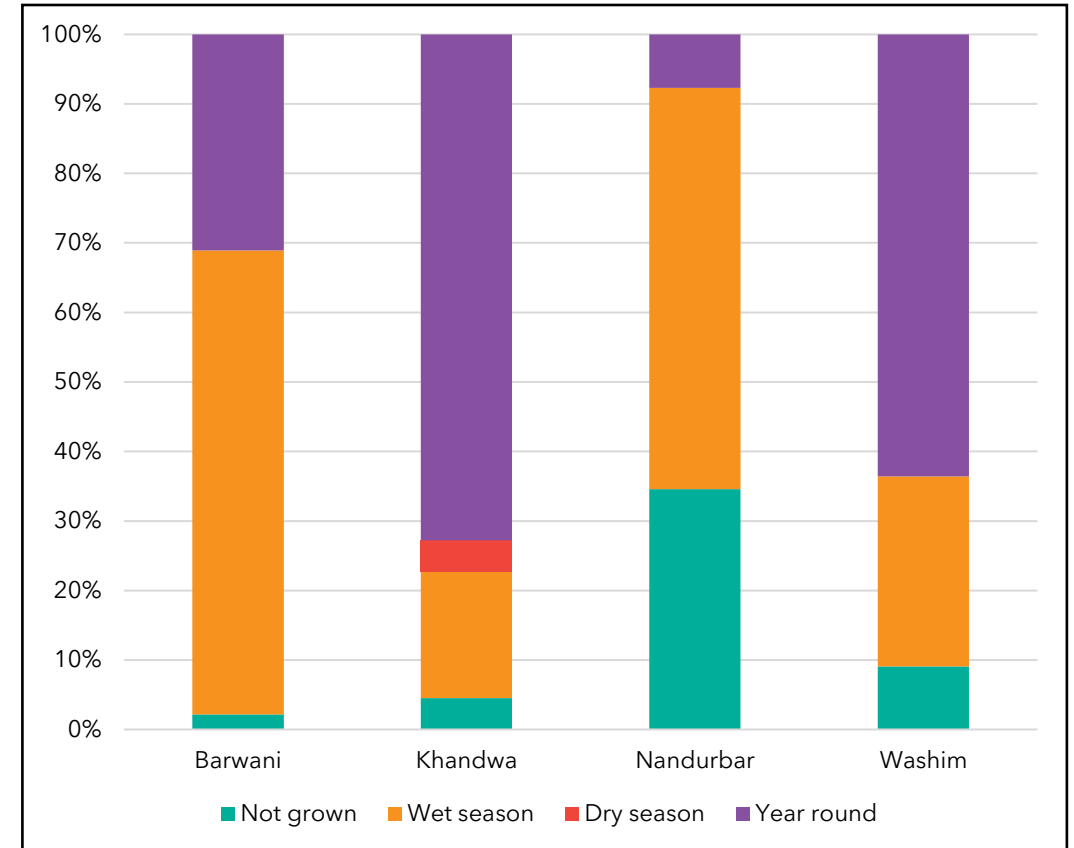
Seasonal vegetable production

Policy Implication

- Reinforcing messages on appropriate complimentary feeding

- Develop social behaviour change messages on food production, for a diversified diet.

- Further studies on positive deviance, quantitative impact assessment and qualitative studies on social and behavioural change determining beliefs and practices of the communities are required to learn more on this topic.

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Thanks for your attention!

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