RESEARCH PROGRAM ON Agriculture for Nutrition and Health

CGIAR

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Food system transformation using diet quality as an entry point: lessons for work on food environments

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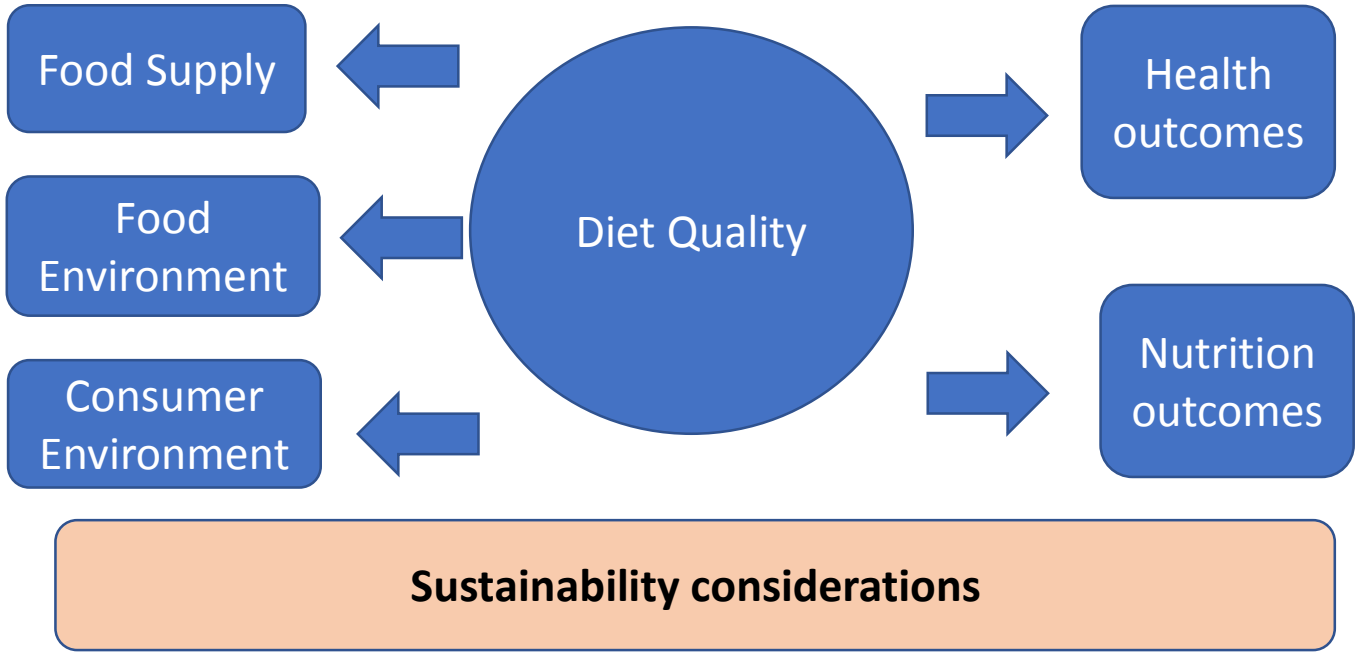
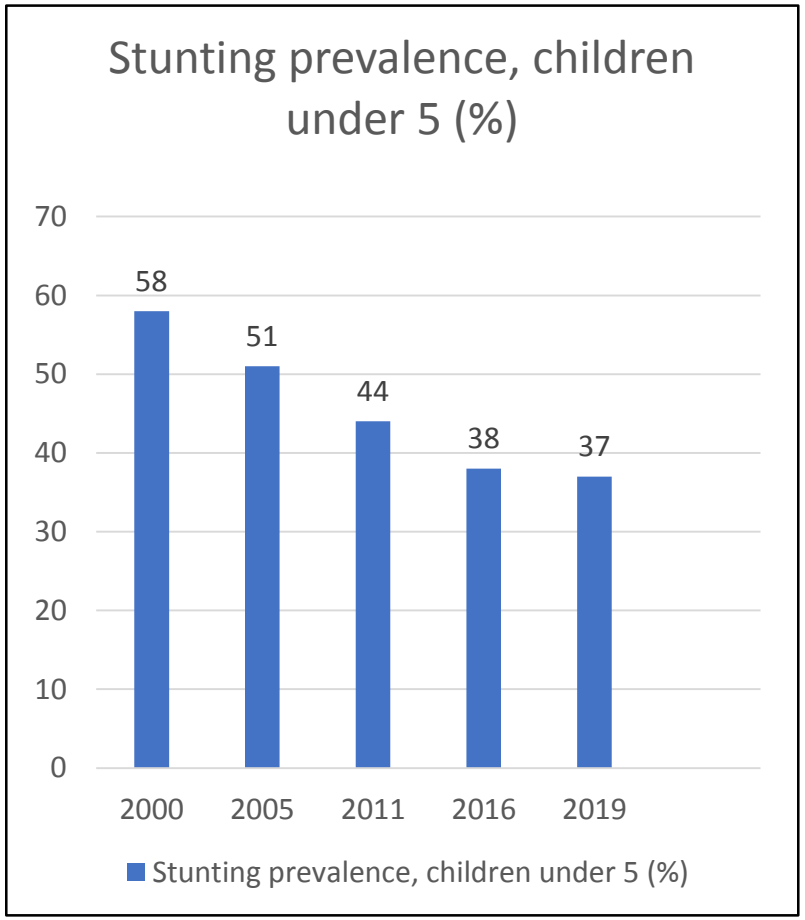
Introduction: key messages

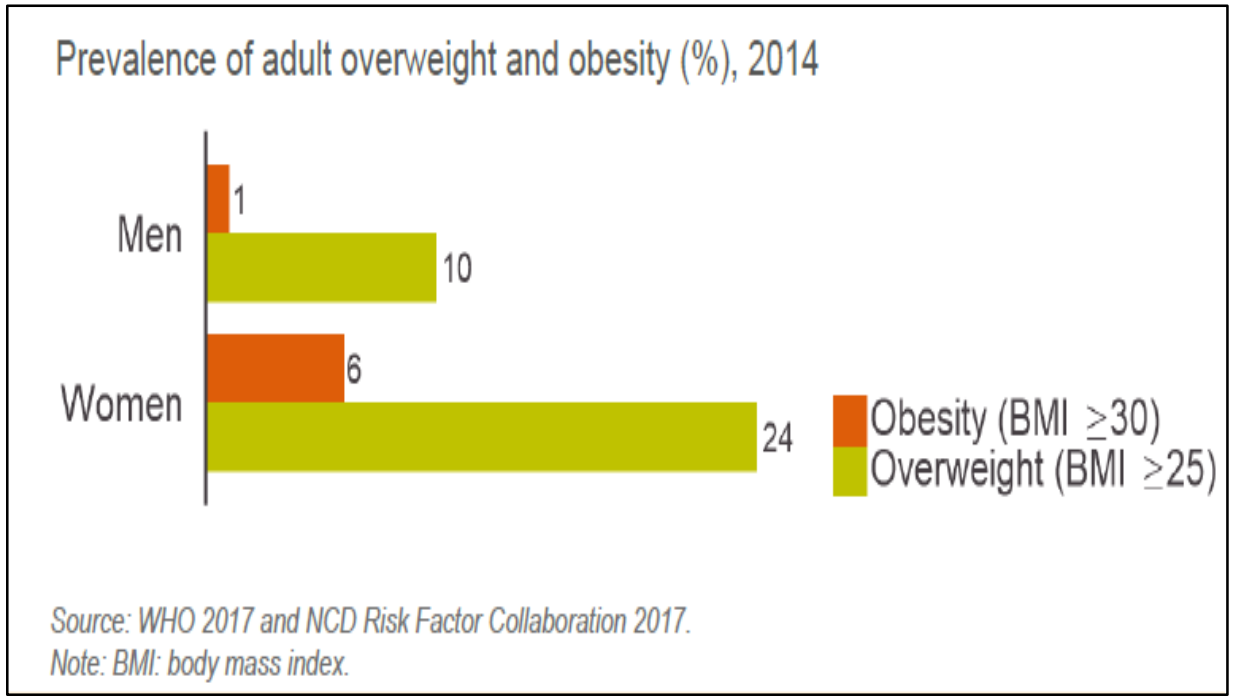
1. Share Ethiopia experience on developing FBDGs using diet quality to identify entry points for food system transformation
2. Lessons for changes needed on food environments to support better diet quality
3. Diet quality needs should be both and input and outcome of food system transformation



There are multiple burdens of malnutrition in Ethiopia that the food system must address



Adapted from EDHS, 2016 & 2019

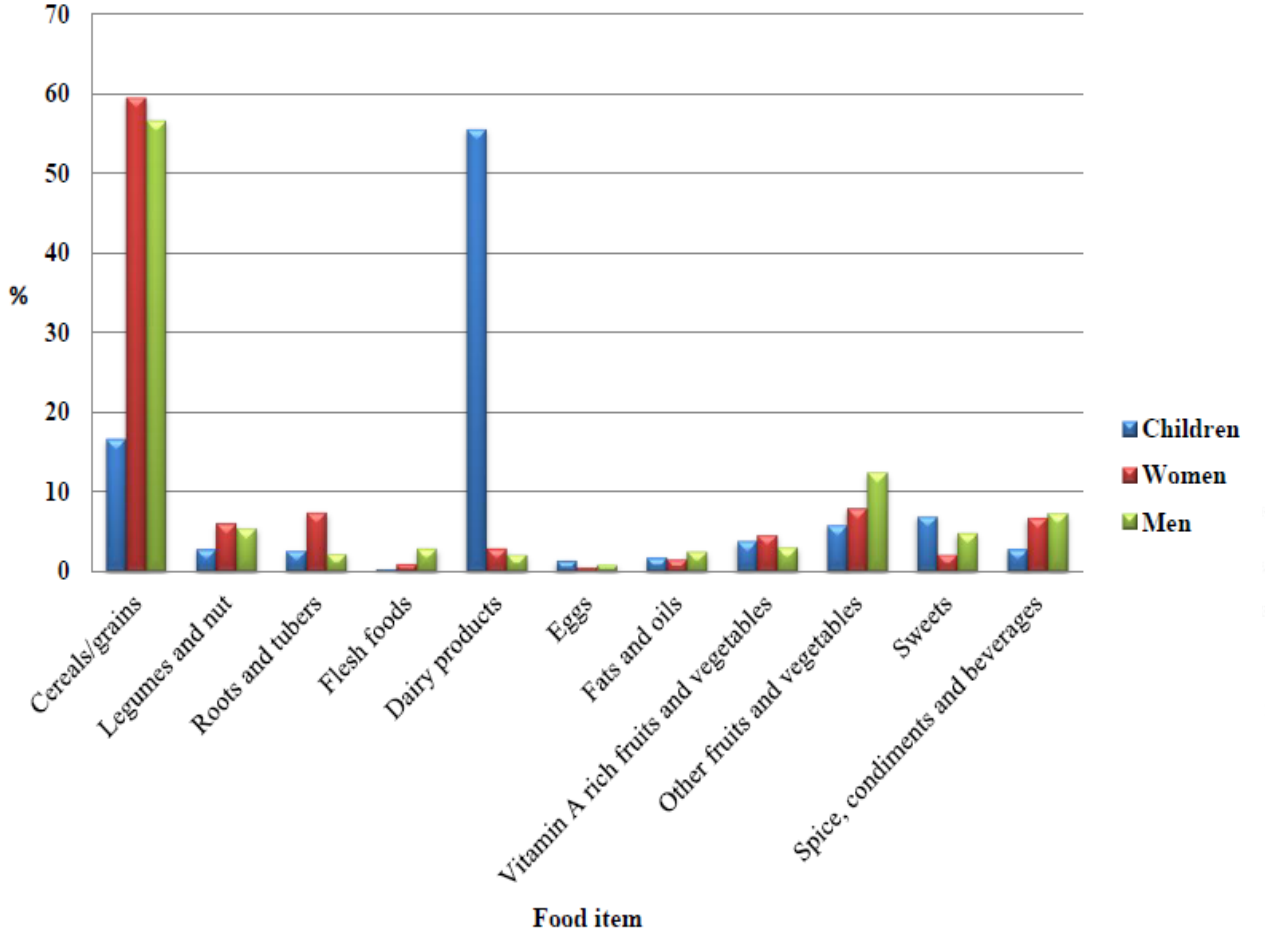


Micronutrient deficiencies highly prevalent
Vit A, zinc, folate, B12, iodine

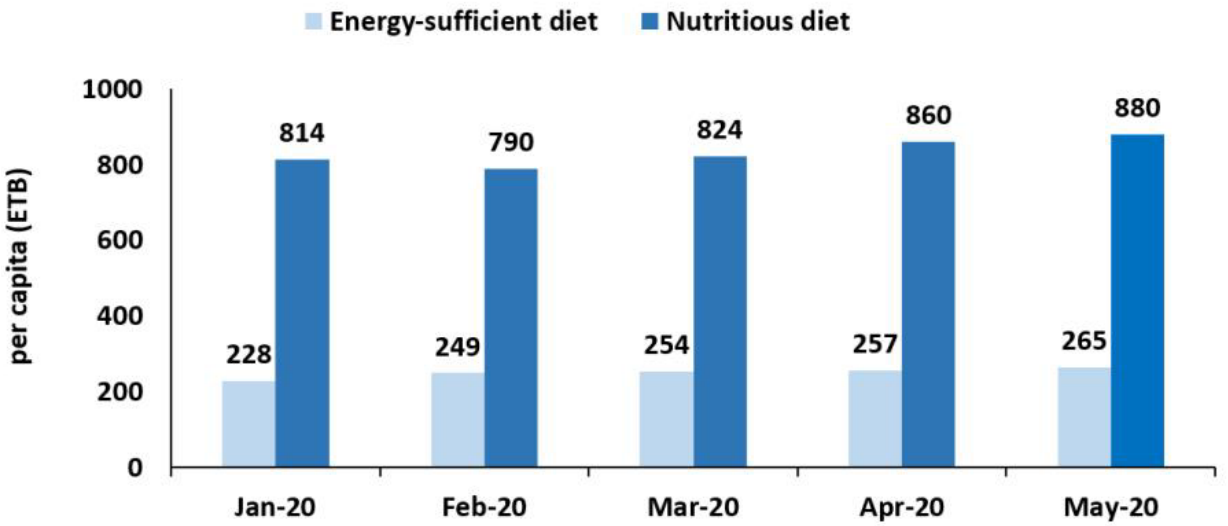
EPHI. 2016. National Micronutrient Survey Report

Diet quality is poor

The only National Food consumption survey available (2011) reflects poor diet quality. Small studies since paint a similar picture



In 2020, the cost of a nutritious diet continues to limit accessibility for many. Not much fluctuation in relation to the COVID-19 Progression but this may change.

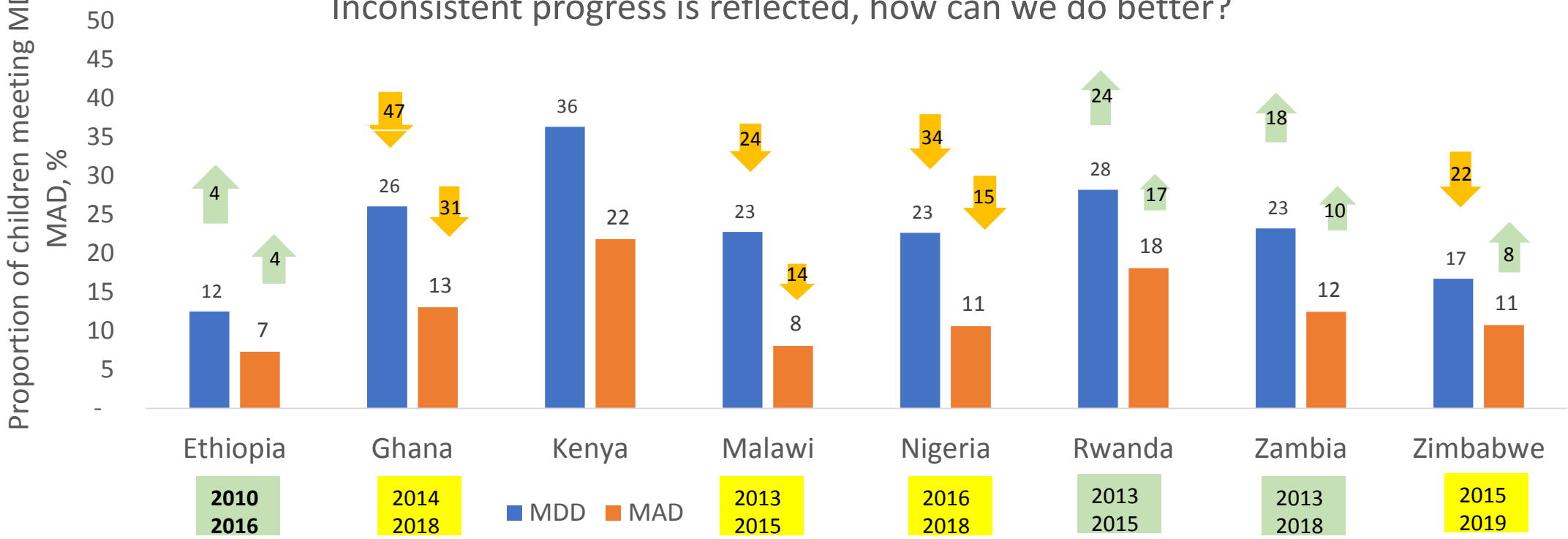


EPHI & WFP, 2020

Diet quality is poor reflected by low proportion of children 6-23 months meeting MDD and MAD based on DHS reports

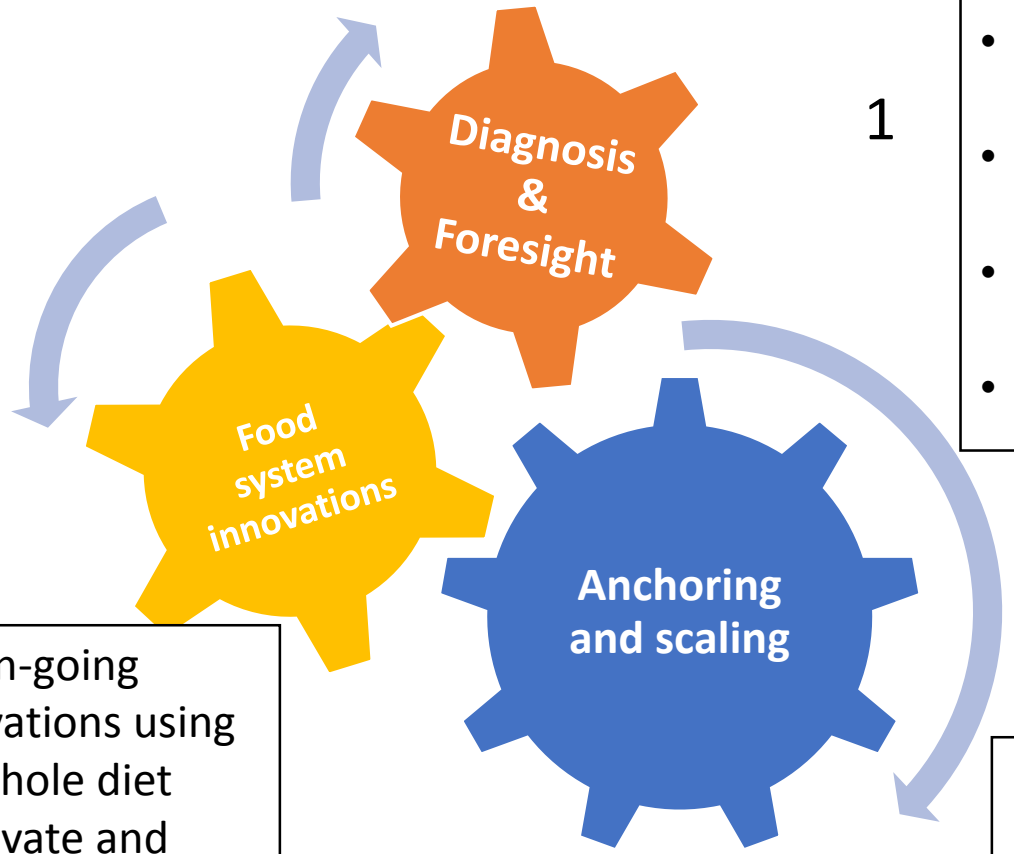
Arrows show the previous reported proportion and direction of change

Inconsistent progress is reflected, how can we do better?



United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2020). Global UNICEF Global Databases: Infant and Young Child Feeding: Minimum diet diversity (MDD), Minimum acceptable diet (MAD), Minimum meal frequency, New York, July 2020.

Lessons on informing food system transformation: Ethiopia



1

- Understand trends in diet transition and quality across settings and population groups
- Need to develop Food-based dietary guidelines for diverse settings
- Enhancing understanding of consumer behavior
- Understand the interactions between diet and food system changes
- Predict changes and implications

2

- Assess and support on-going interventions & innovations using a food systems and whole diet approach –Role of private and public sector
- Tradeoffs and synergies
- Design and test implementation models that foster food system innovations that sustainably enhance diet quality

3

- Develop capacity for food systems approaches
- Identify entry points for transitions to scale
- Engage multi-stakeholder platforms

Factors in the urban food environments influences choices by adolescents from two schools in Ethiopia

Main objective: to identify influencing factors of adolescents' dietary choices in urban Ethiopia

A first study using Photovoice has been published here. A research brief has been developed and is being translated in Amharic for wider dissemination.

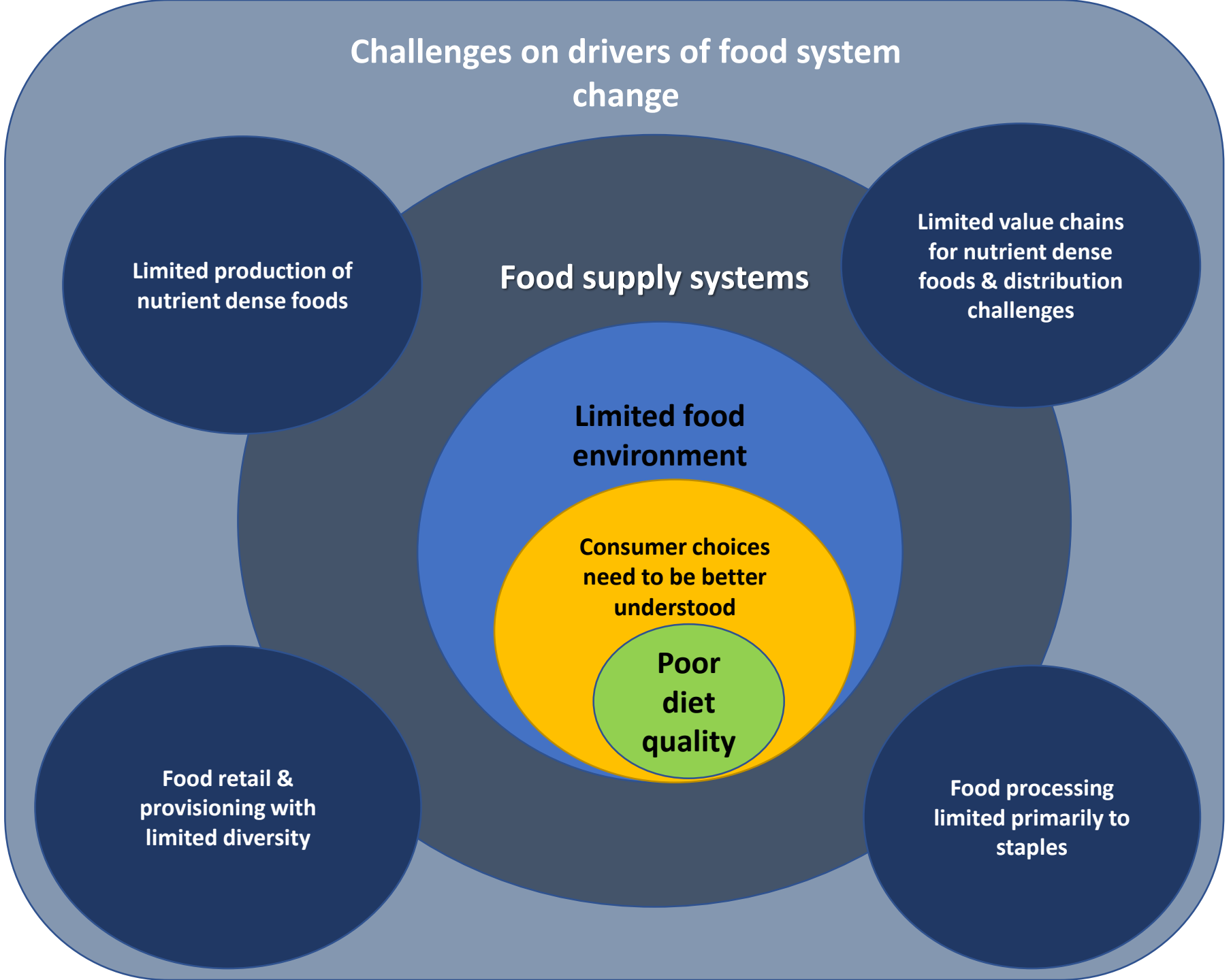
Main findings of the study:

- Participants had good knowledge on food safety and hygiene, which did not translate into healthy food purchasing habits.
- Unhealthy and unsafe foods appeared to be more available and/or cheap in their neighborhoods.
- Healthy foods were considered more expensive and associated with closed shops as opposed to open markets.

Key lessons from food systems perspective: Concerns for food safety and hygiene and perceptions of affordability seem to be the dominating factor for adolescents' food choices.

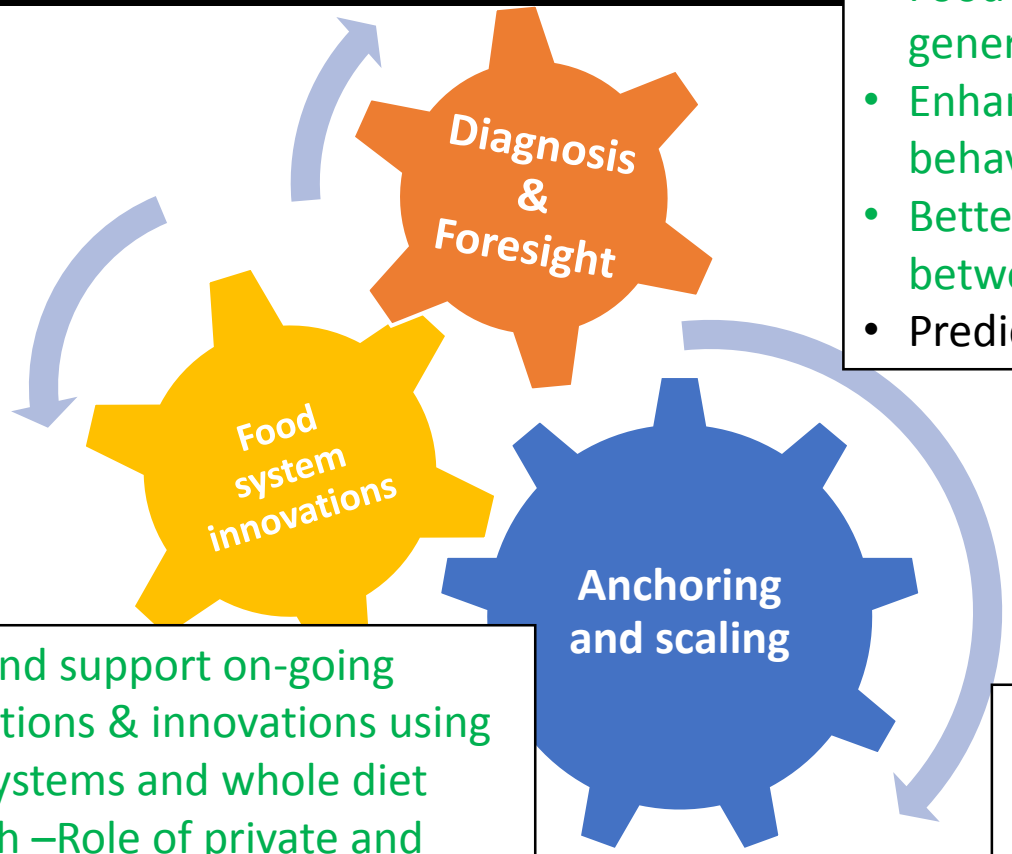
We should work backwards from diet quality challenges to identify entry points for the needed food system transformations

Including for the food environment



The themes highlighted in green are those that have or are being addressed

- Trends in diet transition and quality across settings and population groups
- Food-based dietary guidelines for general population almost complete
- Enhancing understanding of consumer behavior
- Better understanding of interactions between diet and food system changes
- Predict changes and implications

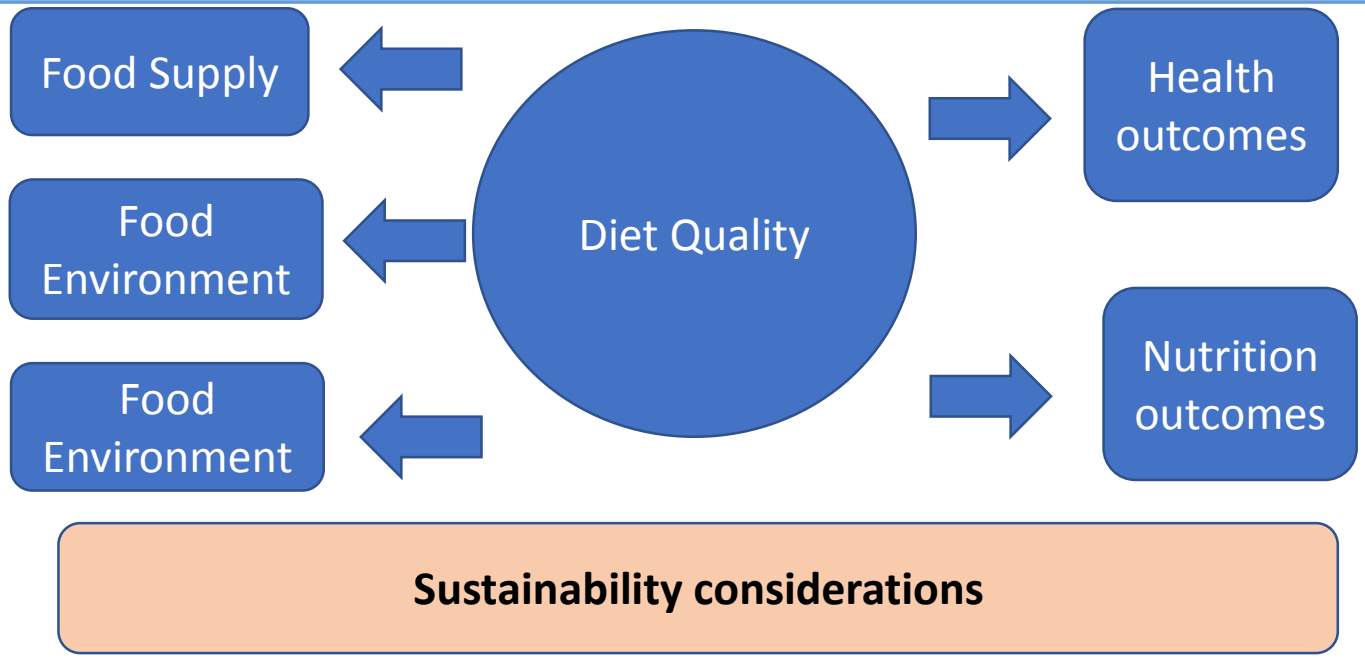


- Assess and support on-going interventions & innovations using a food systems and whole diet approach –Role of private and public sector
- Tradeoffs and synergies
- Design and test implementation models that foster food system innovations that sustainably enhance diet quality

- Enhanced capacity for food systems approaches and research
- Identified entry points for transitions to scale
- Engaging multi-stakeholder platforms

Key messages

1. We are using diet quality through the process of developing FBDGs to identify entry points for food system transformation
2. It has been possible to identify challenges in the food environments e.g. study with adolescents to support better diet quality
3. Diet quality needs should be both and input and outcome of food system transformation this could help address trade offs.



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