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Subject: Minimum Dietary Diversity for Women (MDD-W) and Unhealthy Diets  
Posted by [DataDENT](#) on Fri, 01 Mar 2019 19:20:15 GMT

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Women of reproductive age (WRA) are nutritionally vulnerable due to pregnancy, lactation, and cultural practices. For WRA, information is needed on the diversity of the diet, which is associated with micronutrient adequacy in resource poor settings, and the extent to which unhealthy food groups are consumed by WRA. We propose three indicators to capture dietary diversity of WRA.

1. Minimum dietary diversity for women (MDD-W)

Definition: Proportion of women 15-49 years of age who consumed at least five out of ten defined food groups the previous day or night.

2. Percent of women of reproductive age who consumed sugar-sweetened beverages (SSB) in the previous day or night.

Definition: Proportion of women 15-49 years of age who consumed any sugar-sweetened beverages the previous day or night.

3. Percent of women of reproductive age who consumed "junk food" in the previous day or night.

Definition: Proportion of women 15-49 years of age who consumed any savory or fried snacks, or any sweets during the previous day or night.

Attached to this post is a completed submission form with full justification for the recommendation.

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This recommendation originated in the September 2018 Technical Consultation on Measuring Nutrition in Population-Based Household Surveys and Associated Facility Assessments a 2-day working meeting convened by the Bill & Melinda Gates Foundation and United States Agency for International Development in collaboration with the World Health Organization (WHO) and United Nations Children's Fund (UNICEF), and coordinated by Data for Decisions to Expand Nutrition Transformation (DataDENT). The consultation included more than 60 technical experts, survey program representatives from DHS, MICS, LSMS and SMART, country data stakeholders, and donors from the nutrition measurement community.

This recommendation was authored by Megan Deitchler (FHI360/Intake Center for Dietary Assessment) and reviewed by Mary Arimond (Intake Center for Dietary Assessment), Terri Ballard (Independent Consultant), Anna Herforth (Independent Consultant/Ag2Nut Community of Practice lead), Alissa Pries (Helen Keller International (HKI)), Estefania Custodio (European Commission (EC)), Alexandra Tung (Food and Agriculture Organization of the United Nations (FAO)), Yves Martin Prevel (Institute of Research for Development), and Francois Kayitakire (EC).

This recommendation is endorsed by the WHO-UNICEF Technical Expert Advisory Group on Nutrition Monitoring (TEAM). Out of the 10 sets of recommendations endorsed by TEAM, this recommendation was prioritized as Tier 2 of 3 (high priority data need).

This recommendation is also endorsed by the EC, FAO, Countdown to 2030, Alive & Thrive, Global Alliance for Improved Nutrition (GAIN), the nutrition team at the Bill & Melinda Gates

Foundation, and the Department of International Health at the Johns Hopkins Bloomberg School of Public Health.

## File Attachments

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1) [8. MDD-W\\_25 Feb.docx](#), downloaded 1287 times

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