
Subject: Re: Minimum Dietary Diversity for Women (MDD-W) and Unhealthy Diets
Posted by [Olutayo](#) on Thu, 14 Mar 2019 21:31:44 GMT

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Nigeria, like many other low and middle income countries, has a high burden of malnutrition. The DHS is considered the authoritative source for the prevalence of nutrition outcomes as well as many nutrition determinants. However, nutrition determinants data focus on disease, care for women and children, access to sanitary environments and health services. The DHS has included limited information about food-based nutrition determinants. This has been a huge gap since all of food, care and health must be addressed to improve nutrition. If we do not have a full picture of where the problem lies, we cannot provide adequate solutions. Recognizing this, relevant government ministries, FAO and other nutrition stakeholders in Nigeria successfully advocated for the inclusion of MDD-W in the Nigeria DHS-7. The purposes of including MDD-W in Nigeria included:

1. Obtain indication of micronutrient adequacy of women's diet in Nigeria for
 - Prioritizing scale-up and targeting of existing and new nutrition interventions
 - Improving design and implementation of micronutrient deficiency control programmes
2. Provide periodic information about food-based nutrition indicators for
 - Monitoring changes in nutrition determinants
 - Assessing impact of nutrition-sensitive actions

It would be quite useful indeed if MDD-W becomes a core nutrition indicator in DHS so that the data is available for all subsequent survey years and other countries. I therefore endorse the recommendation to include this indicator
