



IYCN USAID's Infant
& Young Child
Nutrition Project

The Dietary Diversity of Mothers

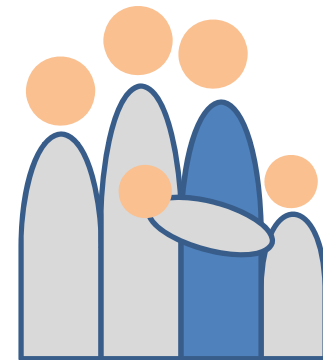
Implications for maternal health and children's diets
in the context of food security

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Photo: Aurelio Ayala III

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Household Food Access



Family or household dietary adequacy (no validated measure)

Dietary Diversity of an index member

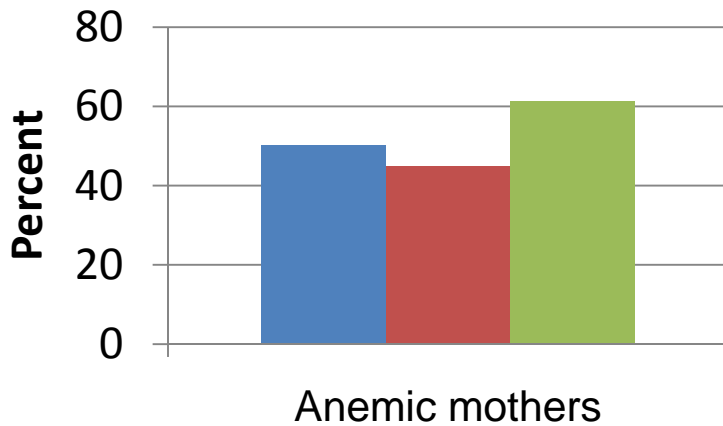
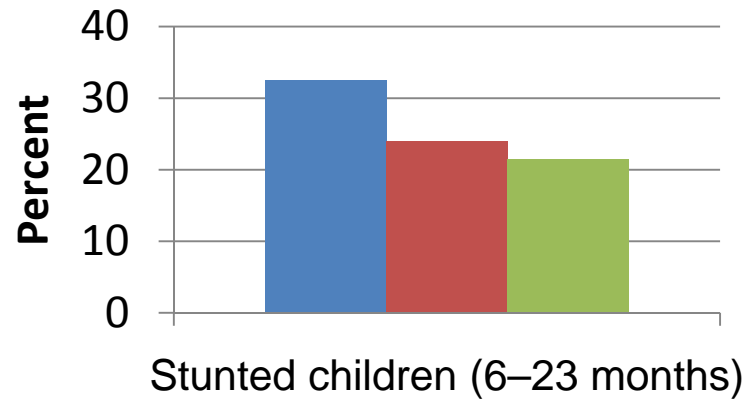
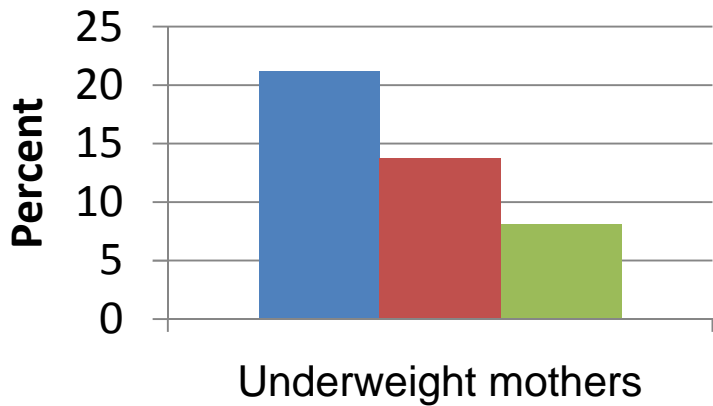


But recently has been linked to...

Study Design

DHS data	Ghana (2008)	Haiti (2005/2006)	Cambodia (2005)
Households	12,323	10,254	15,048
Women age 15–49 years	4,916 (1/2 of women)	10,757	16,823
24-hour diet recall (food groups) on mother and infants	Yes	Yes	Yes
Mother/child pairs (children 6–23 months)	857	1,691	2,329

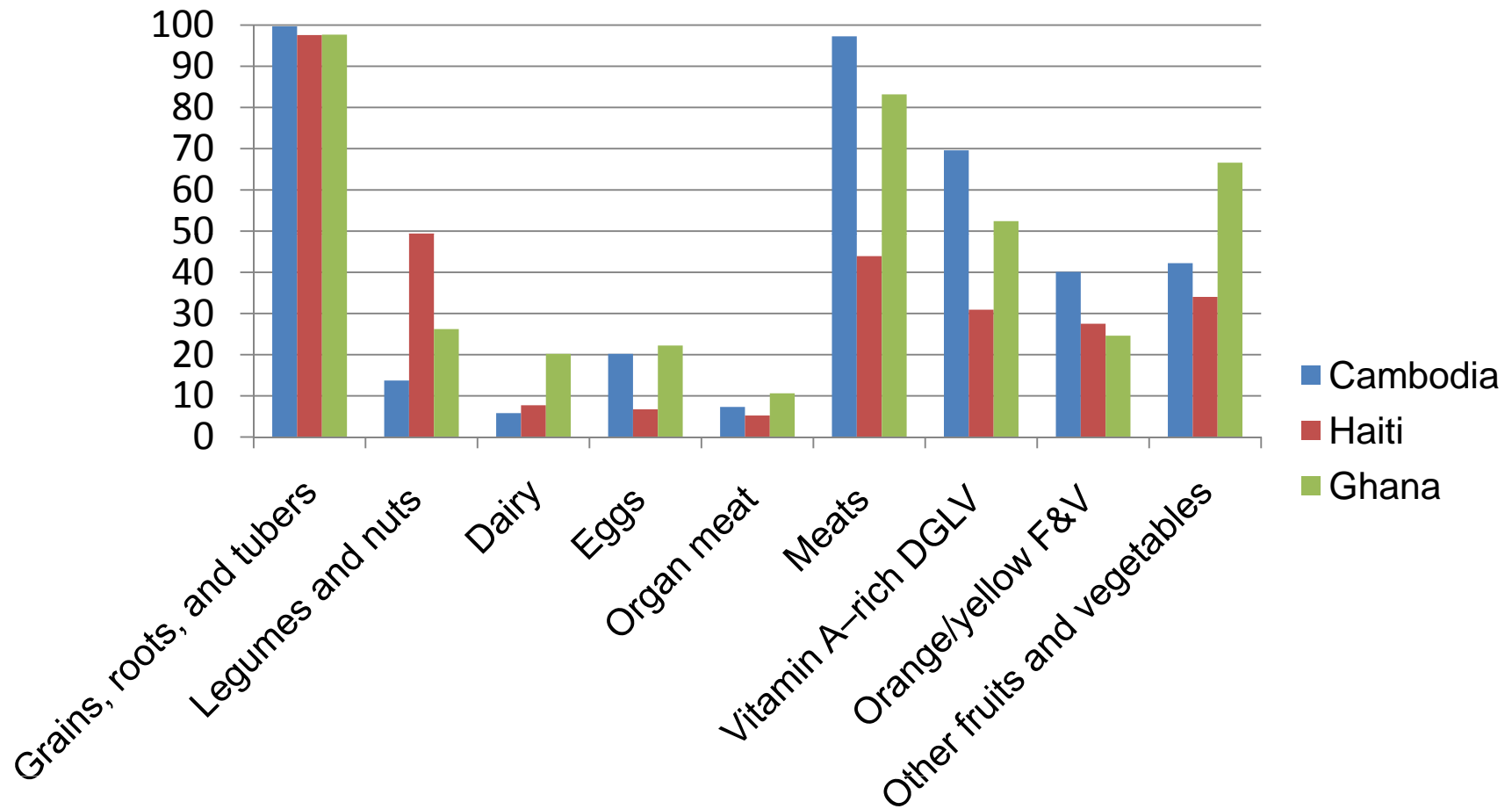
Maternal Nutritional Status



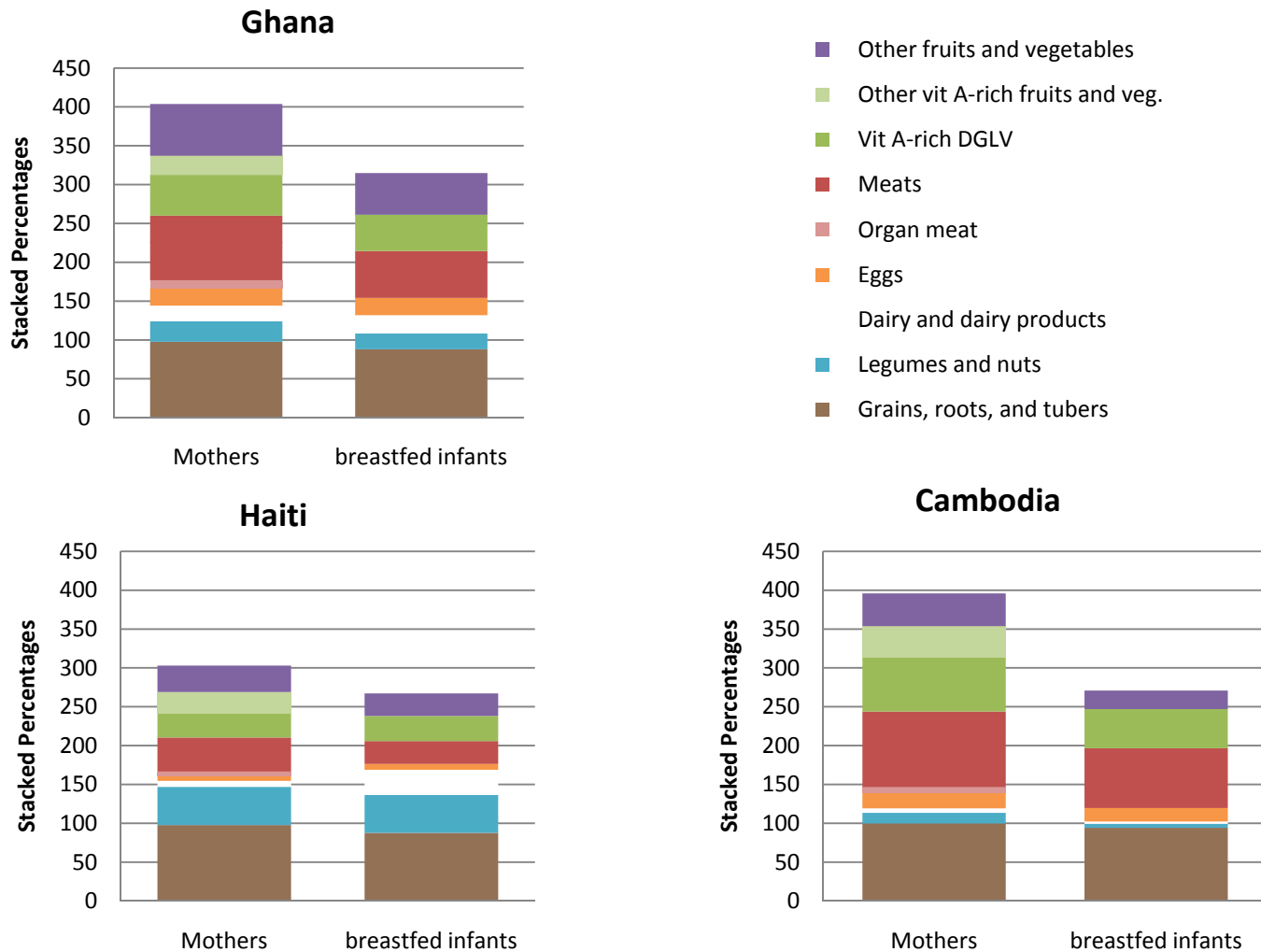
Dietary Diversity Food Groups

Maternal Dietary Diversity Indicator (9 categories)	Child Dietary Diversity Indicator (7 categories)
Grains, roots, and tubers (starchy staples)	Grains, roots, and tubers
Legumes and nuts	Legumes and nuts
Dairy products (milk, yoghurt, and cheese)	Dairy products
Eggs	Eggs
Meats (animal flesh, fish, and poultry)	Meats and organ meats
Organ meats	
Vitamin A–rich dark green leafy vegetables	Vitamin A–rich fruits and vegetables
Vitamin A–rich (orange or yellow) fruits and vegetables	
Other fruits and vegetables	Other fruits and vegetables

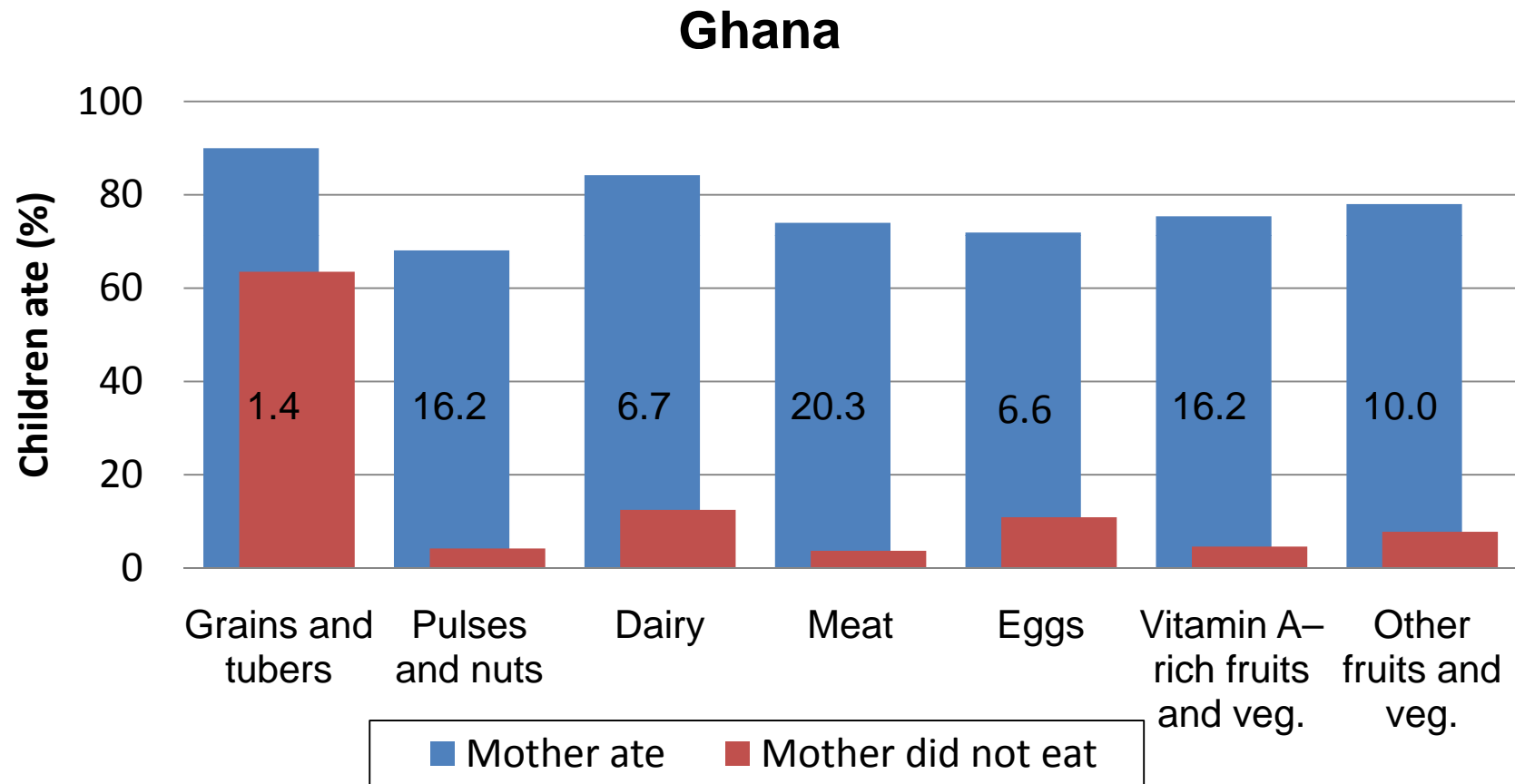
Percent of Mothers Consuming Nine Individual Food Groups



Breastfed Children's Diets Resemble their Mothers' Diets

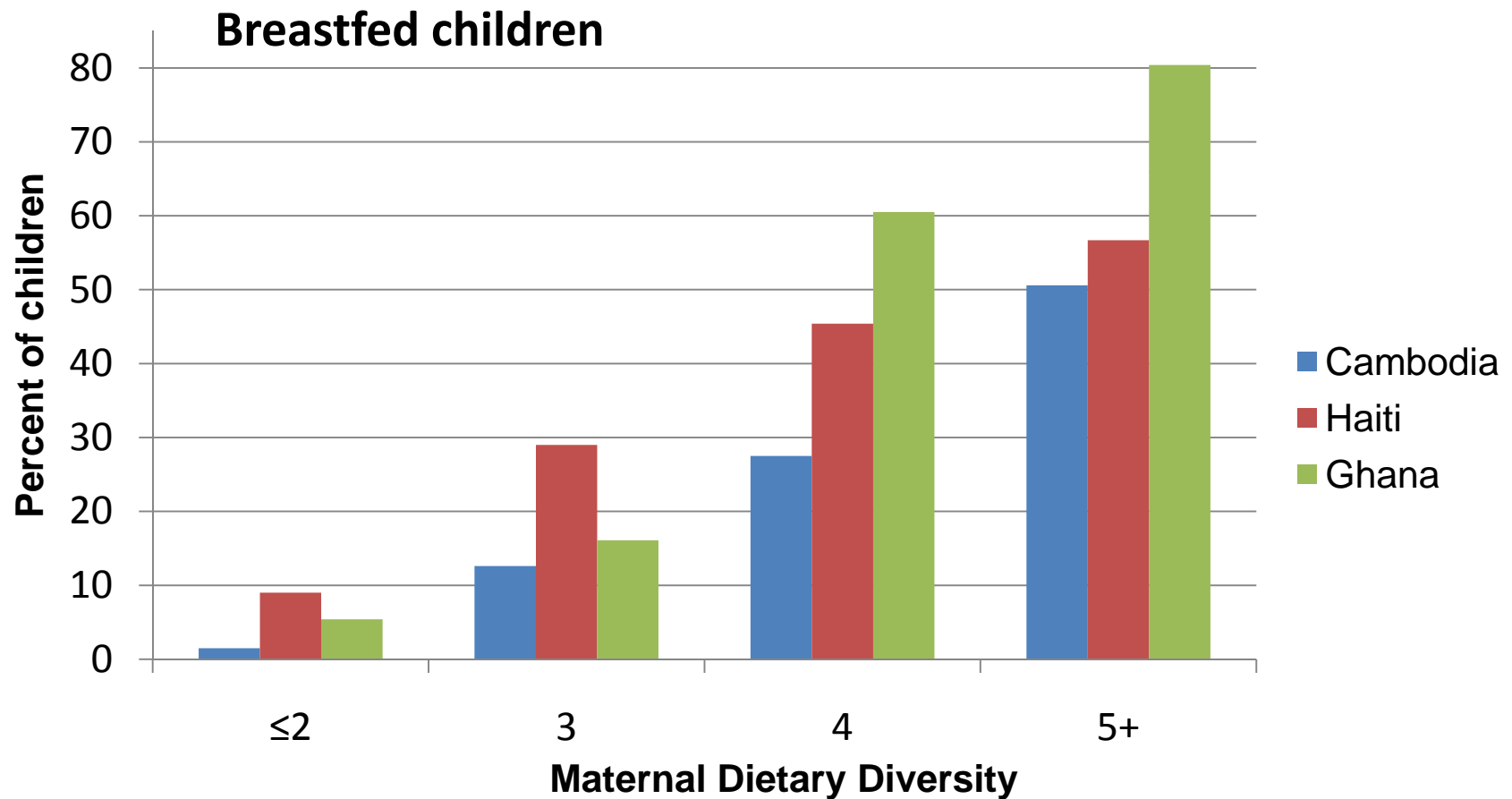


Breastfed Children's Diets *Within* Mothers' Diets

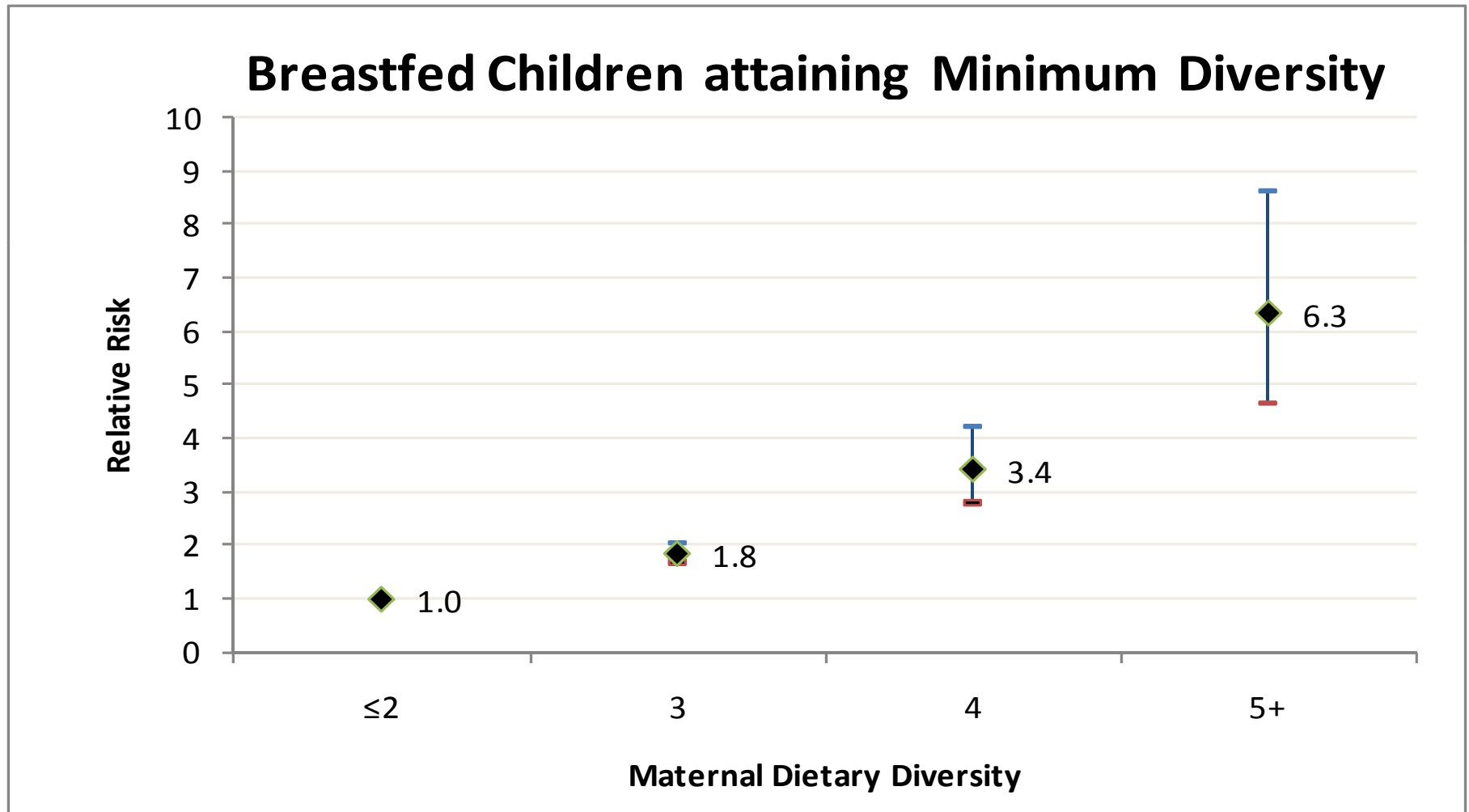


Numbers are risk ratios for children eating each food group based on whether their mothers ate it

The Percent of Children with Minimum Diversity Increases Rapidly with Maternal Diversity



Mothers with Higher Diversity have Children with Higher Diversity* (Ghana)



*Estimates adjusted for children's age and gender

Thank You

- Monica Kothari, ICF Macro, DHS
- Martin Wulfe, Independent Consultant
- Aimee Benson, Independent Consultant

