

# Indicators of Affordability of Nutritious Diets in Africa

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*with IANDA team:*

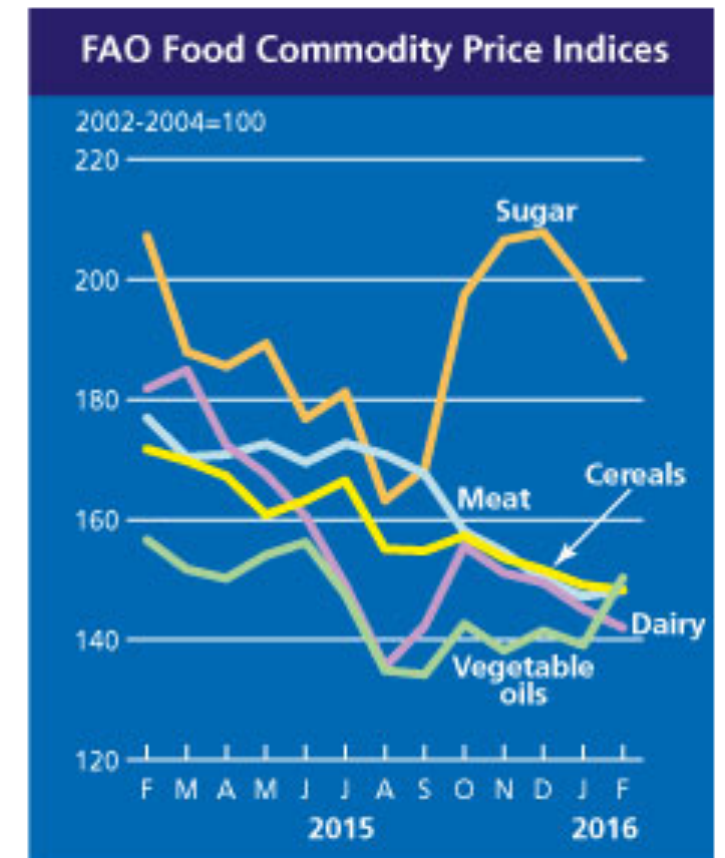
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# Vision

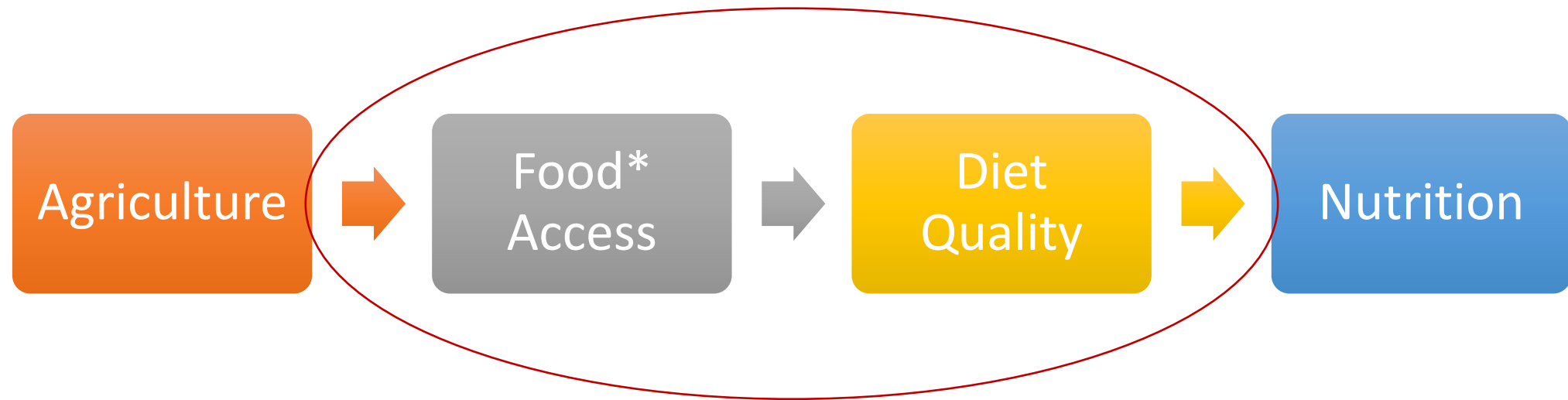
- When we speak of “food” prices, the concept measured should reflect the food people need for active and healthy lives.
- *Food security: All people, at all times, have physical and economic access to sufficient, safe, **nutritious food to meet dietary needs** and food preferences for an active and healthy life. (FAO 1996)*

# “Food Prices”

- Usually reflect either starchy staples, or a basket of foods based on economic importance
- Does not mean the price of foods that human beings need to have adequate nutrition or thrive.



In these key areas, metrics are inadequate



*\*Nutritious food to meet dietary needs*

# Needed: Food prices that reflect nutritious diets

- Agriculture and food systems can make nutritious diets more available and affordable.
  - But, governments and projects have no information system that tracks prices of nutritious foods.
- **IANDA Goal: To use existing food price data systems** better to understand availability and prices of nutritious foods

# Key data sources for IANDA

- Ghana
  - Ministry of Food and Agriculture (MoFA)
  - Ghana Statistical Service
- Tanzania
  - Ministry of Industry, Trade and Innovation (MITI)
  - National Bureau of Statistics
- National government organizations; nationwide operation; mandate to provide public data; adequate diversity in food lists





MoFA enumerator collecting food price data

Visiting markets with Ghana Ministry of Food and Agriculture staff



Photos: Anna Herforth

# Indicators Developed

- Indexes: Track changes in price over time but not absolute cost
  - Nutritious Food Price Index (NPI)
  - Cost of a Diverse Diet (CoDD)
- Absolute cost:
  - Cost of Nutrient Adequacy (CoNA)
  - Cost of a Recommended Diet (CoRD)



# Indicators Developed

- Indexes:
  - Nutritious Food Price Index (NPI)
    - Food Consumer Price Index (CPI) weights foods by actual expenditures
    - NPI uses the same food list but weights foods by nutritional value
  - Cost of a Diverse Diet (CoDD)
    - An index of the cost of meeting the MDD-W indicator (5 out of 10 food groups)
    - Can track price changes and volatility in all 10 MDD-W food groups

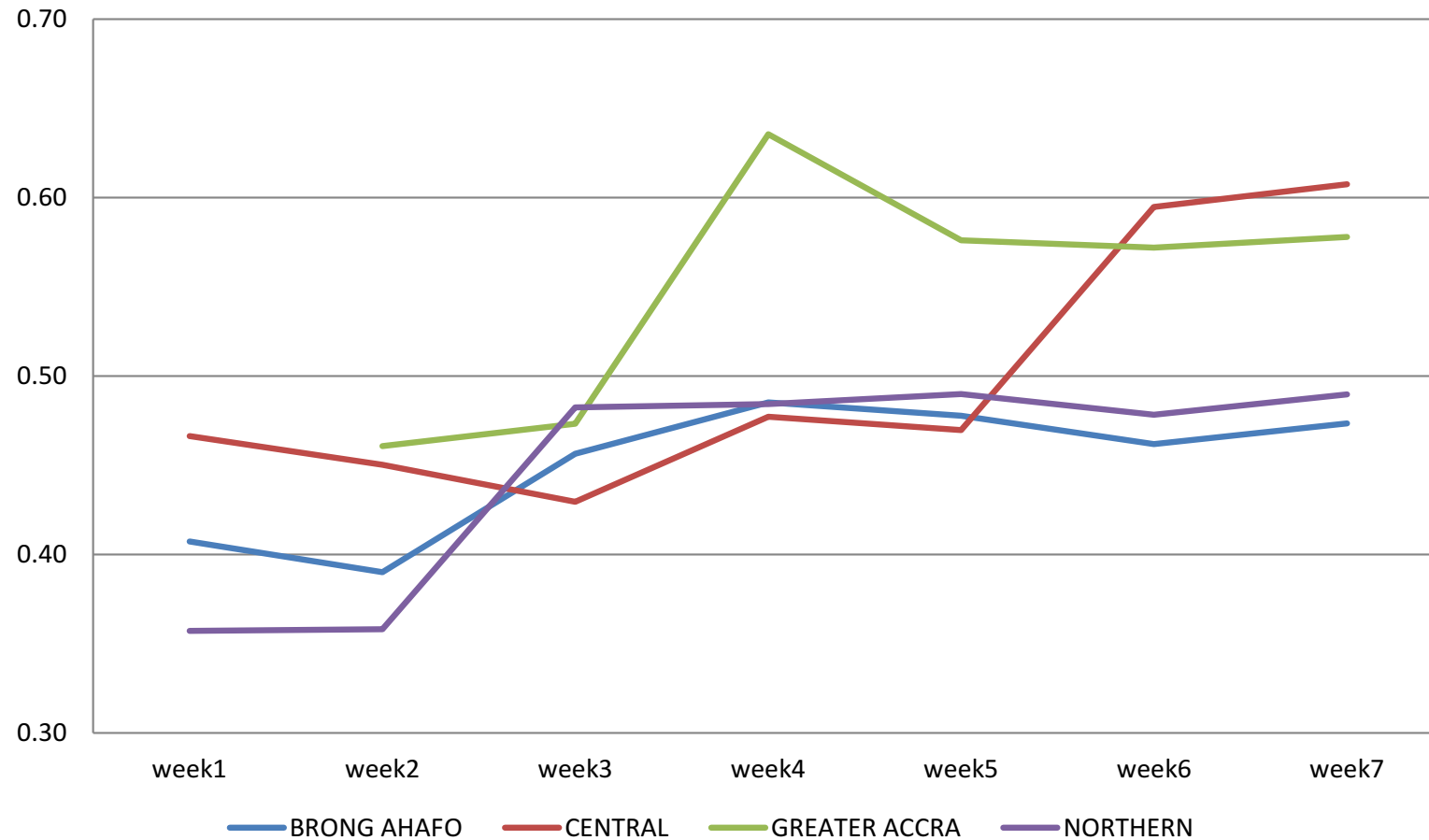


# Indicators Developed

- Indexes:
  - Nutritious Food Price Index (NPI)
  - Cost of a Diverse Diet (CoDD)
- Absolute cost:
  - Cost of Nutrient Adequacy (CoNA)
  - Cost of a Recommended Diet (CoRD)

# CoNA: USD \$0.40-0.60 in Ghana

Minimum Cost of Nutrient Adequacy per 2000kcal per day by Region (USD)

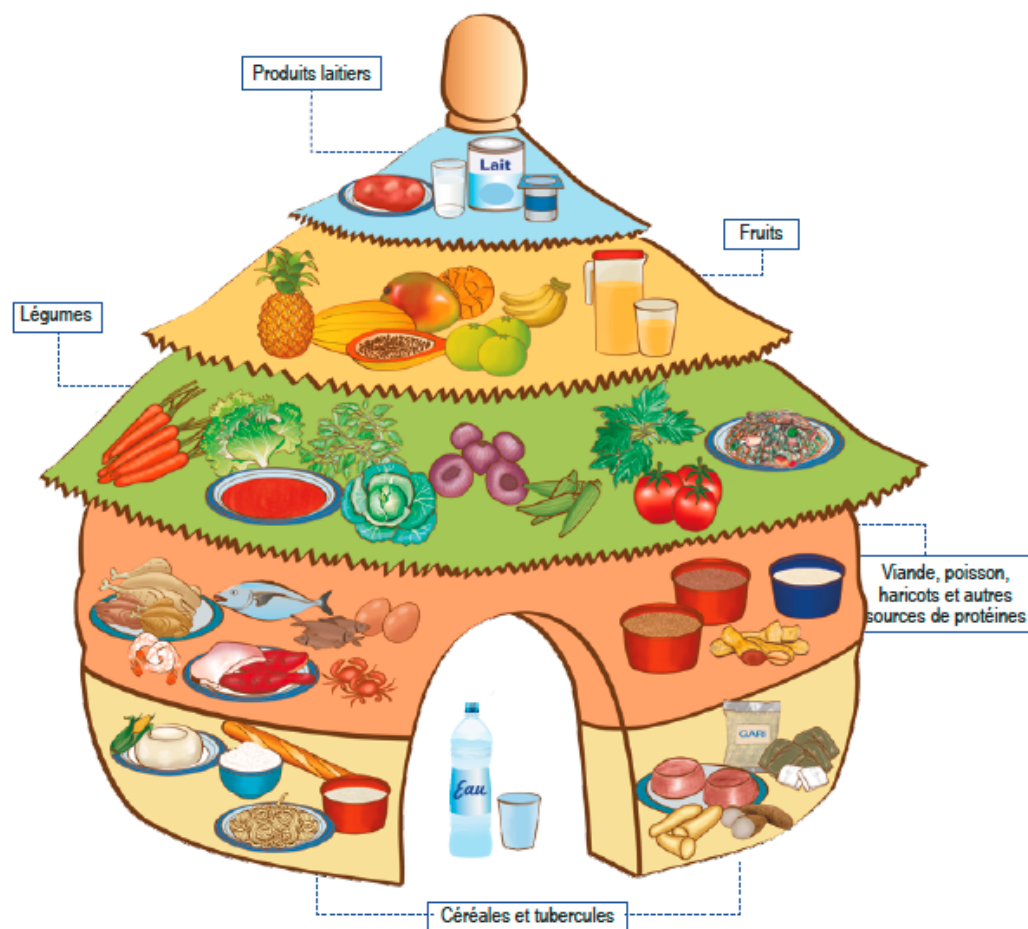


# CoRD: Cost of Recommended Diet

- Total cost of meeting food-based dietary guidelines (FBDGs)
  - designed to provide both nutrient adequacy and prevention of diet-related non-communicable disease within a culturally-acceptable diet



# Guide alimentaire du *Bénin*

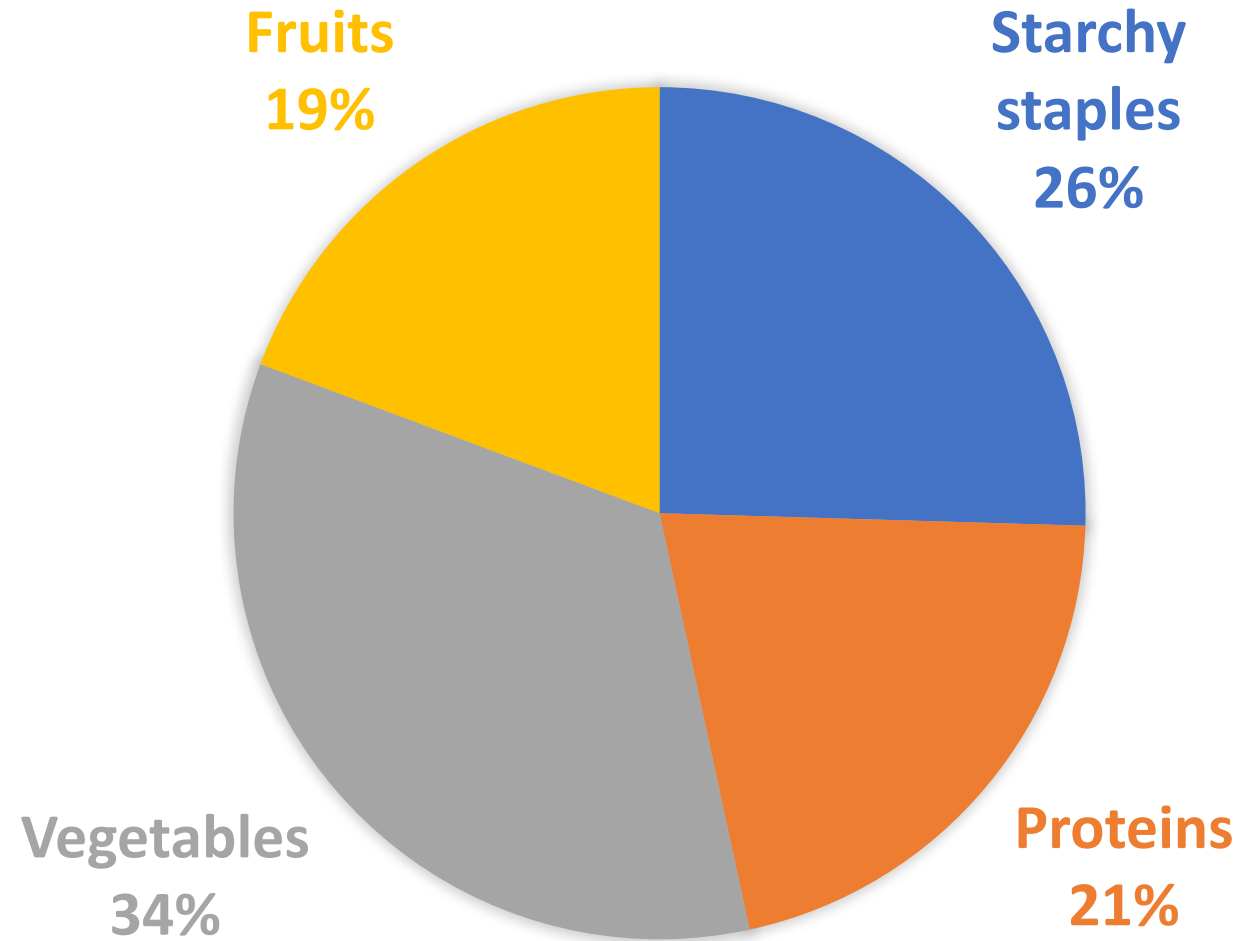


GROUPES D'ALIMENTS ESSENTIELS

<http://poledfn.org>

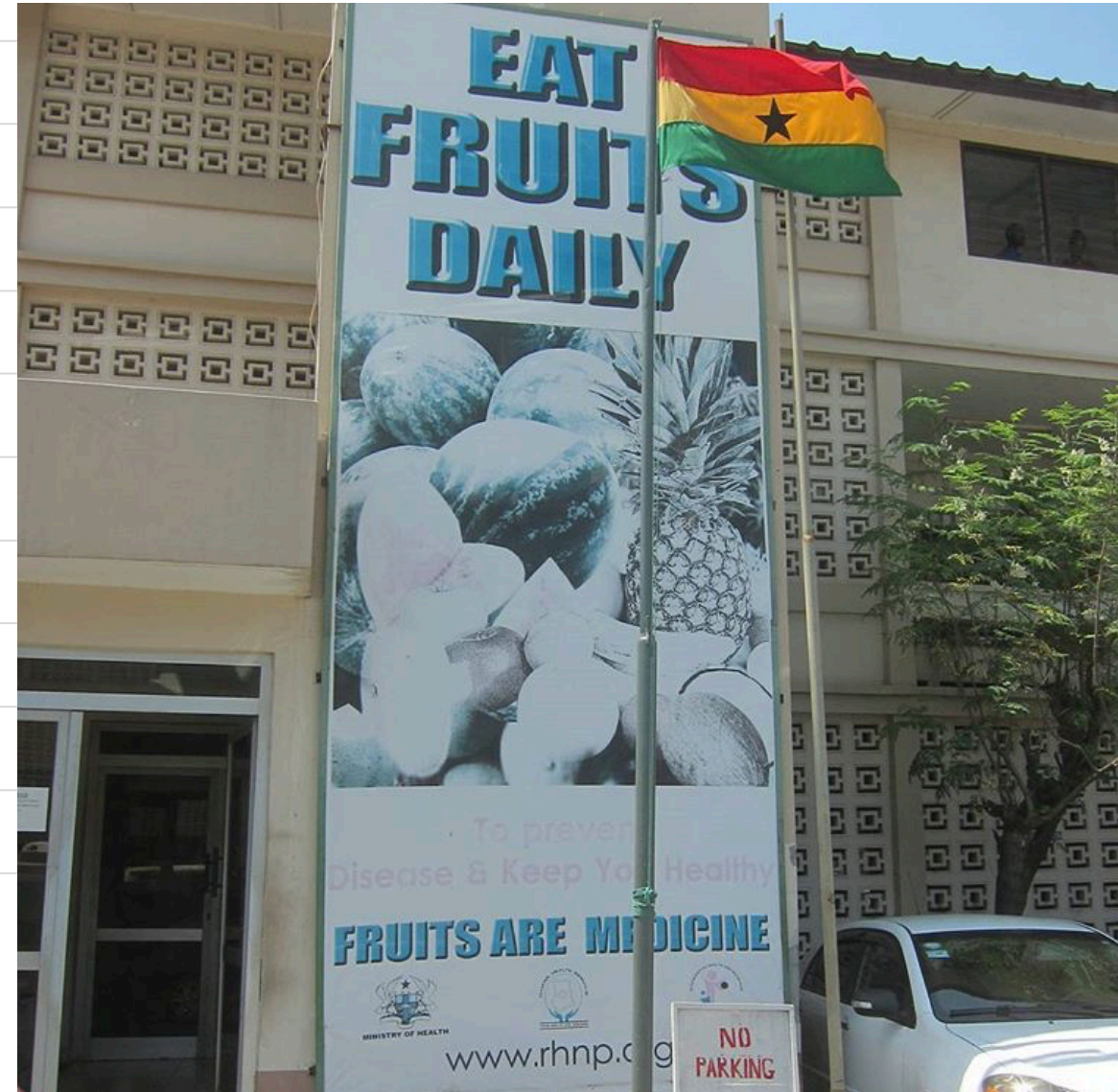
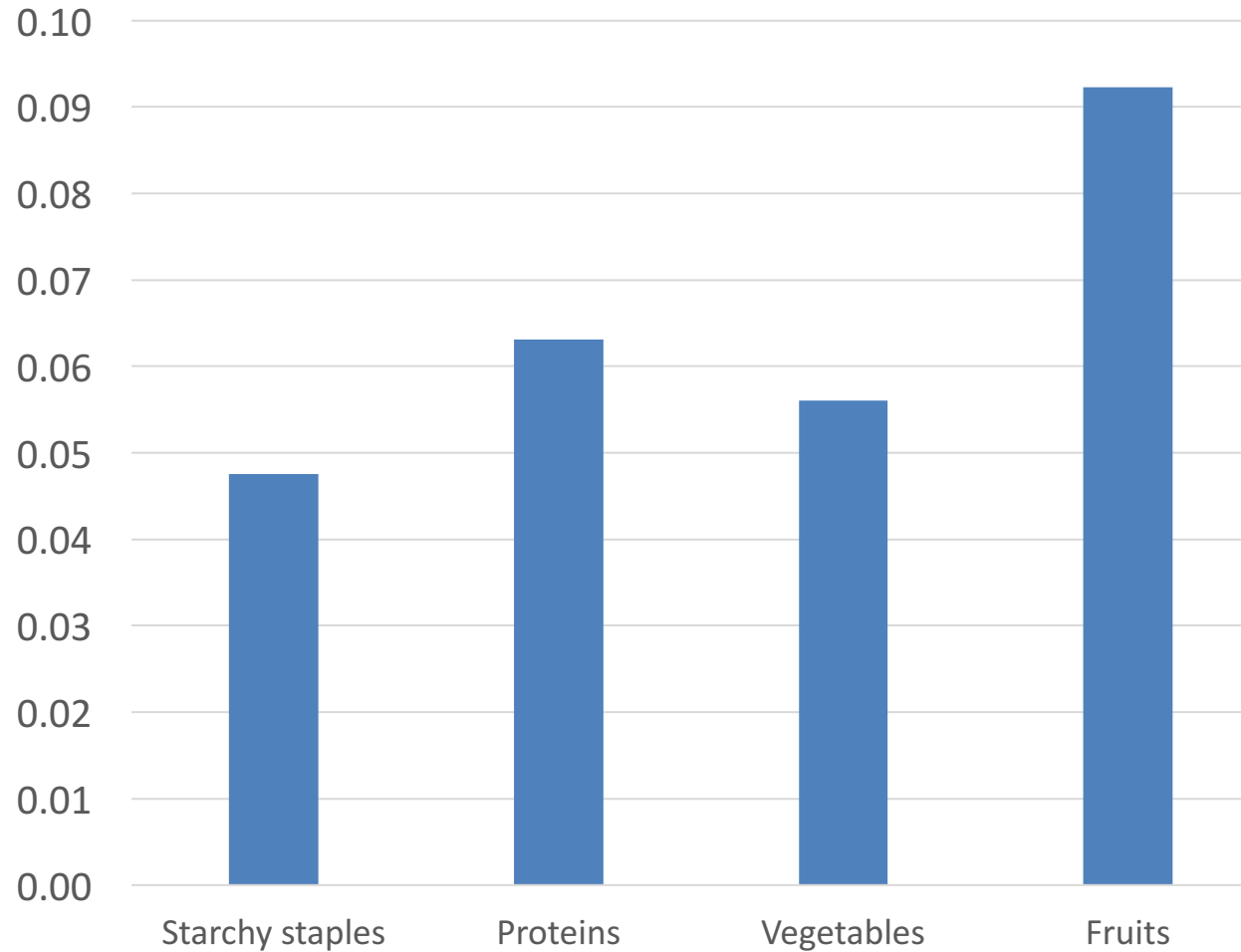
# CoRD: USD \$0.65 (excluding dairy)

## Minimum Cost of a Recommended Diet in Ghana





# Cost per serving: Lowest cost (USD)



# Better Information for decision-making

- These indicators can be used for decision-making toward a more nutritious food system
- Demonstrated in Ghana and Tanzania that existing food price monitoring systems can be used, with very little added cost, to provide better information for nutrition impact