



Agriculture, Nutrition and Health Academy Week

Comparing local food systems for tribal vs. nontribal groups in Southern India: Findings from implementing a Food Environment Analysis to inform nutrition-sensitive programming

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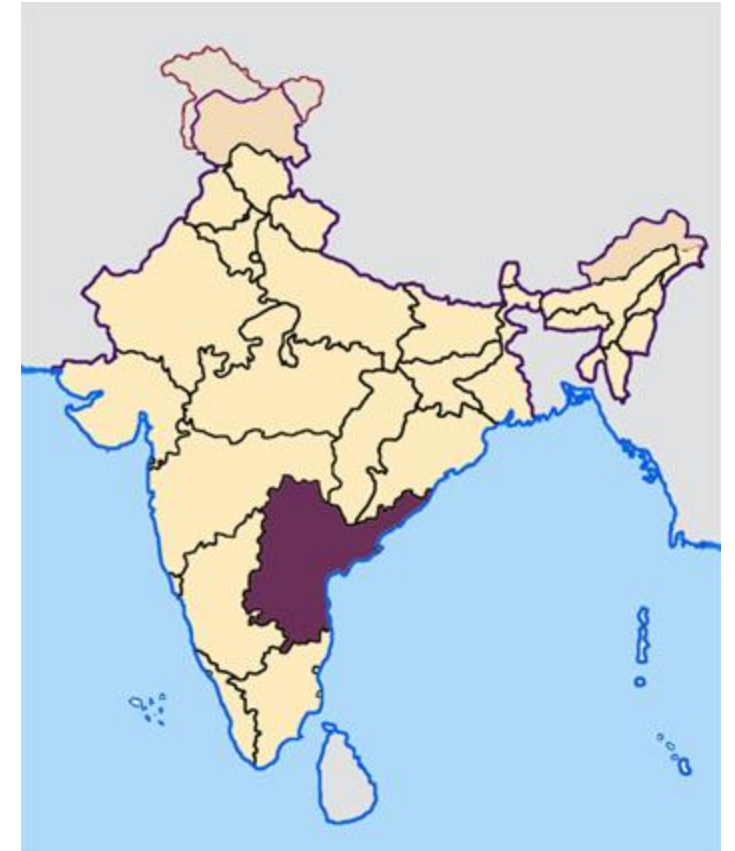
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Purpose: Identify appropriate nutrition-sensitive interventions

- Andhra Pradesh Farmer Market Readiness Program Phase 2 (APFMRP II)
 - Goal: strengthen the sustainability of 13 Farmer Producer Organizations (FPOs) in order to empower more than 15,000 farmers, including more than 8,000 women farmers, to increase their productivity and profitability
 - Nutrition pilot: Improve nutrition knowledge and adoption of nutrition behaviors of member households



Methods: Food Environment Analysis

Research Questions:

- What is the current state of diets? Are households consuming diverse diets?
- How do the food environment domains of interest affect what households want and are able to procure for household consumption?



Availability



Price



Gender and
Social Dynamics



Convenience



Accessibility



Desirability



Affordability

Methods: Food Environment Analysis

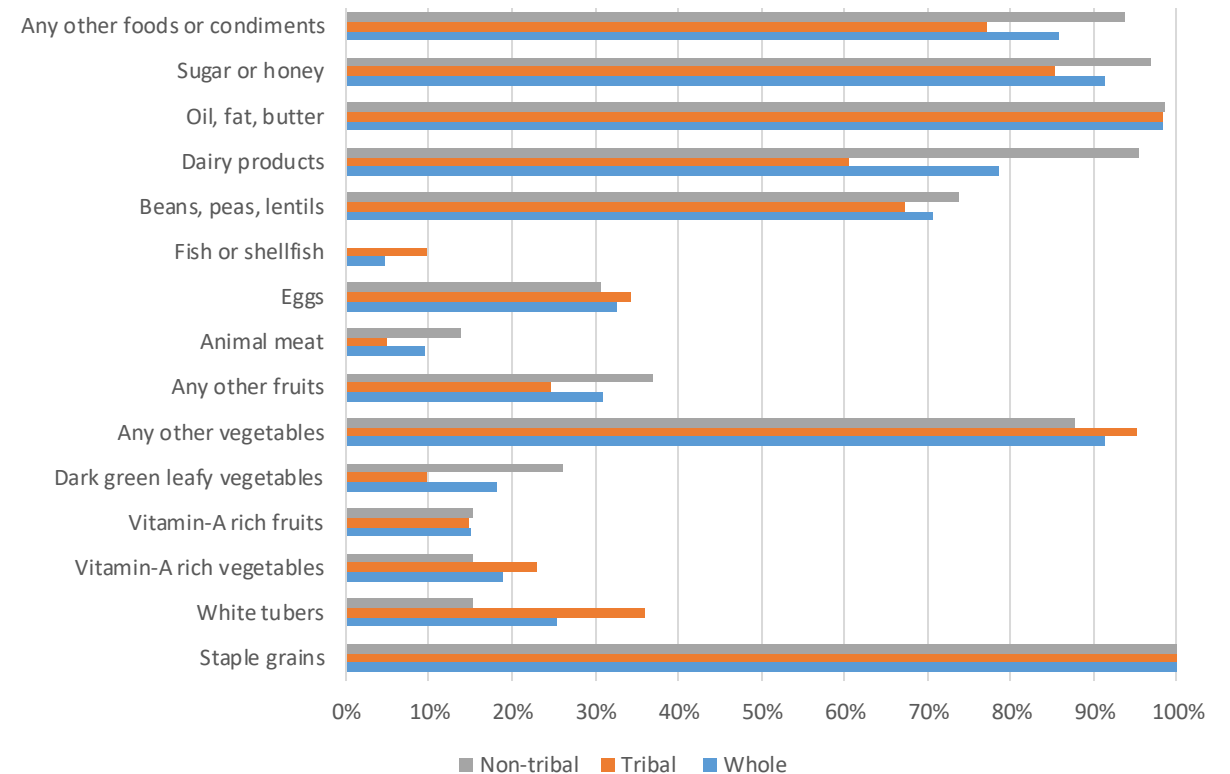
- February-March 2020
- Two regions in Andhra Pradesh: Anantapur (non-tribal), Srikakulam (tribal)
- Three survey tools:
 - Household surveys (n=126)
 - Focus group discussion (n=10)
 - Rapid market surveys (n=4)



Finding: Diets lack in diversity

- The average HDDS was 7.00 for tribal and 7.46 for nontribal respondents.
- A high proportion of households (HHs) consumed staple grains, dairy products, other vegetables, and beans, peas, and lentils in the 24 hours preceding
- Fewer than 50% of HHs consumed fish or shellfish, eggs, meats, dark green leafy vegetables (DGLVs), and vitamin-A rich fruits and vegetables

Figure 1: Consumption of food groups by the household in the 24 hours preceding the survey



Finding: Foods are not equitably allocated in the household

- Female youth (15-29 y/o) were more likely to receive less diverse foods than non-youth women, where 48% of youth said they receive less diverse foods in their household compared to 29% of non-youth women
- Nontribal areas seem to have a greater inequity in distribution of foods between men and women in the household.

Food Allocation between Men and Women

	Do women consume less quantity of foods in your household?		Do women consume less variety of foods in your household?	
	Yes	No	Yes	No
Whole group:	19.05%	80.95%	33.33%	66.67%
Tribal:	13.11%	86.89%	22.95%	77.05%
Nontribal:	24.62%	75.38%	43.08%	56.92%

Finding: Food availability, accessibility, convenience, and desirability were influential domains

- Markets and locally produced foods in both areas provided sufficient variety of food for a minimally nutritious diet
- Tribal villages produced more of their own food and only purchased (milk, eggs, meat, fish, oil, spices, and sometime rice). Nontribal villages purchased all of their food except rice, peanuts, bananas, and some dark green leafy vegetables.
- Nontribal villages had retailers of all major food groups in their villages (5-10 vendors). Tribal villages had zero and travel to purchase foods (54% travel greater than two hours to procure foods).



Finding: Food availability, accessibility, convenience, and desirability were influential domains

- 73% of survey respondents spent an average of two to four hours preparing foods a day
- Women reported significant time and energy burdens from livelihood activities
- Some nutritious foods take too long to prepare, such as dark green leafy vegetables

Average time women spend per day preparing foods

	30-60 min	60-120 min	2 hours	3 hours	4 hours
Whole group:	7.14%	19.84%	51.59%	18.25%	3.17%
Tribal:	9.83%	24.59%	49.18%	14.75%	1.64%
Nontribal:	4.62%	15.38%	53.85%	21.54%	4.62%

Finding: Food availability, accessibility, convenience, and **desirability** were influential domains

- HHs want to consume more meat, fish, eggs, dairy products, vegetables, and prepared foods
- Food price, seasonality, and convenience prevent the consumption of these foods
- Significant presence of food taboos for nutritious foods (e.g., warm vs. cold foods)





Recommendations for interventions

Target behaviors:

- Increase dietary diversity, particularly the consumption of millet, pulses (peanut and bengal/red gram), dark green leafy vegetables (amaranth leaves), and animal-source foods (eggs, milk curd, milk)
- Improve intrahousehold allocation of foods, particularly between men and women.

Target domains with interventions:

- **Availability and accessibility:** Develop local productivity and vending in last-mile areas of target nutrient-rich foods
- **Convenience:** Develop processing capacities of local food vendors and FPOs to process target nutrient-rich foods into more convenient forms
- **Gender and social dynamics and desirability:** Integrate social and behavior change (SBC) messages into ongoing program activities and implement standalone SBC activities to sensitize HHs on the importance of all HH members consuming a nutritious diet



Thank you!

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