

# What women and men in farming households eat and where they get their food from: A preliminary analysis of household data from rural Andhra Pradesh, India



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## Background

- In India, 43% of adults are employed in agriculture.
- Agricultural communities are at the greatest risk of having low-quality diets.
- To improve the diets of farming households, we need to understand where they obtain their food.

## Objectives

- Describe dietary diversity of women and men in farming households in Andhra Pradesh, India.
- Quantify what proportion of their diet is from home production, markets, and other sources.

## Methods

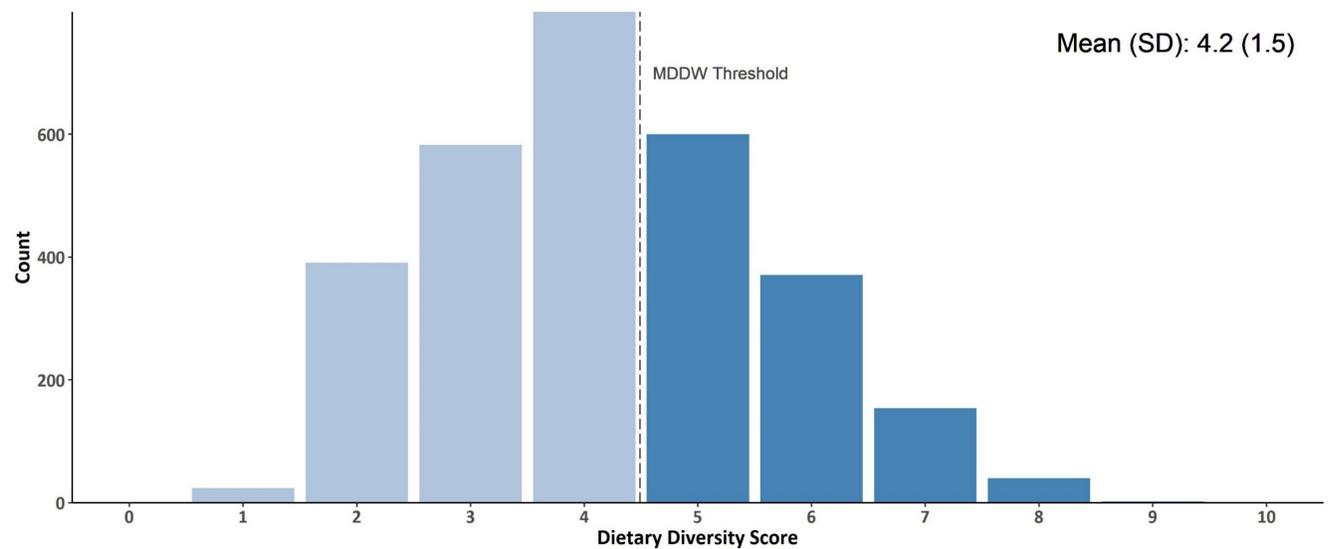
- **Study Population:** Farming households enrolled (n=2,964) in the **BLOOM Study** (Co-Benefits of Large-scale Organic Farming on Human Health), an ongoing randomised controlled evaluation of an agroecology programme in Andhra Pradesh, India.
- **Dietary Assessment:**
  - Baseline 24-hr dietary recall data collected during monsoon season (September to December 2022).
  - Participants reported the source of each food item (home production, market or other source).
  - Dietary diversity was calculated using the MDD-W, which ranged from 0 (lowest) to 10 (highest).

## Key Takeaways

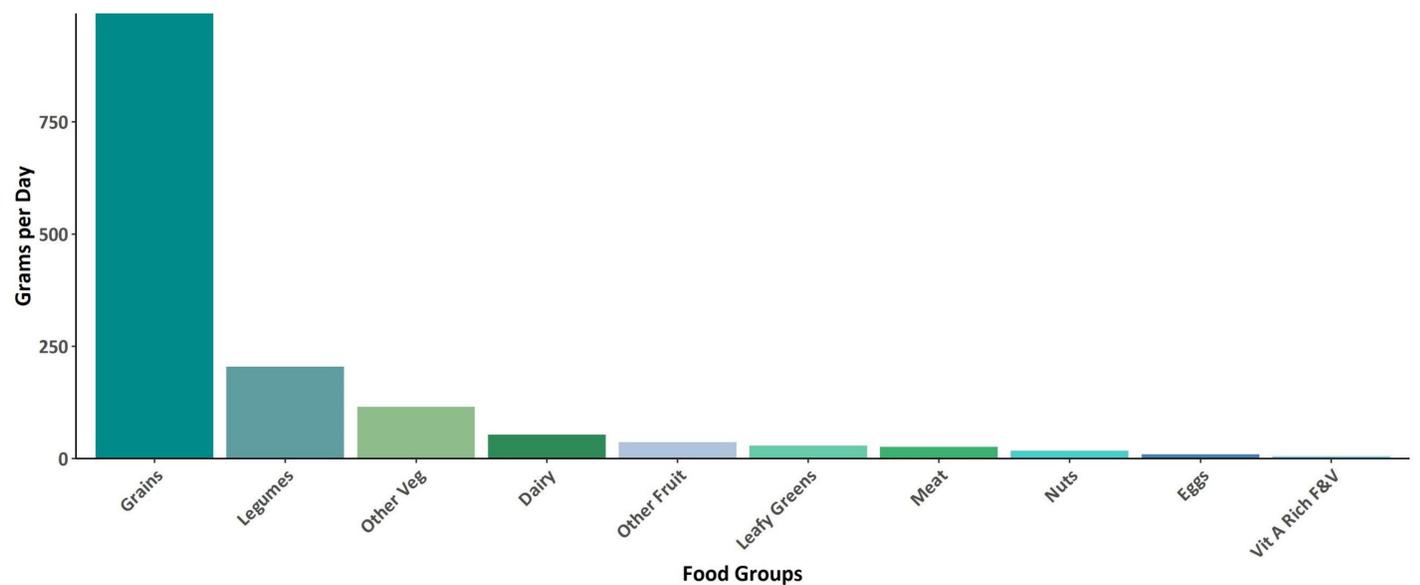
- Dietary diversity is low for farming households in South India.
- More than half of calories come from white rice.
- Reliance on market vs. home production varies across food groups.

## Results

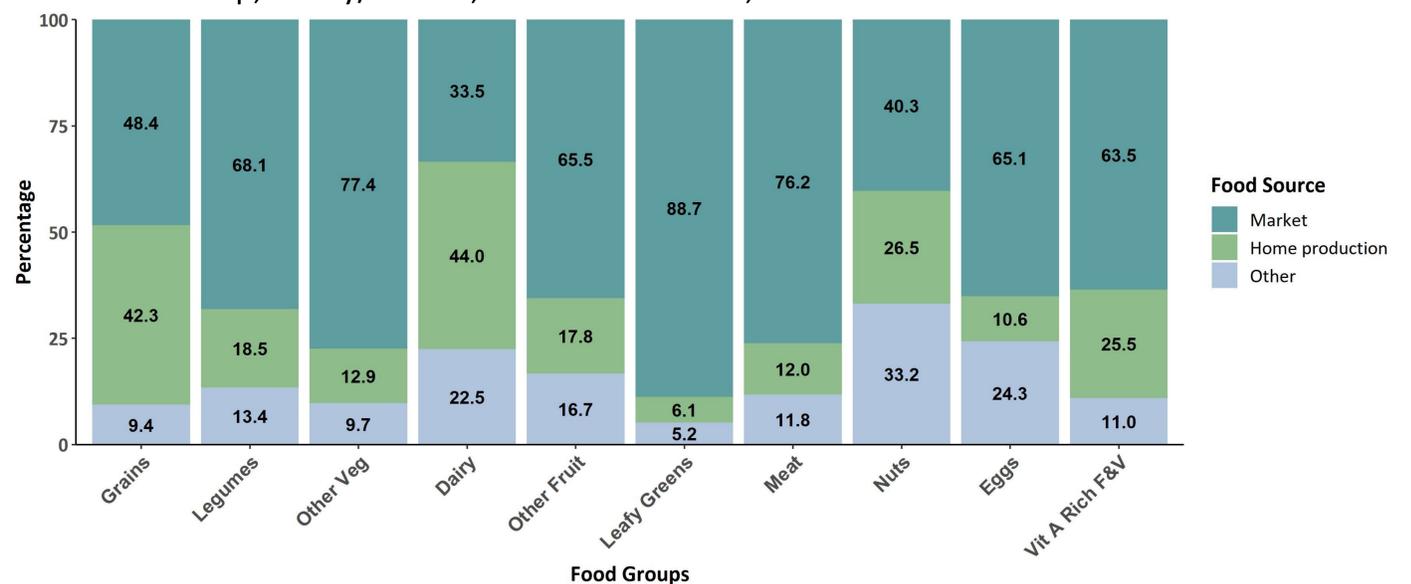
**Figure 1.** Histogram of individual dietary diversity scores among adult men and women in farming households in rural Andhra Pradesh (n=2,964, mean (SD) age 32 (7.7) for men and 25 (4.6) for women). Threshold for a diverse diet is >4 food groups on the previous day.



**Figure 2.** Mean grams of intake per food group per day.



**Figure 3.** Source (home production, market, or other) of food groups. 'Other' includes public distribution shop, family/friends, take home rations, or restaurant.



## Implications

- Nutrition counselling in these communities should focus on balancing the plate to reduce calories from white rice and increase calories from more nutrient-rich foods.
- To improve diets of farming households, policies and interventions need to consider both the market and home production pathways.