

mVAM Guidance: How to Collect MDD-W in remote surveys

Definition:

The proportion of women 15-49 years of age who consumed food items from at least 5 out of the 10 defined food groups the previous day or night.

Why collect data on MDD-W?

To access micronutrient adequacy of WRA at the population level

- MDD-W can be used to describe an important dimension of women's diet quality –population level micronutrient adequacy
- Higher prevalence of MDD-W is a proxy for better micronutrient adequacy among women of reproductive age (15 - 49 years) in the population

Food Groups:

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| 1. Grains, white roots and tubers, and plantains | 6. Eggs |
| 2. Pulses (beans, peas and lentils) | 7. Dark green leafy vegetables |
| 3. Nuts and Seeds | 8. Other Vitamin A-rich fruits and vegetables |
| 4. Dairy | 9. Other Vegetables |
| 5. Meat, Poultry and Fish | 10. Other fruits |

Interview Techniques:

- ➔ Ask the respondent what she ate yesterday; break it down by different time of the day. Emphasize that the question concerns what she ate the day before the interview during day/night and in the home/outside.
- ➔ For each eating episode, after the respondent mentions foods and drinks, probe to ask if she ate or drank anything else. Continue probing until she says "no, nothing else".
- ➔ As the respondent recalls foods and drinks, correctly classify the reported foods into the food groups; check all the relevant food groups.
- ➔ If food item mentioned does not fall in any of the groups (for example: oil), do not classify in any of the food groups

Section 3: MDD-W

Now I'd like to ask you about foods and drinks that you ate or drank yesterday during the day or night, whether you ate it at home or anywhere else. Think about all the food you ate yesterday after

you woke up in the morning, in the afternoon and at night. Please include all foods and drinks, any snacks or small meals, as well as any main meals.

[OPERATOR: EMPHASIZE THAT THE QUESTION CONCERNS WHAT SHE ATE THE DAY BEFORE THE INTERVIEW DURING DAY/NIGHT AND IN THE HOME/OUTSIDE. FOR EACH EATING EPISODE, AFTER THE RESPONDENT MENTIONS FOODS AND DRINKS, PROBE TO ASK IF SHE ATE OR DRANK ANYTHING ELSE. CONTINUE PROBING UNTIL SHE SAYS “NO, NOTHING ELSE”.]

- **What did you eat or drink in the morning after you woke up?**
- **What did you eat or drink during the afternoon?**
- **What did you eat or drink during the evening/night before going to bed?**

[OPERATORS: IF THE RESPONDENT MENTIONS A MIXED DISH, ASK FOR ALL THE INGREDIENTS IN THE MIXED DISH. CONTINUE TO PROBE ABOUT INGREDIENTS UNTIL SHE SAYS “NOTHING ELSE”. AS THE RESPONDENT RECALLS FOODS AND DRINKS, CORRECTLY CLASSIFY THE REPORTED FOODS INTO THE FOOD GROUPS; SELECT ALL THE RELEVANT FOOD GROUPS.]

Food Group		Examples	Consumed in the last 24 hours
			Tick appropriate boxes.
	Grains, white roots, tubers and plantains	rice, wheat, sorghum, millet or any other foods made from these, bread, plantains, white potatoes, white cassava /yams/manioc/yucca, cocoyam, taro or white potatoes or white sweet potatoes	
	Pulses (beans, peas and lentils)	beans or lentils such as cowpeas, pigeon peas or green grams	
	Nuts and seeds	tree-nuts or groundnuts such as peanuts, almonds	
	Dairy	milk (alone or mixed in other food or drinks such as chai and porridge) or milk products including sour milk, yogurt, cheese	
	Meat, poultry and fish	meat (such as goat, cow, sheep) poultry (chicken), fish (fresh or dried), liver or organ meat (such as intestine, tongue)	
	Eggs	eggs from chicken or any other bird	
	Dark leafy green vegetables	spinach, amaranth and / or dark green leaves, cassava leaves	
	Vitamin A-rich fruits and vegetables	Ripe papaya, ripe mango, carrot, orange sweet potato, pumpkin or squash	
	Other vegetables	onion, tomatoes, cucumber, green beans, peas, lettuce, cabbage	
	Other fruits	avocado, banana, orange, watermelon, lemon, tangerine	

Key points to

remember:

- When a respondent mentioned a particular food item that is commonly eaten together with another food, probe about the combination. For example if respondent X says she ate ugali, ask what she ate it with.
- Probe to find out about different ingredients used in **mixed dishes** and select all food groups that applies.
- Exclude items consumed in very small amounts (< 15 grams, about 1 tablespoon)
- Beverages such as cola, boxed juice do not fall in any of the food groups
- Sweet and Sugar food like sugar, sugary drinks do not fall in any of the food groups
- Food items that do not fall in any of the 10 food groups do not need to be classified
- No food item or ingredient should be placed in more than one food group