IndiKit

CONSUMPTION OF VITAMIN A RICH FOODS AMONG PREGNANT WOMEN

Outcome indicator

Indicator Phrasing

English: % of pregnant women who consumed a vitamin A rich food the previous day or night

French: % de femmes enceintes ayant consommé des aliments riches en vitamine A le jour ou la nuit précédents

Portuguese: % de mulheres grávidas que consumiram alimentos ricos em vitamina A no dia ou noite anteriores

Czech: % těhotných žen, které během uplynulého dne a noci konzumovaly na vitamin A bohatou potravinu

What is its purpose?

The indicator measures the proportion of pregnant women who consumed any vitamin A-rich food in the past day or night. It does not measure the quantity. Vitamin A deficiency causes night blindness and increases the risk of maternal mortality.

How to Collect and Analyse the Required Data

There are **two ways of gaining the required data:**

> extracting it from your assessment of pregnant women's overall dietary diversity

> assessing the consumption of vitamin A rich foods only

A) Extracting the Data from Overall Dietary Diversity Survey

1) If your survey involves collecting data for Minimum Dietary Diversity for Women (MDD-W) indicator, ensure that all consumed meals are *initially* categorized into the first fourteen food groups listed in FAO's Guidelines for Measuring Household and Individual Dietary Diversity (page 8). Later, when calculating MDD-W, you can group them to the 10 food groups required by the MDD-W indicator.

2) Assess the number of pregnant women who consumed any of the foods included in the vitamin A rich food groups listed in FAO's Guidelines (page 27).

3) To **calculate the indicator's value,** divide the number of pregnant women who consumed a

vitamin A rich food the previous day or night by the total number of interviewed women. Multiply the result by 100 to convert it to a percentage.

B) Assessing the Consumption of Vitamin A Rich Foods Only

1) Follow the same methodology used by MDD-W for assessing the foods eaten during the previous day or night. However, instead of categorizing the consumed foods into the 10 food groups required by MDD-W, use the first fourteen categories listed in FAO's Guidelines (page 8).

2) If a pregnant woman consumed any of the foods included in the vitamin A rich food groups listed in FAO's Guidelines (page 27), she can be considered as having "consumed a vitamin A rich food".

3) To **calculate the indicator's value,** divide the number of pregnant women who consumed a vitamin A rich food the previous day or night by the total number of interviewed pregnant women. Multiply the result by 100 to convert it to a percentage.

Disaggregate by

Disaggregate the data by wealth.

Important Comments

1) The data required for this indicator is **prone to seasonal variations**. Do your best to collect baseline and endline data in the same period of a year; otherwise it is very likely that they will not be comparable.

2) Vitamin A is a fat-soluble vitamin and therefore **needs to be consumed with fat** in order to be effectively absorbed. Consider including in your survey questions assessing whether the vitamin A rich foods consumed by the woman were eaten with or without fats. For example, *"Was the spinach you ate prepared with our without any fats or oils?"*

3) Make sure that you **do not collect data during the fasting periods** (such as pre-Easter or Ramadan) **or during fasting days**.

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