

CONSUMPTION OF IRON-RICH FOODS AMONG PREGNANT AND LACTATING WOMEN

Outcome indicator

Indicator Phrasing

English: % of pregnant and lactating women who consumed an iron-rich food the previous day or night

French: % de femmes enceintes et allaitantes ayant consommé des aliments riches en fer le jour ou la nuit précédents

Spanish: % de mujeres embarazadas y lactantes que consumieron un alimento rico en hierro el día o la noche anterior

Portuguese: % de mulheres grávidas e lactantes que consumiram alimentos ricos em ferro no dia ou noite anteriores

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

What is its purpose?

The indicator measures the proportion of pregnant and lactating women who in the past day or night consumed any iron-rich food. Iron deficiency increases the risk of maternal mortality during childbirth and reduces work productivity in adults.

How to Collect and Analyse the Required Data

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

- > extracting it from your assessment of pregnant and lactating women's overall dietary diversity
- > assessing the consumption of iron-rich foods only

In both cases, you first have to decide whether you will **count as “iron-rich foods”** only animal sources (iron from such sources is absorbed more easily) or also plant sources. IndiKit recommends that you report on both: 1) *% of pregnant and lactating women who consumed animal source of iron*; and 2) *% of pregnant and lactating women who consumed animal and/or plant source of iron*.

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, extract from the results the **number of pregnant and lactating women who ate:**

i) any of the animal sources of iron – food group “meat, poultry and fish”

ii) any of the animal and/or plant sources of iron – food groups: “meat, poultry and fish”, “dark green leafy vegetables” and “pulses (beans, peas and lentils)”

2) To **calculate the indicator’s value**, divide the number of pregnant and lactating women who consumed iron-rich foods the previous day or night by the total number of interviewed pregnant and lactating women. Multiply the result by 100 to convert it to a percentage.

B) Assessing the Consumption of Iron Rich Foods Only

1) Follow the same [methodology used for assessing MDD-W](#). Count the number of pregnant and lactating women who consumed:

i) any of the animal sources of iron – food group “meat, poultry and fish”

ii) any of the animal and/or plant sources of iron – food groups: “meat, poultry and fish”, “dark green leafy vegetables” and “pulses (beans, peas and lentils)”

2) To **calculate the indicator’s value**, divide the number of pregnant and lactating women who consumed iron-rich foods the previous day or night by the total number of interviewed pregnant and lactating 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) Make sure that you **do not collect data during the fasting periods** (such as pre-Easter or Ramadan) **or during fasting days**.

Access Additional Guidance

- FAO (2021) [Minimum Dietary Diversity for Women - An updated guide for measurement](#)