

# HOUSEHOLD HUNGER SCORE

Impact indicator, Cluster indicator

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## Indicator Phrasing

**English:** median Household Hunger Score of the targeted households

**French:** Indice Domestique de la Faim médian des ménages cibles

**Portuguese:** classificação da mediana no Índice de Fome dos Agregados Familiares-Alvo

**Czech:** medián Household Hunger Score cílových domácností

## What is its purpose?

The indicator measures the scale of households' food deprivation. It is based on a (validated) idea that the experience of household food deprivation causes predictable reactions that can be captured through a survey and summarized on a scale. It focuses on the food quantity dimension of food access and does not measure dietary quality. It should be used only in areas with very high levels of food insecurity.

## How to Collect and Analyse the Required Data

Determine the indicator's value by using the methodology described in detail in FANTA's very practical and easy-to-use [Household Hunger Scale Guide](#). The main steps involve:

- 1) **Conducting individual interviews** with a [representative sample](#) of your target household representatives, asking them:
  - > three "occurrence" questions representing an increasing severity of food insecurity
  - > three "frequency-of-occurrence" questions that are asked as a follow-up to each occurrence question to determine how often the situation occurred

These questions, alongside all details on their use, are described in the HHS Guide.

- 2) **Calculating the score** for each household by summing up the scores for each frequency-of-occurrence question as described in the HHS Guide.

- 3) **Determining the indicator's value** by calculating the median (not average) value of the individual households' scores.

## Disaggregate by

[Disaggregate](#) the data by [wealth](#).

## Important Comments

- 1) Take maximum advantage of all the guidance provided by FANTA's [Household Hunger Scale Guide](#).
- 2) The HHS indicator is most appropriate for areas affected by **very high levels of food insecurity**. The [HFIAS indicator](#), in contrast, can be used both in areas of low and high food insecurity.
- 3) Since HHS focuses on the food quantity dimension of food access and does not measure dietary quality, **also consider including the measurement of individual dietary diversity in your survey** (such as [IDDS](#), [MDD](#) or [MDD-W](#)).
- 4) The data required for this indicator is prone to **seasonal variations**. Therefore, if you use HHS for measuring your intervention's impact, the data has to be collected at the same time of the year.
- 5) **Do not pick and choose HHS questions** for inclusion or exclusion from the questionnaire, because it is the set of HHS questions together - not the use of each HHS question independently - that has been validated as a meaningful measure of household food deprivation.
- 6) Because the HHS questions cover more sensitive topics, it is recommended that they are **asked towards the end of the survey**.
- 7) According to the HHS Guide, the HHS indicator has been specifically developed and **validated for cross-cultural use**. Its results are therefore comparable across different cultures and settings.
- 8) BHA phrases the indicator differently, as "*percent of households with moderate and severe Household Hunger Scale (HHS) scores*".

## Access Additional Guidance

- FANTA (2011) [Household Hunger Scale \(HHS\) Guide](#)
- [HHS Guides](#)