

## HUNGER EXPERIENCE

Impact indicator, Outcome indicator

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### Indicator Phrasing

**English:** % of targeted households whose members had to go to sleep at night hungry in the past 4 weeks because there was not enough food

**French:** % de ménages cibles dont les membres ont dû aller dormir la nuit affamés au cours des quatre semaines précédentes parce qu'il n'y avait pas suffisamment à manger

**Portuguese:** % de agregados familiares cujos membros dormiram a noite com fome nas 4 semanas passadas porque não havia comida suficiente

**Czech:** % domácností, jejichž členové museli v uplynulých 4 týdnech kvůli nedostatku jídla jít spát s pocitem hladu

### What is its purpose?

The indicator measures the proportion of households whose members went to sleep at night hungry in the past four weeks. The survey question used for this indicator was taken from the Household Food Insecurity Access Scale (HFIAS) survey methodology to provide a simplified - though significantly less comprehensive - way of measuring food insecurity.

### How to Collect and Analyse the Required Data

Collect the following data by conducting individual interviews with a [representative sample](#) of the target group members:

#### **RECOMMENDED SURVEY QUESTION (Q) AND POSSIBLE ANSWERS (A)**

**Q1:** *In the past four weeks, did you or any other household member go to sleep at night hungry because there was not enough food and you did not have the money to buy it?*

**A1:** yes / no / does not remember

(the following question is recommended but not mandatory)

**Q2:** *When did you last go to sleep at night hungry because there was not enough food and you did not have the money to buy it?*

**A2:**

1) ..... [specify: days / weeks] ago

2) does not remember

To **calculate the indicator's value**, divide the number of respondents who (or whose household members) went to sleep at night hungry in the past four weeks by the total number of respondents (exclude those who did not remember) and multiply the result by 100.

## Disaggregate by

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

2) The indicator is based on one of the nine occurrence questions used by the Household Food Insecurity Access Scale (HFIAS). If your resources allow, [using the full HFIAS](#) will provide you with more precise and complex data.

3) When **asking about frequency**, it is recommended to use the phrase "*When did you last ... ?*" as opposed to the question "*How often did you ... ?*". While it is possible that, for example, a person went to sleep hungry yesterday but otherwise this happens only once per month, in the total sample of your respondents, such 'accidental' facts cancel each other out and you gain more reliable frequency data than you would get if you had asked "*How often ...?*".

## Important Comments

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