Food, Nutrition and production indicators

# Food Variety Score (FVS)

The Food Variety Score counts individual food items (Torheim et al. 2004) in a given reference period. Each food groups consists of a number of food items, see Torheim et al. The calculation of the FVS score requires more detailed data on food items.

With if the food item *j* is consumed by household *i* in the reference period and zero otherwise, *FI* is the number of food items, and *j=1,..,FI* is the index of food items.

As the DDS, the FVS score does not take into account the frequency of consumption of food items given a reference period.

# Dietary Diversity Score (DDS)

The Diet Diversity Score is defined as the number of food groups consumed in a reference period. The formulae is:

With if the food group *j* is consumed by household *i* in the reference period and zero otherwise, *FI* is the number of food groups, and *j=1,..,FI* is the index of food groups.

There are 12 food groups, namely ADD REFERENCE

Each food group has a number of food items included. The number of food items per food group varies across food groups.

The DDS can be calculated for household (HDDS) and individuals (IDDS) given the data available.

DDS

IDDS Individual DDS (12 food groups, count, individuals)

HDDS Household DDS (12 food groups, count, households)

Studies in SSA countries

# Food Consumption Score (FCS)

The FCS combines data on dietary diversity and food frequency using 7-d recall data. The consumption frequency of eight food groups (i.e. staple grains and tubers, pulses, vegetables, fruits, meat and fish, dairy products, sugar and oil) is multiplied by an assigned weight, and the resulting values are summed to obtain the FCS.

FCS (12 food groups including the frequency of consumption as a weight) the household’s

Food Consumption Score (FCS) (World Food Programme, 2008). The FCS combines data on dietary diversity and food frequency using 7-d recall data. The consumption frequency of eight food groups (i.e. staple grains and tubers, pulses, vegetables, fruits, meat and fish, dairy products, sugar and oil) is multiplied by an assigned weight, and the resulting values are summed to obtain the FCS. This score can then be recoded to a three-level categorical variable using standard cut-off values. The assigned weights for each food group are based on the energy, protein and micronutrient densities of each food group.

The FCS is defined as the count of the number of food groups consumed in a reference period weighted by the frequency of consumption during this reference period.

With is the number of times that the food group *j* is consumed by household *i* in the reference period, *FG* is the number of food groups, and *j=1,..,FI* is the index of food groups, and *T* is the duration of the reference period.

# Syntheses

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|  | DDS | FVS |  |  |
| (Torheim et al. 2004) | Households | Households |  |  |
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# References

Torheim, L. E., F. Ouattara, M. M. Diarra, F. D. Thiam, I. Barikmo, A. Hatløy, and A. Oshaug. 2004. ‘Nutrient Adequacy and Dietary Diversity in Rural Mali: Association and Determinants’. *European Journal of Clinical Nutrition* 58 (4): 594–604. doi:10.1038/sj.ejcn.1601853.