

# FOOD SECURITY POST-DISTRIBUTION MONITORING SURVEY

## FEBRUARY 2021



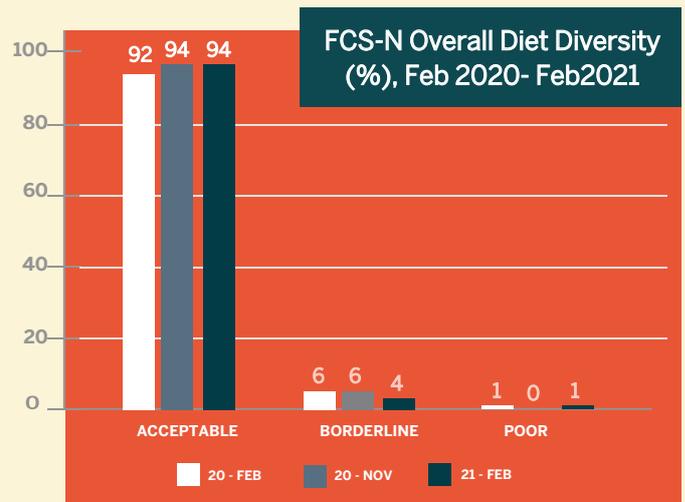
In February 2021, Food Security PDM conducted in all **9** camps with **377** HH participating.

### FOOD CONSUMPTION SCORE – NUTRITIONAL QUALITY ANALYSIS (FCS-N)

The FCS-N evaluates the likely adequacy of protein, vitamin A and heme iron (found only in meat and fish and absorbed well in body). The FCS-N links HH food access and consumption with stunting, wasting and micronutrient deficiencies. Insufficient protein is a risk for wasting and stunting and affects micronutrient intake, as protein foods are also rich in vitamins and minerals. Over long periods of time, micronutrient deficiencies such as vitamin A and iron, lead to chronic undernutrition.

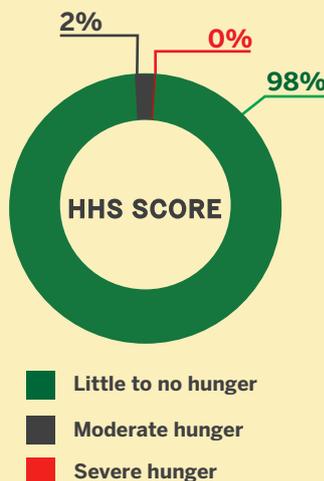
The FCS-N indicates that the majority of HH reported having an acceptably diverse diet, not different than that reported in November and February 2020 Food Security PDM surveys.

While the FCS-N overall result shows most HH reported daily consumption of vitamin A and protein-rich foods, diet quality was lacking for intake of heme iron-rich foods with only 21% of HH reporting daily consumption not different than February and November 2020 surveys.



### HOUSEHOLD HUNGER SCALE (HHS)

The HHS is a simple indicator (6 questions) to measure household hunger, specifically developed and validated for cross-cultural use. The resulting score applies to the household (HH) level: Little to no hunger; moderate hunger; or severe hunger.



**98%**  
REPORTED  
**LITTLE TO NO HUNGER**  
OVER THE PAST 30 DAYS

WITH ONLY **2%**  
(9HH) REPORTING  
MODERATE HUNGER AND

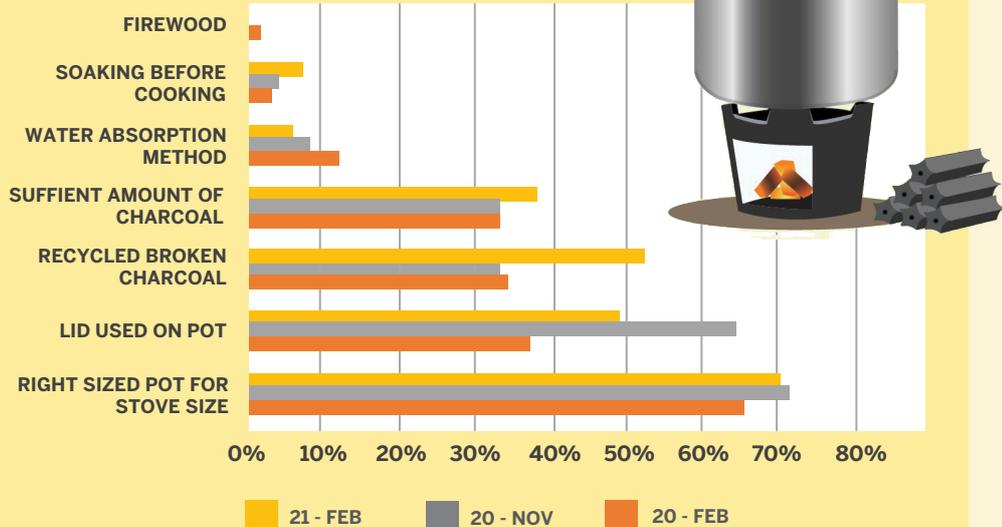
**NO HH**  
REPORTING  
**SEVERE HUNGER**

## FEEDBACK ON MARKET PRICES OF FOODS AND FOOD QUALITY

Of those food groups with at least 50 HH responding, rice and oil were most frequently reported as too expensive (15% and 14%, respectively).

For quality of foods obtained using the Food Card, very few HH indicated they thought any foods were of low quality (less than 2% for any item) as in the 2020 surveys.

## ENERGY EFFICIENT METHODS USED



## CONCLUSIONS

# 1

- Survey results similar to February & November 2020 surveys.
- Despite COVID-19 restrictions:
  - Diets remain acceptably diverse
  - There is little HH hunger
  - Food & charcoal quality are good
  - Food card values & cash expenditures on food remain stable

# 2

- Continue to target nutrition education to improve heme iron consumption for young children, adolescent girls, pregnant women & nursing mothers

# 3

- Since COVID-19 restrictions started in 2020:
  - Food card value continues to last about 22 days
  - Amount spent on food outside of Food card remains unchanged, between 449-471 baht/month

# 4

- Use of an energy efficient cooking method continues to increase (67% to 76% to 88% in February & November 2020, then February 2021)
- Use of recycled broken charcoal reported more often than in 2020

# 5

- The same as in 2020, rice & oil/fat considered 'too expensive'
- HH continue to manage budget using Food card to buy what is considered more expensive items & getting fresh vegetables from their gardens

