

FOOD SECURITY POST-DISTRIBUTION MONITORING SURVEY

JUNE 2021



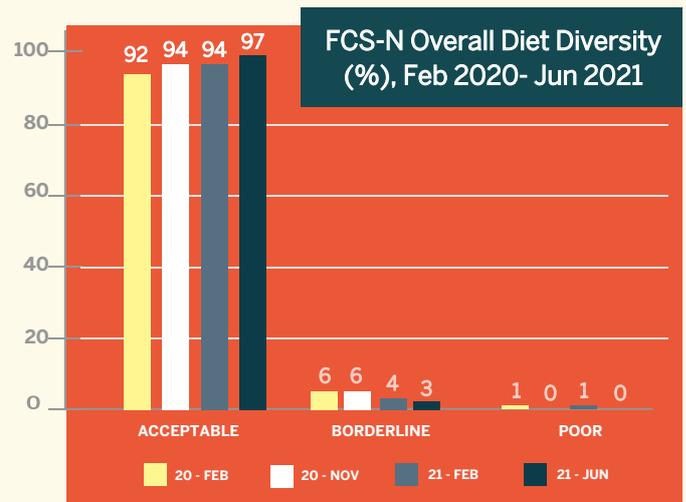
In June 2021, Food Security PDM conducted in all **9** camps with **376** HH participating.

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.

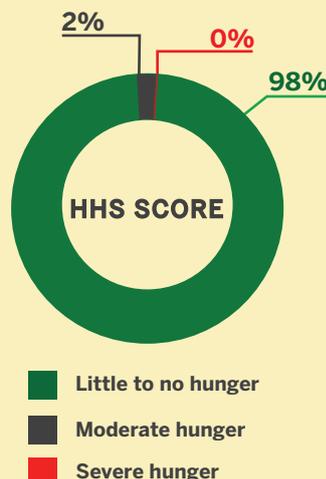
The FCS-N indicates that the majority of HH reported having an acceptably diverse diet, not different than that reported in February 2021, but significantly increased compared to February 2020.

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 25% of HH reporting daily consumption not different than the February 2021 survey results. However, vitamin A and protein intake significantly increased compared to February 2020.



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

*THIS REMAINS UNCHANGED SINCE FEBRUARY 2020 SURVEY

WITH ONLY **2%**
(6HH) REPORTING
MODERATE HUNGER AND

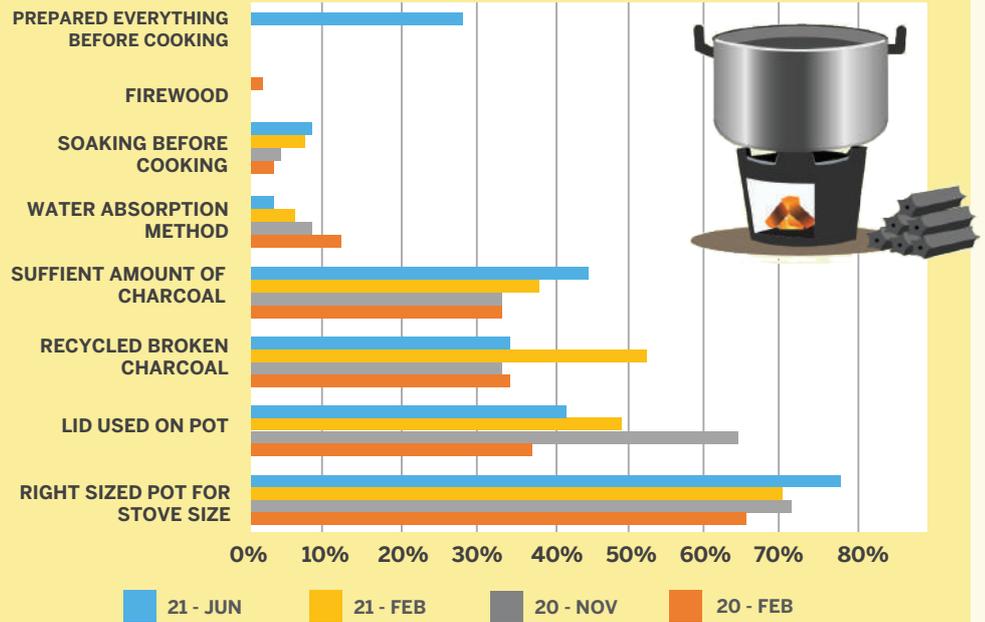
NO HH
REPORTING
SEVERE HUNGER

FEEDBACK ON MARKET PRICES OF FOODS AND FOOD QUALITY

The top food items most frequently reported as 'too expensive' were rice, eggs, oils/fats and fish/shellfish.

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 previous surveys since 2020.

ENERGY EFFICIENT METHODS USED



CONCLUSIONS

1

- Survey results little changed since early 2020 surveys, with some improvements in nutrition indicators.
- Despite continued challenges due to COVID-19:
 - Diets remain diverse, with a significant increase in the frequency of HH reporting acceptably diverse diets since early 2020 from 92% to 97%.
 - Diet quality – vitamin A and protein intake both showed a significant increase in HH reporting daily consumption.
 - There is very 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 23 days.
 - Amount spent on food outside of Food card remains unchanged, average of 535 baht/month.

4

- Use of an energy efficient cooking method continues to increase (67% to 76% to 88% to 90%), with significant increases since early 2020. Continued messaging will be included during cooking demonstrations.
- Using the right-sized pot for the stove size continued to be most often reported method of energy efficient cooking practiced (77%).

5

- As in 2020, rice & oil/fats were considered 'too expensive'. Eggs were also considered expensive in this survey.
- HH continue to manage budget using Food card to buy what is considered more expensive items & getting fresh vegetables from gardens.

