

FOOD SECURITY POST-DISTRIBUTION MONITORING SURVEY

SEPTEMBER 2021



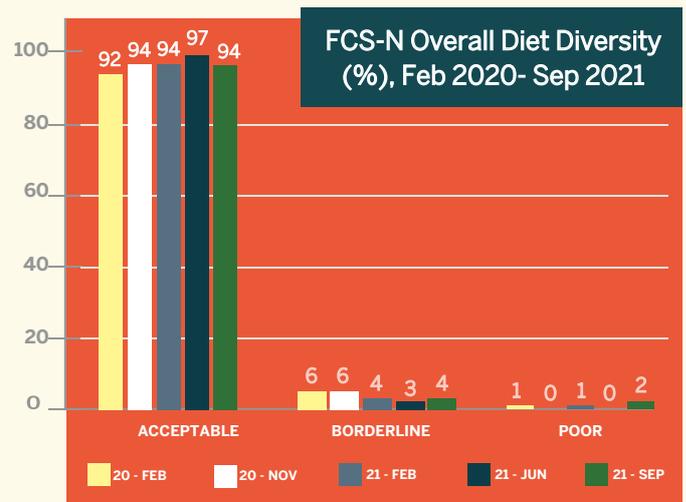
In September 2021, Food Security PDM conducted in **8** camps with **249** HH participating.
(Note, ML was not included due to COVID-19 outbreak.)

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.

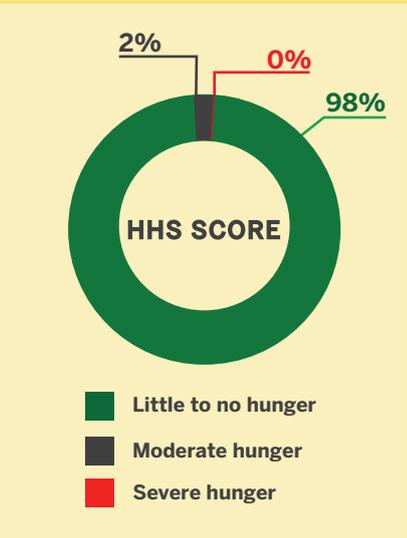
The FCS-N indicates that the majority of HH reported having an acceptably diverse diet, not different than that reported in all other 2021 surveys.

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 22% of HH reporting daily consumption, same as June 2021 survey results. Vitamin A daily consumption decreased compared to June, but was the same as all other 2021 and 2020 surveys, whereas daily protein consumption remains increased since 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%**
(4 HH) REPORTING
MODERATE HUNGER AND

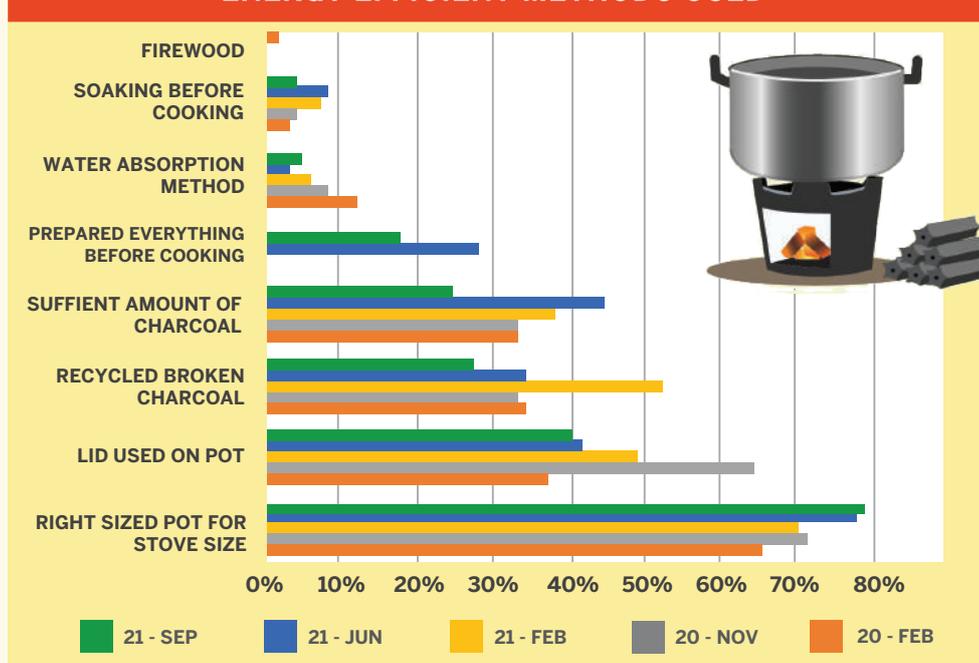
NO HH
REPORTING
SEVERE HUNGER

FEEDBACK ON MARKET PRICES OF FOODS AND FOOD QUALITY

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

For quality of foods obtained using the Food Card, very few HH indicated they thought any foods were of low quality as in previous surveys since 2020 (highest reported for eggs at 11%, but was only 15 HH).

ENERGY EFFICIENT METHODS USED



CONCLUSIONS

1

- Overall, survey results similar to those from previous 2020-2021.
- Despite continued impacts of COVID-19:
 - Diets remain acceptably diverse (94%).
 - Diet quality - daily consumption of vitamin A and protein continue to be reported by most HH, with need to focus on daily heme (animal source) iron consumption.
 - Continued very little HH hunger.
 - Food & charcoal quality remain good.
 - Food card values & cash expenditure on food continue to be stable.

2

- Continue to target nutrition education to improve heme iron consumption for young children, adolescent girls, pregnant and breastfeeding women.

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, average of 506 baht/month.

4

- Use of an energy efficient cooking method continues to increase (67%, 76%, 88%, 90% and now 92%), 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 (78%).

5

- Rice, oil/fat, eggs and fish/shellfish considered 'too expensive'.
- HH continued to report using Food Card to procure food items they consider more expensive & topping up these staple items with fresh vegetables from gardens.

