Does local food availability support implementation of food-based dietary recommendations in northern Ghana?

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I have no conflict of interest to report in relation to this presentation.
Malnutrition problem

Diet quality

Food-based dietary recommendations (FBRs)
Subsistence-oriented production

Amount and diversity of production of foods

Market-oriented production

Foods recommended by local FBRs
Foods needed in the household

Quantitative 24-hr recall
- Foods consumed
- Frequency
- Portion sizes

FBRs children 12-23 months
Amount of foods needed for optimized diet
child 12-23 months (kg/year)

- Adequate in all nutrients, except: calcium, vitamin A, C and B12
Foods needed in the household

- Consumer units
- Household roster
Foods produced in the household

Production last year

• Home consumption
• Sold at market
Foods coverage

% coverage of amount needed per food groups (median)

% of households covering amount needed per food group

- Grains
- Legumes

- <100%
- >100%, subsistence
- >100%, market production
Value of farm produce of 45% of households not sufficient to cover value of food need (35% have off-farm income)
Food coverage

- Grains
  - Household: 300%
  - District: 350%
  - National: 150%

- Legumes
  - Household: 200%
  - District: 250%
  - National: 50%

- Vegetables
  - Household: 100%
  - District: 50%
  - National: 50%
Conclusion and recommendations

• FBRs do not cover vitamin A, C, B12 and calcium
  ➢ Increased productivity, production and consumption of foods rich in these nutrients

• At household level food availability does not cover food needs
  ➢ Increased production and productivity, especially vegetables
  ➢ Market intervention to improve accessibility

• At district level grains and legumes exceeds the district’s needs
  ➢ Agricultural production supports adoption of FBRs (if markets work well, no food leaves the district and households have off farm income)
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