



Food and Agriculture Organization
of the United Nations

Minimum Dietary Diversity for Women (MDD-W) Indicator

Promoting diverse diets is key to improving nutrition of women of reproductive age and can support the achievement of the Sustainable Development Goals and the World Health Assembly global nutrition targets for 2030.

THE MDD-W INDICATOR

To fill the gap of food-based indicators, FAO developed the MDD-W indicator, in collaboration with several partners.

This validated, easy-to-use, quick, low-cost indicator counts the food groups consumed by women of reproductive age over the previous 24 hours.

KEY FACTS & FIGURES

- > Women of reproductive age have higher physiological needs.
- > Poor maternal diet quality can affect children's health, especially during the first 1000 days of life (from conception until a child's second birthday), increasing the risk of obesity and diet-related non-communicable diseases later in life.
- > One in three women of reproductive age is anaemic, increasing the risk of detrimental maternal and infant outcomes.

THE MDD-W METHODOLOGY IS BASED ON 10 STANDARD FOOD GROUPS



Grains
white roots and
tubers and plantains



Pulses



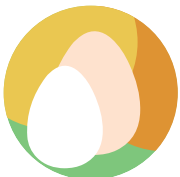
Nuts and seeds



Dairy



Meat, poultry,
and fish



Eggs



Dark green
leafy vegetables



Other vitamin A-rich
fruits and vegetables



Other vegetables



Other fruits

MDD-W CAN BE USED FOR:

- > **Assessing diet quality**, once adapted to national and sub-national contexts, to determine micronutrient adequacy.
- > **Implementing impact evaluation**, provided that the compared assessments are carried out in the same season, and based on the same food groups and methodology.
- > **Setting targets, advocating and formulating policies** aimed at improving diets and nutrition.

RECENT AND ONGOING PROJECTS



Research and normative guidance on MDD-W

2018 – ongoing

FAO is carrying out a two-year research project in Cambodia, Ethiopia and Zambia to develop a supplement guide on good practices for MDD-W data collection, with the support of the German Federal Ministry of Food and Agriculture (BMEL).



Capacity development for data collection, analysis and interpretation

2017 – ongoing

FAO provides technical assistance to the Eswatini Ministry of Health for the adaptation of survey tools and the training of ministerial staff on MDD-W data collection, as part of the National Nutrition Survey programme.

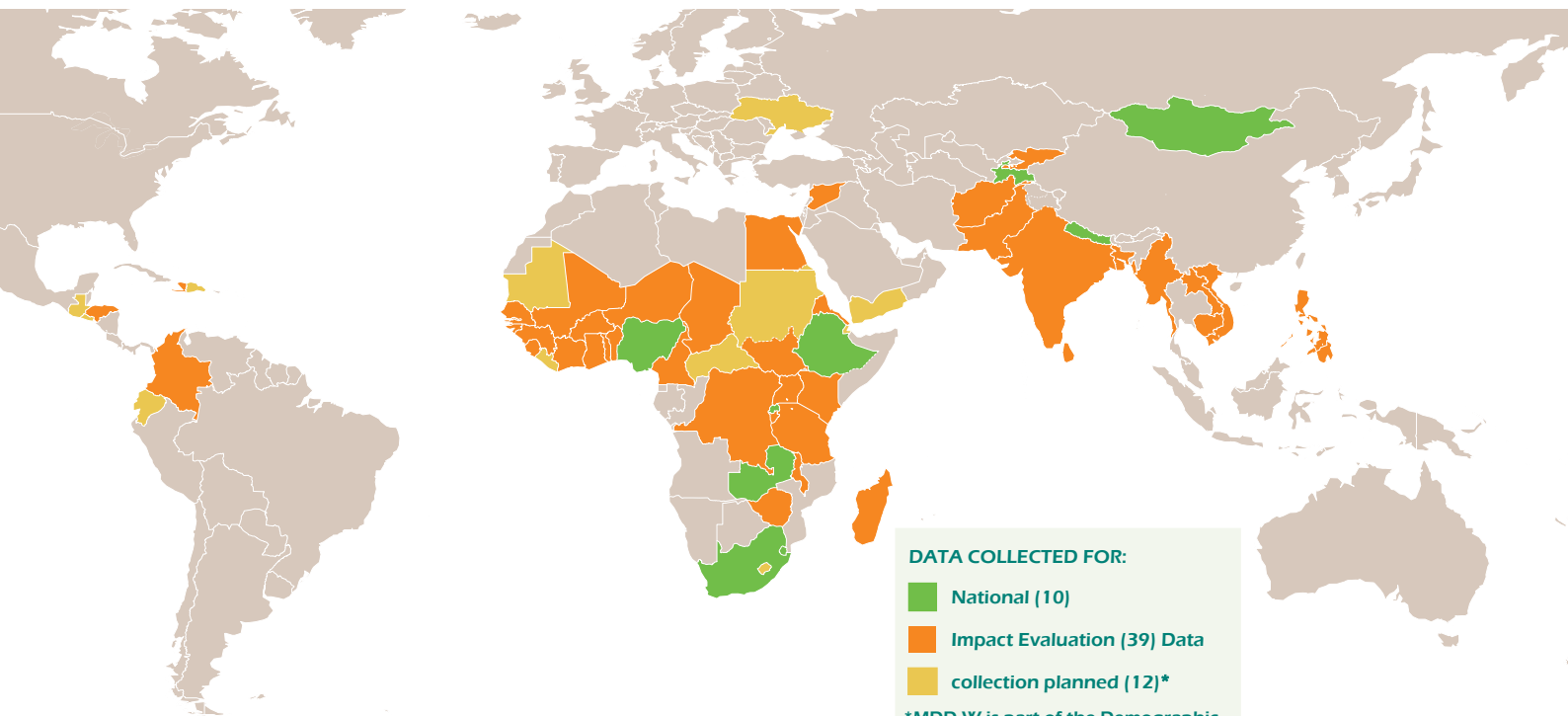


Technical assistance for integrating MDD-W into national information systems

2013-2017

With support from the European Union, FAO contributed to the integration of the MDD-W indicator into Tajikistan's National Household Budget Survey.

MDD-W DATA AROUND THE WORLD



DATA COLLECTED FOR:

- National (10)
- Impact Evaluation (39) Data
- collection planned (12)*

*MDD-W is part of the Demographic Health Surveys core questionnaires for Phase 8. Ninety countries are expected to collect MDD-W in 2019-2023.

Source: Map adapted from Map No. 4170 Rev. 17, UNITED NATIONS, February 2019. Office of Information and Communications Technology, Geospatial Information Section.

fao.org/nutrition/assessment/tools/minimum-dietary-diversity-women
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