

The Cost of a Nutritious Diet

Abigail Perry

Nutrition Adviser, Save the Children UK

September 2008

We Save the Children  Will you?

Overview

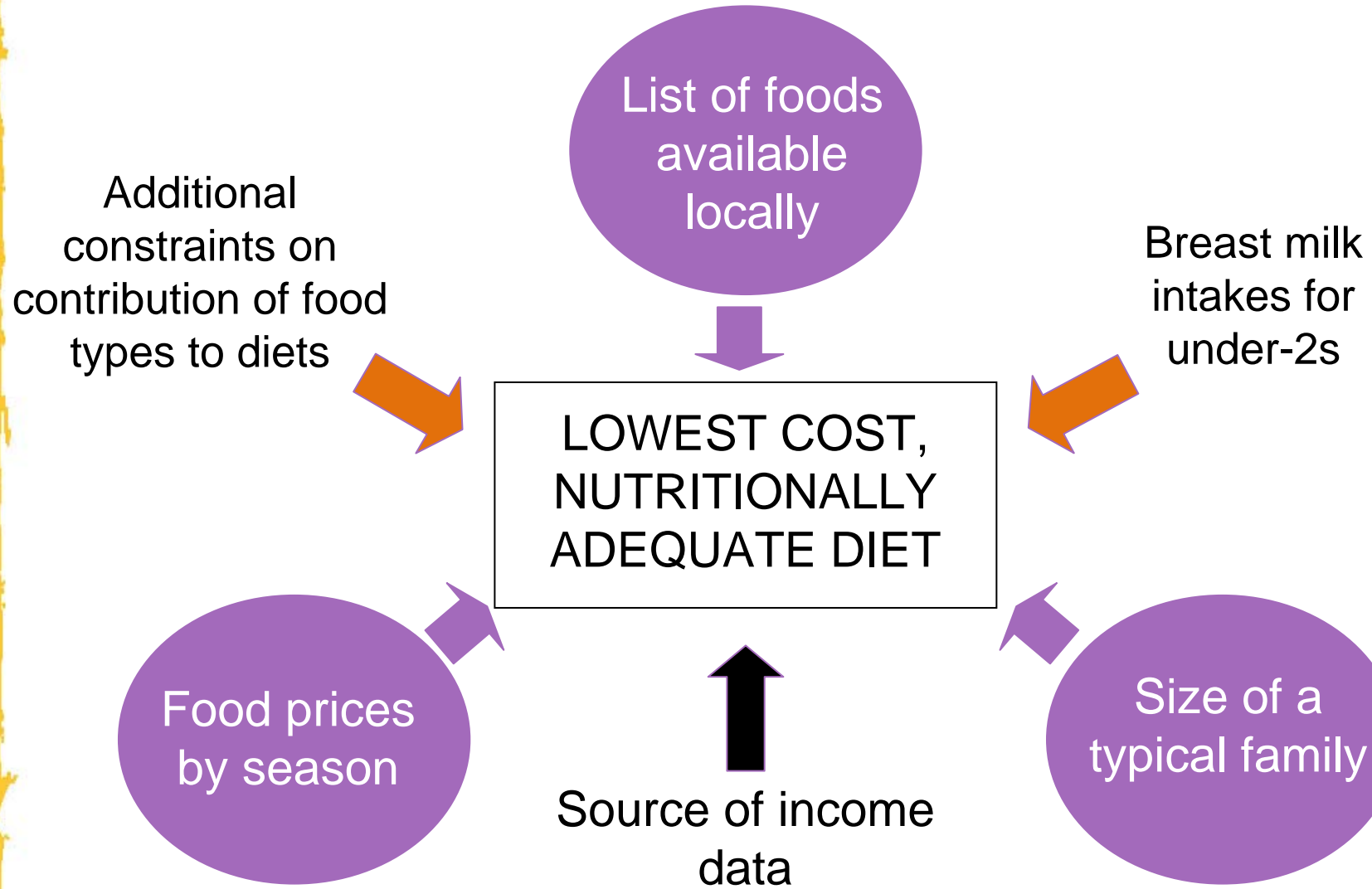
- Introduction to the Cost of the Diet method
- Case studies: affordability of lowest cost diets in high-burden countries
- Just how unaffordable is good nutrition?
- Potential role for social protection

Introduction to the Cost of the Diet

We Save the Children  Will you?

What is the Cost of the Diet?

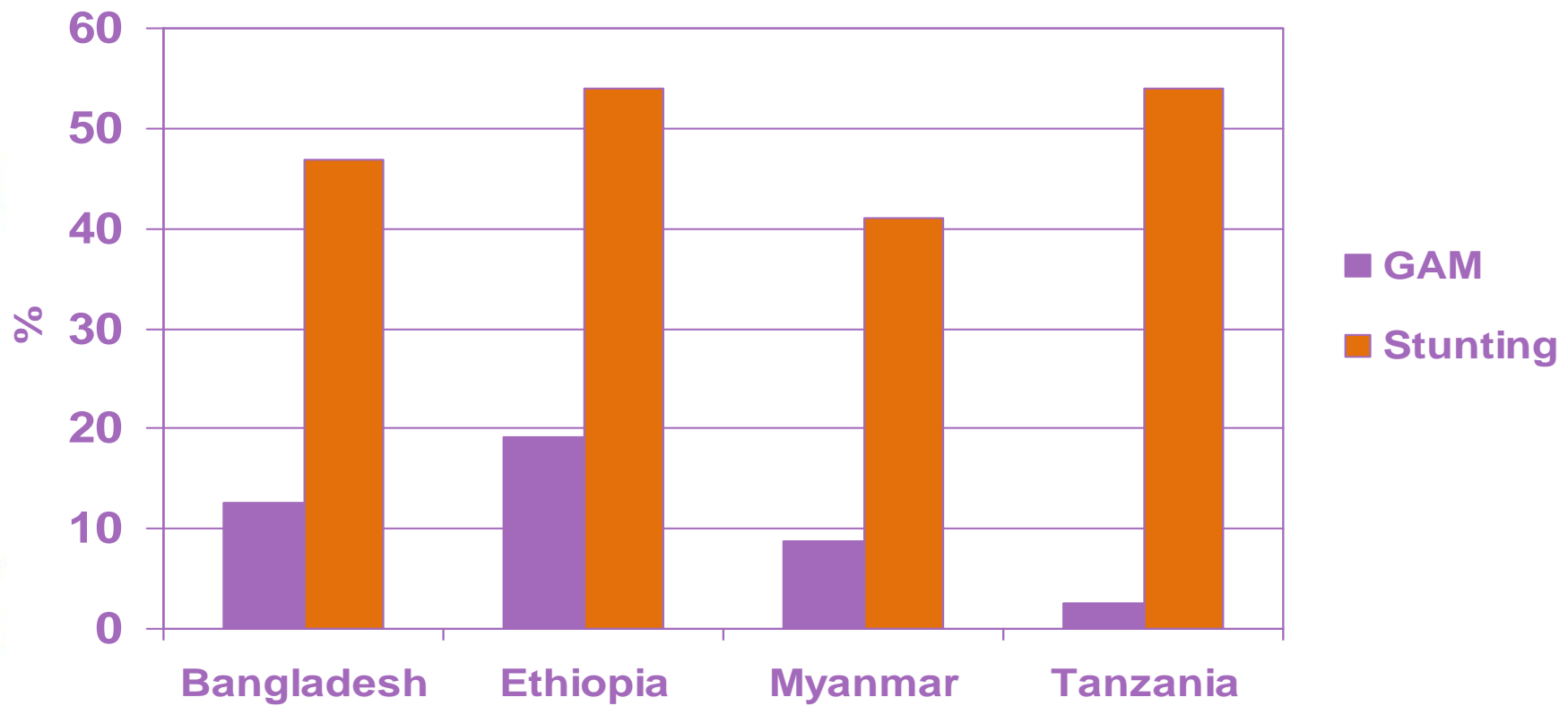
- CoD is a method developed by SC UK for calculating the lowest cost diet that meets nutritional requirements of a whole family.
- Originates from the linear programming work done by Andre Briend and others WHO.
- Unique approach, CoD can be used to calculate lowest cost diets:
 - For entire family as well as individual child
 - That take into account seasonality
 - That are region-specific



The case studies

- Bangladesh (Kurigram)
- Ethiopia (Legambo)
- Myanmar (Kangyidaunt)
- Tanzania (Lindi)

Burden of malnutrition

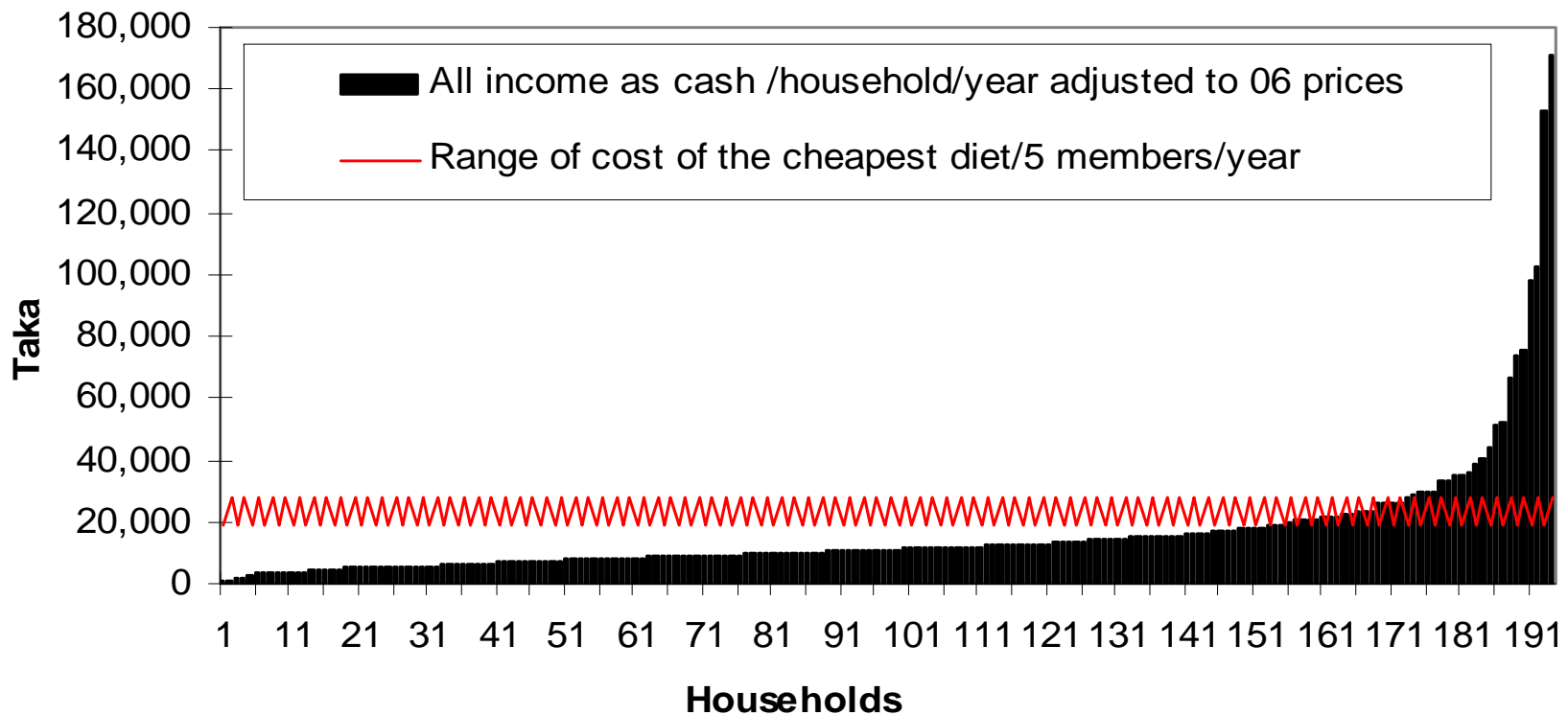


Lowest cost diets

	Average daily cost (USD)	
	Child (12-23 mo)	Family of 5
Bangladesh	0.06 (0.05–0.07)	0.91 (0.77–1.14)
Ethiopia	0.07 (0.06–0.08)	1.27 (1.08–1.59)
Myanmar	0.07 (0.06–0.09)	1.15 (0.97–1.43)
Tanzania	0.03 (0.02–0.04)	0.72 (0.61–0.90)

Affordability

Bangladesh: between 79 and 89% of households had an income less than the lowest cost diet



!you?

Affordability

Ethiopia:

- None of the very poor (15-25% of HH) and half of the poor (20-30% of HH) unable to afford the lowest cost diet

Myanmar:

- Lowest range in theory affordable for the 'very poor' group (45-55% of population) but would not allow for purchase of anything else

Tanzania:

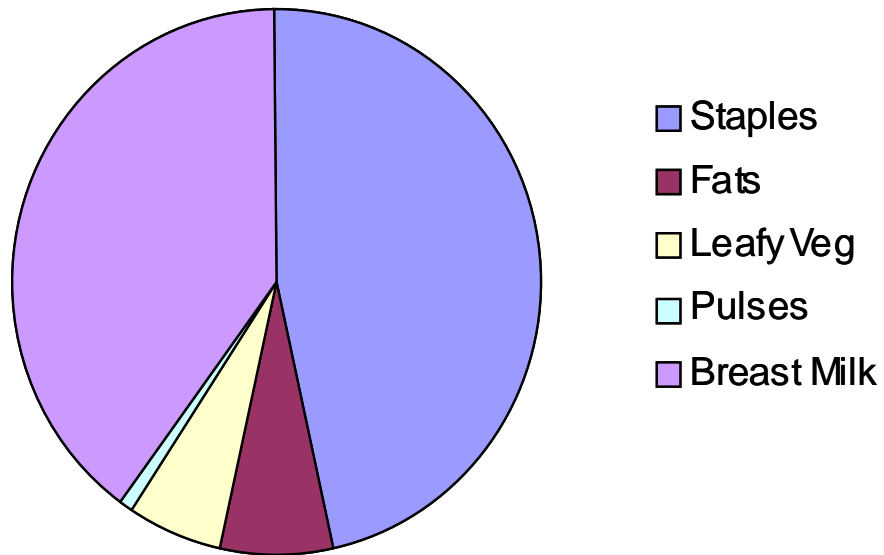
- Lowest cost diet unaffordable for extremely/very poor (35% of HH) and large proportion of the poor (additional 35% HH)

Just how unaffordable?

We Save the Children  Will you?

Dietary composition

Basic lowest cost diet: 3.54 taka



553g staples (taro)

7g pulses

256g leafy veg

7g oil

Mill you?

Non-food items

Tanzania (cost per day)

CoD: \$0.72

Non-food items: \$0.13*

Total: \$0.85

*Fuel, medical costs, household repairs, soap, washing, clothes, primary school fees, festival costs

Additional cost of livelihood protection and promotion?

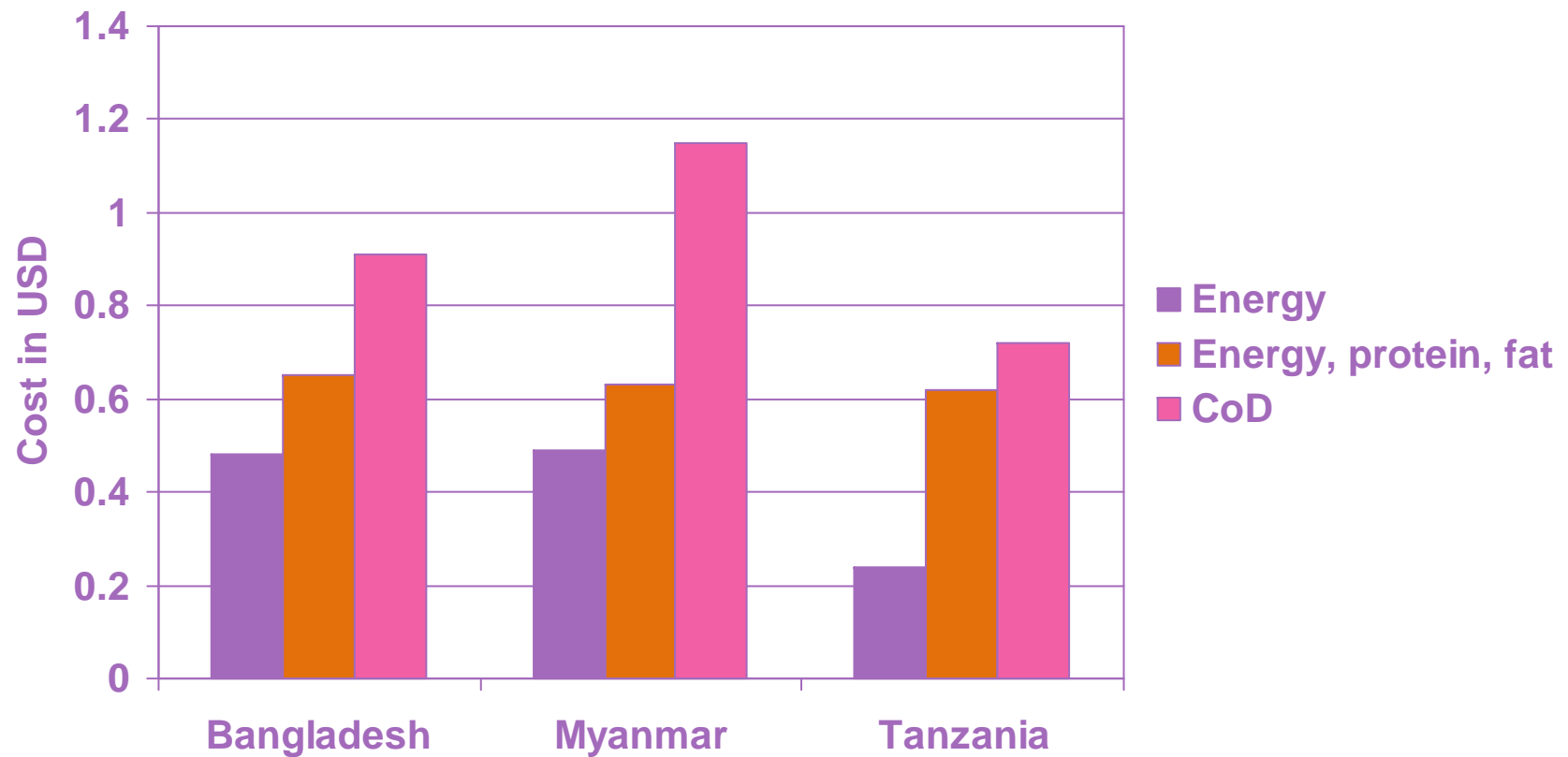


Photo by Heather Kindness

Social protection from a malnutrition perspective

We Save the Children  Will you?

Ensuring quality of diets



Response?

Cash transfers?



Support and protection for pregnant and lactating women?

Support to livelihood development?



Cost-effective and affordable MN products, fortified foods?



Acknowledgements

- Andre Briend
- Remy Stevens
- Arabella Duffield
- Anna Taylor
- Claire Chastre
- Sonya LeJeune
- Heather Kindness
- All the teams in Bangladesh, Ethiopia, Myanmar and Tanzania who took part in the assessments

Thank you for listening

Please contact Abigail Perry at Save the Children UK for further information about the Cost of the Diet

a.perry@savethechildren.org.uk

We Save the Children  Will you?