

SCN Working Group on Micronutrients: Information Sharing Template for 2006 and Earlier Activities

Table 1: Demographic Information

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Institution/Organization	Food and Agriculture Organization of the United Nations
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Position	Nutrition Officer, Nutrition Officer, Consultant
Department/Section	Nutrition Planning, Assessment and Evaluation Service
Major focus of activities	Support to others, Research
Summary of activities	Micronutrient related activities of the FAO Nutrition Planning, Assessment and Evaluation Service include preparation of a Field Guide on Andean Crops in Peru and Bolivia, which includes MN information, a publication on the production and promotion of indigenous foods to increase MN intake in the diet, research on streetfood consumption by primary school children with a focus on identifying areas for improvement of micronutrient intake and validation, adaptation and field testing surveys using food frequency questionnaires to develop indicators of household and individual dietary diversity. Contributions appear in Table 5 and Table 7.

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Table 5: Dietary Diversity to Improve Micronutrient Nutrition

Geographic area(s) covered by this table	Philippines, Mozambique, Kenya, Malawi, Peru and Bolivia
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Activities

Dietary Policy and Advocacy

Increasing the Consumption of Micronutrient-rich Foods through Production and Promotion of Indigenous Foods AGNA in collaboration with the World Vegetable Center published the proceedings of an international workshop on increasing the consumption of micronutrient-rich foods through production and promotion of indigenous foods.

The overall goal of the project was to promote the production and consumption of indigenous vegetable crops in vulnerable communities of African countries to meet the recommended intakes of vitamins A and C, and iron throughout the year. The specific objective was to improve the nutritional status and health of vulnerable communities in South Africa, Swaziland, Tanzania, and Uganda through food-based approaches to meet the recommended intakes of vitamins A and C, and iron across all seasons.

This publication is available both on line http://www.fao.org/ag/agn/nutrition/national_agriculture_en.stm and in printed form. Copies can be obtained from the World Vegetable Center. The full reference is:

Aphane, J., M.L. Chadha, and M.O. Oluoch. 2003. Increasing the consumption of micronutrient-rich foods through production and promotion of indigenous foods. Edited by Thomas Kalb. FAO-AVRDC International Workshop Proceedings, 5–8 March 2002, Arusha, Tanzania. AVRDC—The World Vegetable Center, Shanhua, Taiwan. AVRDC Publication No. 03-561. 77 pp. ISBN 92-9058-130-2 © 2003 AVRDC—The World Vegetable Center

Field Guide on Andean crops in Peru and Bolivia «*Guía de Campo sobre cultivos andinos en Perú y Bolivia*».

The Nutrition and Consumer Protection Division (AGN) of FAO has started developing, under an agreement with the Peruvian National Association of Ecological Producers, ANPE-Perú, a field guide on Andean foods, the commonly used and known indigenous foods of Peru and Bolivia with scientific and local names, nutrient content, methods of preparation, uses and agronomic information. This guide will:

- focus on those countries facing micronutrient deficiencies (Peru and Bolivia)
- place emphasis on the use of indigenous foods to promote dietary diversity and to prevent micronutrient deficiencies
- have a practical style, and not theoretical, and also adapted for capacity building purposes
- include, (besides describing the indigenous foods i.e. local and scientific names, micronutrient content), information on traditional uses of these foods (methods of preparation, uses/cultivation information with mapping of production areas)

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The guide is being prepared in Spanish, for both printing and on-line publishing and will be available in February 2007.

A technical report will also be made available at about the same time. The intention is to provide information on how to go about to prepare other similar field guides.

Requests for hard-copies of both documents can be sent to: irela.mazar@fao.org > < nutrition@fao.org >

Note: A project funded by New Zealand has been approved and its activities include the use of this Field Guide.

		Micronutrients														
		Iodine	Iron	Folate	Zinc	Calcium	Vit A	Vit B-12	Vit C	Vit D	Vit B-1	Vit B-2	Vit B-3	Vit B-6	Vit K	Vit E
<i>Other areas using diet improvement to improve micronutrient nutrition</i>			X	X	X	X	X	X	X					X		
<p>Using Indicators of Dietary Diversity to assess Nutritional Status and Micronutrient Intake</p> <p>The FAO nutrition assessment, planning and evaluation service has been involved in two main activities related to the use of dietary diversity as an indicator of adequate micronutrient intake. The first activity, which was completed in 2006 was a validation study of the performance of a dietary diversity score (DDS) based on a simple count of food groups, as an indicator of adequate micronutrient intake of non breastfeeding Filipino children 2-6 yrs. Eleven micronutrients were included in the validation study (thiamin, riboflavin and niacin in addition to the above marked MN). In this study, dietary diversity score was found to be a good predictor of adequate intake of micronutrients. The best diversity score cut-off point for maximizing sensitivity and specificity of the indicator was five food groups.</p> <p>The second activity involves field adaptation of questionnaires to measures household and individual dietary diversity. Field adaptation of the tools has taken place in Kenya, Mozambique and Malawi. An International workshop will be held in March 2007 in Nairobi to discuss technical issues and integration of the indicators into information systems</p>																

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Table 7: Other activities associated with each micronutrient(s)

Activities

Research

Research on Streetfood consumption by Primary School children in urban areas

An FAO research project to document the consumption of streetfoods by primary school children was completed in Dar es Salaam, Tanzania in 2006 and is ongoing in Kampala, Uganda. One of the objectives of the study is to document the extent to which micronutrient rich foods are sold and consumed by school children and identify main constraints to increasing consumption of MN rich foods. A follow-up phase to work with vendors to improve the nutritional quality and safety of foods vended to children is anticipated.