

SCN 2003 Report from McGill University

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1. Research

Title of master's project: Dietary Diversity and Nutrient Adequacy in Women of Childbearing Years in the Peri-urban Community of Yoff, Senegal.

I am a master's student currently conducting a dietary survey with women of childbearing years in a peri-urban community of Senegal, West Africa. The study period is December 2002 – March 2003. I will relate nutrient intake (iron, zinc, vitamin C) to diet diversity using a diversity index created through research in the community. The objective is to determine whether nutrient adequacy can be determined by a measure of dietary diversity. If an index of dietary diversity is found to be useful, it is hoped that the project will provide the initial stages in the development of a tool based on dietary diversity. The community has expressed interest in defining the extent of anemia among the female population; therefore I will be measuring rates of anemia at the end of the survey. Iron supplementation and dietary counseling will follow for all women defined as anemic.

The project is partially funded by CIDA (Canadian International Development Agency). The project is being conducted out of the office of the NGO CRESP (Centre de Ressources pour L'Emergence Sociale Participative) in Yoff, Senegal.