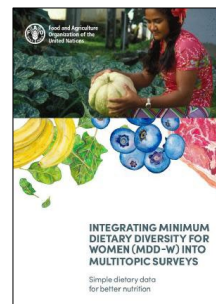




## BUILDING CAPACITIES TO COLLECT, INTERPRET AND USE THE MINIMUM DIETARY DIVERSITY FOR WOMEN INDICATOR TO TRANSFORM AGRIFOOD SYSTEMS POLICIES

Dietary data are essential in order to understand the causes of malnutrition and inform action. One indicator to measure diets is the Minimum Dietary Diversity for Women (MDD-W), a simple, cost-effective and validated tool that is already widely used. Components 1 and 2 of this project were designed to increase uptake of MDD-W, build global capacity on its use and generate evidence. Component 3 developed the capacity of country stakeholders, specifically government actors, at national and subnational level and parliamentarians, to use data and evidence and incorporate nutrition into national agrifood policies and programmes.



### WHAT DID THE PROJECT DO?

The project reached its main objectives by developing and publishing new materials and evidence on MDD-W. An open-access e-learning course was created along with three guidance documents, which were published on the website of the FAO eLearning Academy and the FAO Nutrition Assessment webpages respectively.

Three peer-reviewed articles were also published, each expounding on new knowledge related to MDD-W, specifically on its validation and application among adolescents, on data-collection methods, and on the synergies between MDD-W and other healthy diet metrics. These articles were published in open-access peer-reviewed journals and presented at a number of events on nutrition.

One of the project's major achievements was the submission of a proposal for an additional indicator on MDD for women and children under SDG 2.

In October of 2022, the project's workplan was expanded to encompass an additional Component (Component 3) on capacity-development activities for government stakeholders in the targeted countries. This assistance specifically focused on increasing the ability of actors at parliamentary, national and subnational level to utilize nutrition data and evidence (beyond MDD-W) in the development of policies, programmes, strategies and investment plans with the ultimate aim of improving nutrition outcomes in agrifood systems.

### KEY FACTS

**Latest Approved Budget**  
USD 905 554

**Duration**  
December 2021–August 2024

**Resource Partner**  
Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ, German Agency for International Cooperation)

**Partners**  
Centre for Community Development and Research Network (CCDRN, Nigeria); Department of Food Technology and Rural Industries of Bangladesh Agricultural University (Bangladesh); Lilongwe University of Agriculture and Natural Resources (LUANAR, Malawi); La plateforme des Chercheurs en Nutrition MIKASA (The Nutrition Researchers' platform, Madagascar)

**Beneficiaries**  
Stakeholders concerned with the Minimum Dietary Diversity for Women (MDD-W) indicator in low and middle-income countries, as well as those at global level; relevant country ministries, policy advisors, academics, survey designers, researchers, nutritionists, students and parliamentarians

## IMPACT

The project results were designed to increase the capacity of stakeholders to use MDD-W data to inform evidence-based policies, strategies and programmes to ultimately place healthy diets at the centre of agrifood systems.



## ACTIVITIES

- Training materials on MDD-W data collection, analysis, interpretation and use were developed, including the open access e-learning course.
- Research activities were completed, which furthered the evidence on MDD-W and the monitoring of healthy diets.
- The validity of MDD as a proxy for micronutrient adequacy among adolescents was demonstrated.
- Capacity assessments were carried out to identify gaps and priorities for Component 3 followed by the development of resources, including the open-access e-learning course.
- Tailored workshops conducted at national and sub-national level with lessons learned in each country were compiled and included in training reports, country briefs and a global brochure.



### Project Title

Advancing and Expanding the Uptake of Minimum Dietary Diversity for Women (MDD-W) Indicator

### Project Code

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### Contact

Nancy Aburto (Budget Holder)  
[ESN-Director@fao.org](mailto:ESN-Director@fao.org)

Partnerships and Outreach  
For more information, please contact: [Reporting@fao.org](mailto:Reporting@fao.org)

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Food and Agriculture Organization of the United Nations  
Viale delle Terme di Caracalla  
00153 Rome, Italy



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