

QuaNDIS

Qualitative Nutrition and Diet Study

SELEVER PROJECT BURKINA FASO



EXECUTIVE SUMMARY

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an ACDI/VOCA affiliate

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The QuaNDIS (Qualitative Nutrition and Diet Study) is a food study periodically carried out under the SELEVER Project (*Soutenir l'Exploitation Familiale pour Lancer l'Élevage des Volailles et Valoriser l'Économie Rurale*) aimed at assessing nutrition and hygiene behavior and practices, and using the findings to adjust project activities for better household nutrition behaviors. The studies take place twice a year at key food periods: specifically, the beginning of the rainy season (May-June), which is characterized by low cereal stocks that lead to reduced food consumption, and at the beginning of the harvest season (November-December) when food availability is high.

QuaNDIS is a mixed-methods study that assesses the availability, accessibility, and use of food products and hygiene practices by poultry-producing households. The survey documents the effect of poultry production and local markets on diets and nutritional outcomes for women and children in poultry-producing communities in the SELEVER project intervention areas. More specifically, QuaNDIS gathers information on food acquisition (market access, cost of food on the market, dietary diversity and how household decisions of food purchases are made), food consumption, and intra-household distribution of food (who eats what and how), as well as hygiene behaviors around hand washing.

The QuaNDIS methodology is based on mixed methods, combining both quantitative data collection tools (market analysis, 24-hour dietary recall, and food frequency questionnaires) and qualitative tools (semi-structured interviews, 24-hour direct observation). 120 households and 20 local markets in 30 villages were selected for data collection.

Principal results:

- Local markets and value chains, such as the local poultry chain, affect the ability and the effectiveness of households in achieving dietary diversity in rural areas of Burkina Faso.
- Diverse foods are found in local markets, and smallholder rural poultry producer households can effectively achieve diet diversity.
- Generally, items from all 10 food groups (as identified in the Minimum Dietary Diversity for Women score¹) were available in the market at the time of the survey. For a six-person household, a diversified meal cost FCFA 1,512 (\$2.75).
- The study also noted that there is little or no discussion between spouses on the way that money is used.
- Households that intensify local poultry production may benefit from considerable income flows allowing for greater dietary diversity. However, obstacles due to gender norms in terms of purchasing and distribution of food still have to be overcome.
- Women rely on a range of sources to safeguard income they earn; yet regardless of who keeps the money, women are required to explain to their husbands what they do with their money and ask for their approval before spending it.
- Less than 10% of women reported that they had a say in ensuring a diverse diet for their households.
- With the increase of poultry production in surveyed households, there is concern over handwashing practices, particularly among those who handle poultry and care for children,

¹ <https://www.fantaproject.org/monitoring-and-evaluation/minimum-dietary-diversity-women-indicator-mddw>

as well as children's contact with chicken feces. Handwashing at critical moments was done inconsistently, and soap was nonexistent in surveyed households.

Key project recommendations coming out of the survey include the following:

- Continue working with men and women to increase women's ability to make decisions and control income, particularly around food purchases and consumption.
- Support women's sustainable access to poultry markets and their inclusion in poultry value chain.
- Engage men to play a more active role in household hygiene while highlighting the purchase of soap for household handwashing and the economic benefits of poultry feces.