



Nutritional Status of Population in the Republic of Armenia Research

Armenia 2015

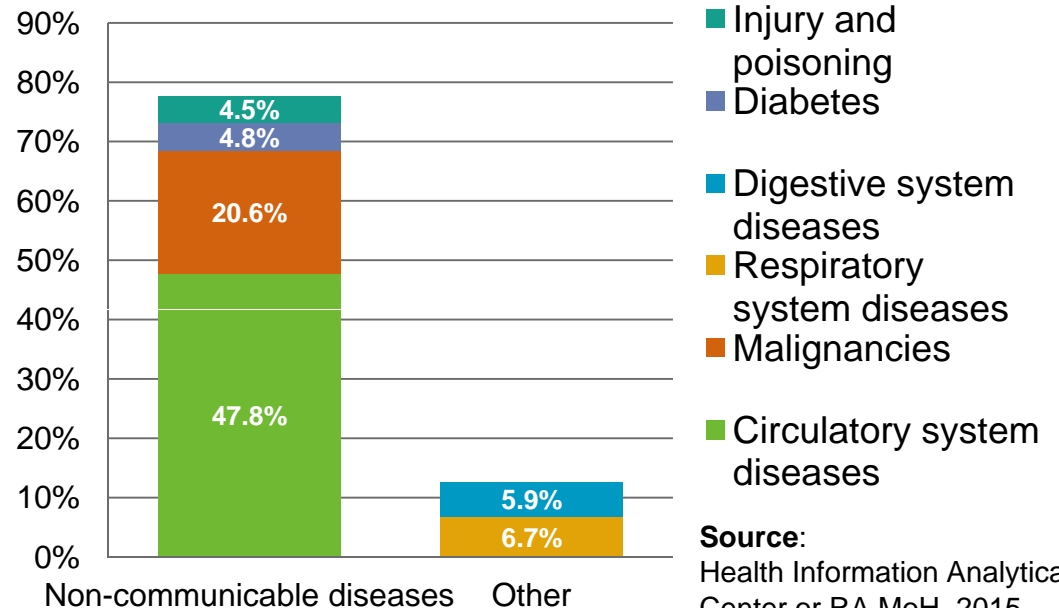
Introduction and Context

Food Security

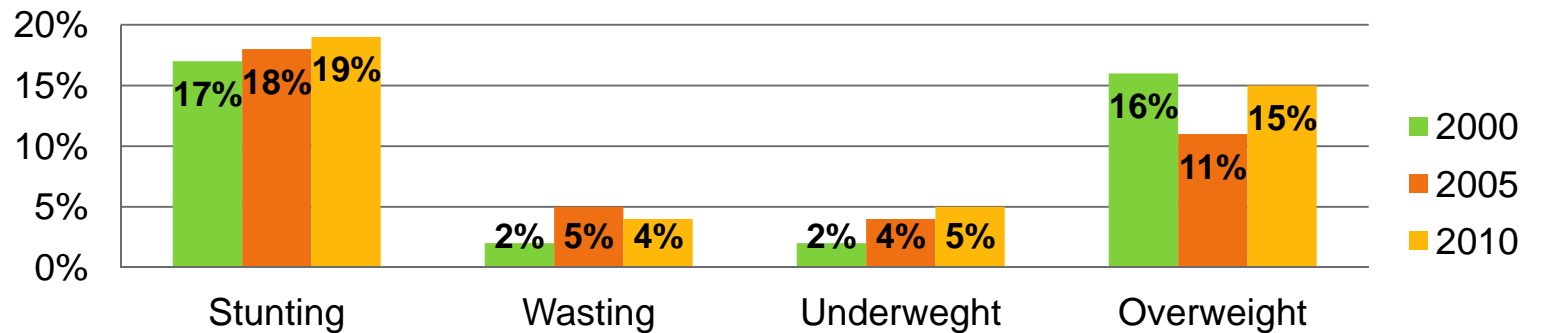
*“when all people at all times have access to sufficient, safe, nutritious food to maintain a **healthy** and **active** life”*

– World Food Summit, 1996

Main causes of mortality in Armenia, 2014



Trends in the nutritional status of children under 5



Source: DHS Armenia, 2000, 2005, 2010



Goal, Objectives and Scope

To study the current nutritional state of the population of Armenia and to analyze the current national policies.

Objectives

- Identify the current state of and changes in food accessibility for the population of Armenia,
- Study food consumption patterns of the population,
- Identify factors influencing food purchase,
- Study people's knowledge, attitude and behaviors related to healthy nutrition,
- Analyze national policies related to nutrition, legislation, strategies and their implementation.



Methodology

Nationwide quantitative survey

- Face-to-face semi-structured interviews in Yerevan and marzes
- Household level, individual level, child nutrition
- Analysis – demography, geography and administrative status
- Sample size – 1600 (for 95% confidence level and $\pm 2.4\%$ margin of error)
- Sampling method – multi-stage sampling using probability proportional to size (PPS) sampling, systematic random sampling, purposive sampling and nearest birthday respondent selection method

In-depth interviews with key experts

- RA Ministry of Health
- Other state services and agencies
- Independent experts

Desk research

- Legal framework analysis
- Study of national policies and strategies
- Secondary data analysis

Findings – part 1: Physical Accessibility

Physical accessibility of food in Armenia is highly affected by SEASONALITY, GEOGRAPHIC and ADMINISTRATIVE characteristics of the community

Seasonality

- **High:** summer & autumn; **Low:** winter and spring
- **Mostly affected:** vegetables, fruit, meat & meat products, fish & seafood

Geography

- Accessibility is lower in mountainous areas
- Accessibility is lower in border communities

Administrative status

- Higher food accessibility in urban areas

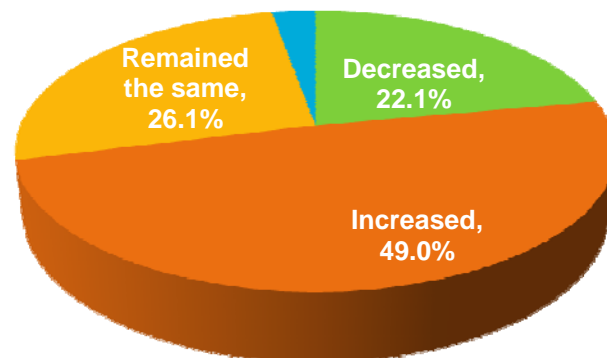


Findings – part 2: Economic Accessibility

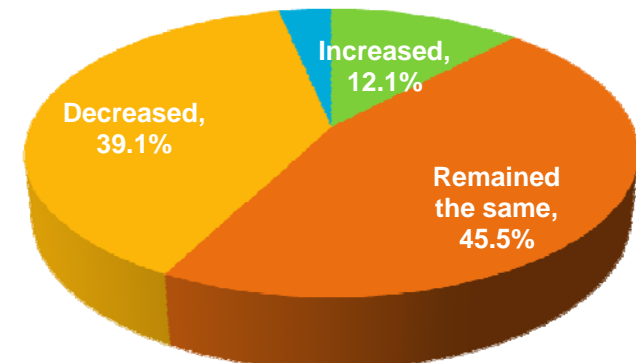
Financial / economic situation, a critical factor in the context of household's access to food, has reportedly worsened compared to the previous year.

- **High prices and low purchasing capacity** - the most prevalent reasons for limiting the use of certain foods when physically available (meat, fish, vegetables and fruit)
- **Average Months of Inadequate Household Food Provisioning (MIHFP) – 1.85**
- Long-term trends & seasonal fluctuations
 - MIHFP (Dec – May: 7%–17%; Jun – Nov: 4%–5%)
 - Reduction in consumption of meat and fish products compared to the previous year (3.4% –8.6% of households)
- Only **36.6%** never borrow money to buy food. For **27.4%** money is not sufficient even to buy food

Spending on Food



Household Income





Findings – part 3: Behaviour, Knowledge, Attitudes

Relatively lower level of usage of certain foods is not always due to availability or accessibility

Food	Do not use at all	Main reason – “Do not want”
Pumpkin / squash	31.3%	94.7%
Organ meat	14.7%	85.5%
Processed meat	15.5%	89%

Main factors influencing purchase

- **Look:** people tend to assess the quality, freshness and other characteristics from how the product looks (No1 for bread and cereals, fruit and vegetables, meat and fish, legumes)
- **Production/expiry dates** (No1 for processed meat, eggs, dairy, butter, canned food)

Gender differences related to food consumption

- **Eating out of home:** more common among men
- **Adding salt to food:** more common among men
- **Main reasons of following a diet:** health for men, weight for women

Findings – part 4: Dietary Diversity Scores (DDS)

- **HDDS** for all households – **8.66** (out of 12)

- **IDDS** for women aged 15–49 – **5.11** (out of 9)
 - Lower in mountainous areas
 - Lower for single women

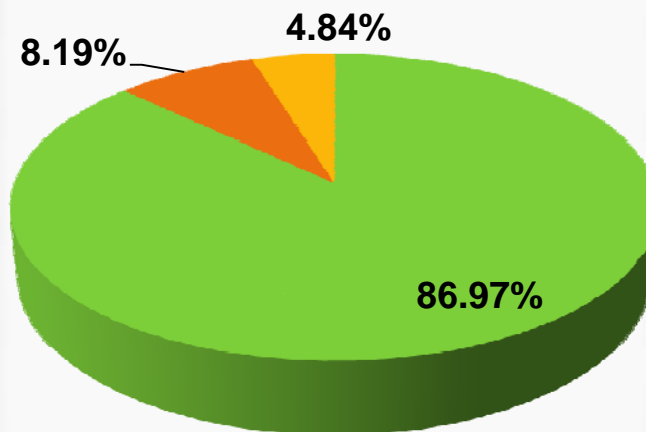
Groups of food products	% of households	% of women under 50
Cereals	99.81%	98.05%
Spices, condiments and beverages	96.00%	
Other vegetables	94.63%	91.69%
Milk and milk products	91.81%	86.64%
Oils and fats	90.81%	
Other fruits	89.38%	86.16%
Sweets	85.81%	
White roots and tubers	75.94%	71.66%
Dark green leafy vegetables	70.44%	53.91%
Eggs	55.81%	40.55%
Meat and meat products	50.50%	47.39%
Vitamin A rich vegetables and tubers	42.38%	34.20%
Vitamin A rich fruits	39.19%	41.69%
Legumes, nuts and seeds	23.06%	22.48%
Fish and seafood	6.13%	6.19%
Organ meat	3.38%	2.77%

Findings – part 5: Child Nutrition

Up to 6 months

- Exclusive breastfeeding – **61.43%**
- No breastfeeding – **14.29%**

Average diet

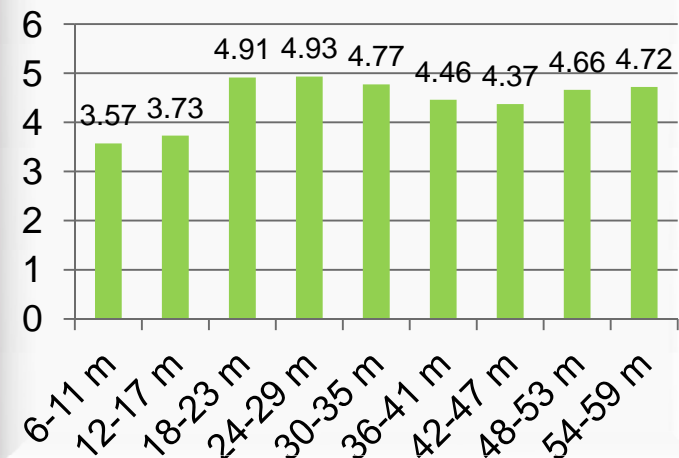


■ Breast milk ■ Milk formula ■ Other

6 – 59 months

- Dietary diversity score – **4.44**
- Higher in rural areas
- The score steadily grows till 29th month

Diet diversity



Main source for drinking water – tap water (62.1%)



Findings – part 6: National Policies and Strategies

- Lack of proper control and assessment in implementation of national nutrition policies and strategies (e.g. Law on Food Safety, nutrition strategies etc).
- Low awareness and public education level of healthy eating and nutrition.
- Lack / inadequate allocation of resources required for effective implementation of national nutritional policies and strategies.

Thank you!

