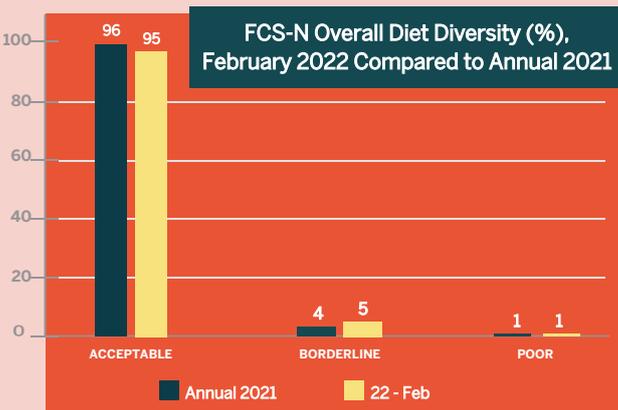


## FOOD CONSUMPTION SCORE – NUTRITIONAL QUALITY ANALYSIS (FCS-N)

The FCS-N evaluates the likely adequacy of protein, vitamin A and heme iron (found only in meat and fish and absorbed well in body). The FCS-N links HH food access and consumption with stunting, wasting and micronutrient deficiencies. Insufficient protein is a risk for wasting and stunting and affects micronutrient intake, as protein foods are also rich in vitamins and minerals. Over long periods of time, micronutrient deficiencies such as vitamin A and iron, lead to chronic undernutrition.

The FCS-N indicates that the majority (95%) of HH reported having an acceptably diverse diet, not different than that reported in 2021.

While the FCS-N overall result shows most HH reported daily consumption of vitamin A (75%) and protein-rich foods (80%), diet quality was for intake of heme iron-rich foods was only 24% of HH reporting daily consumption, same as 2021 survey results.



# FOOD SECURITY

## POST-DISTRIBUTION MONITORING SURVEY

FEBRUARY 2022

In February 2022, the Food Security PDM was conducted in **8** camps with **336** HH participating.

(Note, BMN was excluded due to COVID-19 outbreak in camp.)



### HOUSEHOLD HUNGER SCALE (HHS)

The HHS is a simple indicator (6 questions) to measure household hunger, specifically developed and validated for cross-cultural use. The resulting score applies to the household (HH) level: Little to no hunger; moderate hunger; or severe hunger.

**1**  
HH EACH  
REPORTING  
MODERATE &  
SEVERE HUNGER

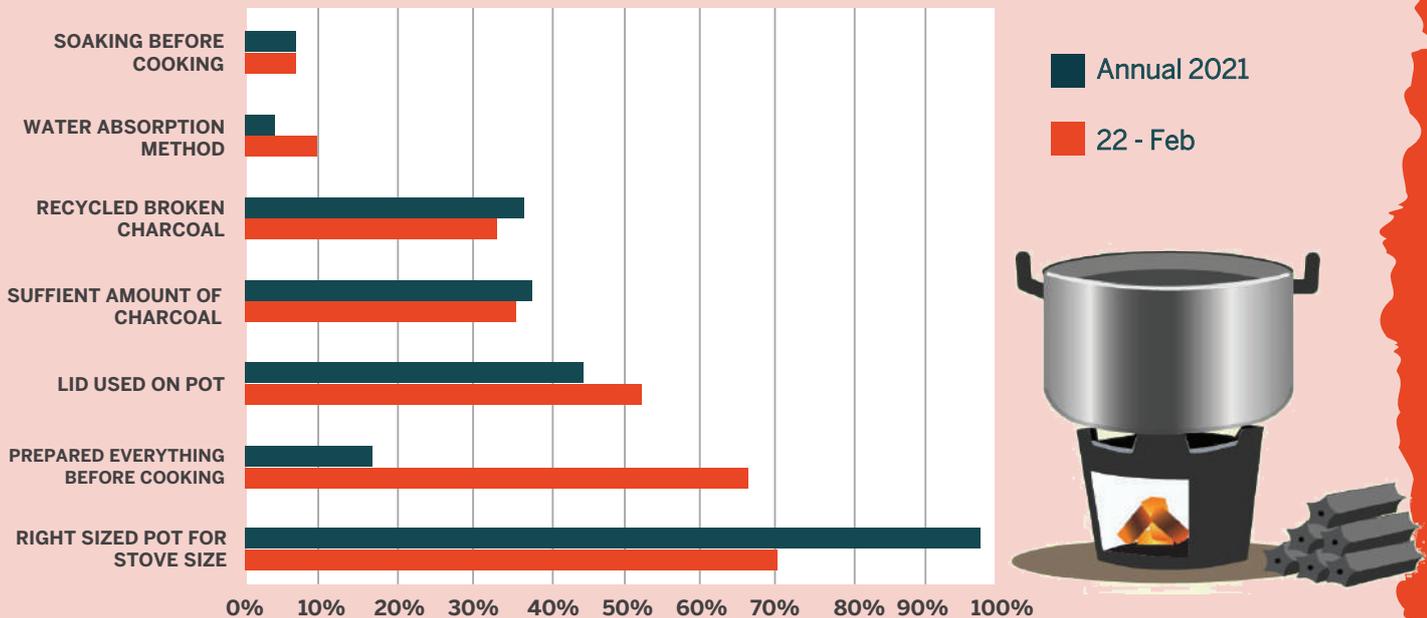
### FEEDBACK ON MARKET PRICES OF FOODS AND FOOD QUALITY

The items most frequently reported by HHs as 'too expensive' were pulses (15%), rice (13%), oils/fats (13%) & eggs (11%). For quality of foods obtained using the Food Card, very few thought that any foods were low quality, same as 2021.



# ENERGY EFFICIENT METHODS USED

90% of HH reported using an energy efficient cooking practice during the past month, unchanged since 2021 (92%). Using the 'right-sized pot for stove size' continues to be most often reported method of energy efficient cooking practiced, followed closely this quarter by 'prepared everything before cooking'.



# CONCLUSIONS

- 1**
- Overall, survey results similar to those from 2021.
  - Diets remain acceptably diverse (95%).
  - Diet quality - daily consumption of vitamin A and protein continue to be reported by most HH, with need to focus on daily heme (animal source) iron consumption.
  - Continued very little HH hunger.
  - Food (range 98%-100%) & charcoal (96%) quality remain good.

- 3**
- As in 2021, the food card value lasted 23 days and spending on food using cash was 557 baht/month.

- 5**
- Pulses, rice, oils/fats & eggs were considered 'too expensive'.

- 2**
- Continue to target nutrition education to improve heme iron consumption for young children, adolescent girls, pregnant and breastfeeding women.

- 4**
- Overall, it is encouraging that use of an energy efficient cooking method continues to remain high (90%).
  - Using the right-sized pot for the stove size continued to be most often reported method of energy efficient cooking practiced (70%) with an increase from previous surveys in HHs who reported 'preparing everything before cooking' (67%).

