FOOD SECURITY
POST DISTRIBUTION MONITORING SURVEY
MARCH 2023
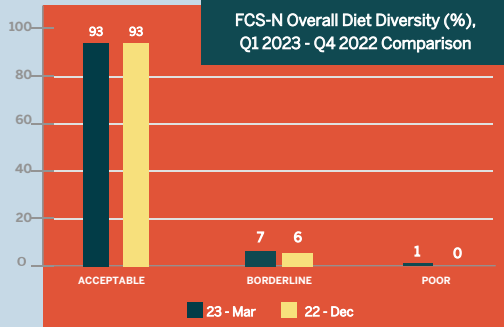
TBC
The Border Consortium

CONDUCTED IN **9** CAMPS WITH **401** HH PARTICIPATING

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

The FCS-N evaluates the dietary 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 and perform as a binding agent for minerals absorption. Over long periods of time, micronutrient deficiencies such as vitamin A and iron, lead to chronic undernutrition.

The FCS-N indicates that the majority (93%) of HH reported having an acceptably diverse diet, the same as in Q4 of 2022. The FCS-N overall result continues to show most HH reported daily consumption of vitamin A (77%) and protein-rich foods (79%), while diet quality for intake of heme iron-rich foods remains at 21% of HH reporting daily consumption.

FCS-N Overall Diet Diversity (%), Q1 2023 - Q4 2022 Comparison

FCS-N, DIET QUALITY – FREQUENCY OF CONSUMPTION OF VITAMIN A, PROTEIN AND HEME IRON-RICH SOURCES Q1 2023 - Q4 2022 COMPARISON
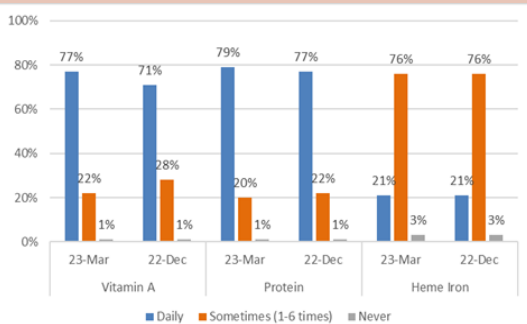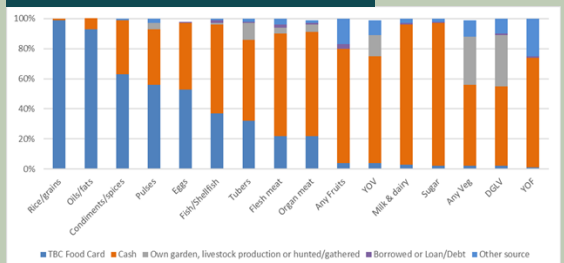

MAIN FOOD SOURCES

Along with the FCS-N, participating HH were asked about the main food source for each food group. The TBC Food Card was used most often to purchase rice (99%), oils/fats (93%), condiments (56%), pulses (56%) and eggs (53%) with no differences from Q4 2022.

For all other food items cash was the means most often reported to obtain them. While in Q4 2022 there were no HH that reported borrowing or loan/debt as a means of procuring any food items, in this survey a total of 36 HH for all food groups reported the main source as 'borrowed or loan/debt'. Vegetables continue to be the main items reported as sourced from 'own garden/livestock production or hunted/gathered', including dark green leafy vegetables (DLGV, 34%) any vegetable (32%), and yellow/orange vegetables (YOV, 14%).
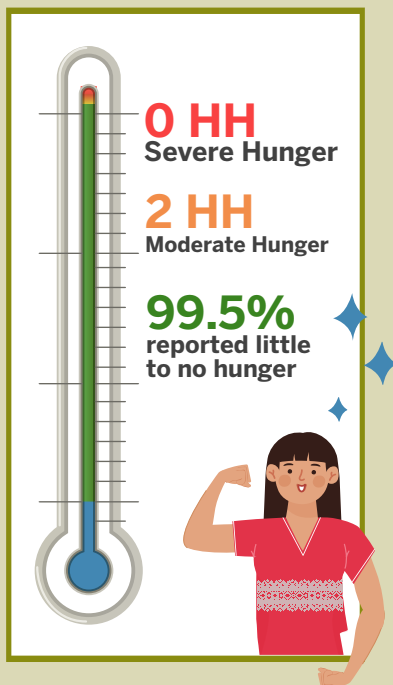

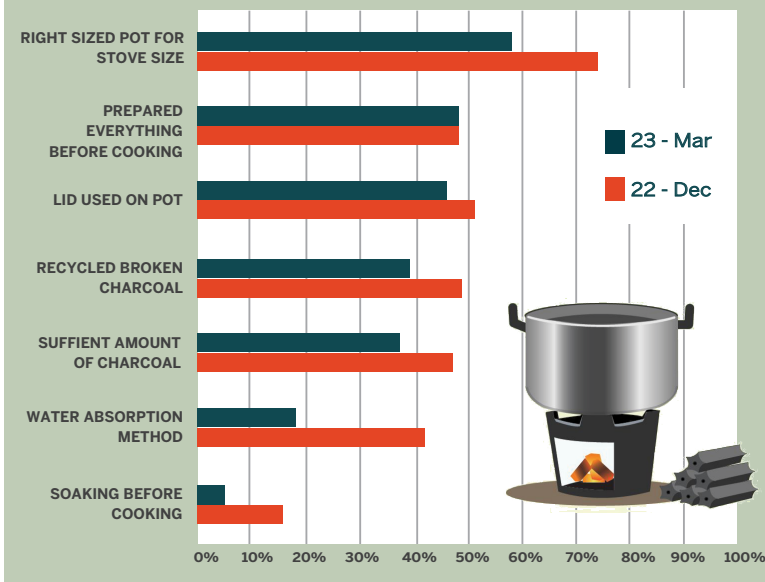FCS-N, Diet Quality – Main Food Sources

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.

0 HH
Severe Hunger

2 HH
Moderate Hunger

99.5%
reported little to no hunger

ENERGY EFFICIENT METHODS USED, Q1 2023 - Q4 2022 COMPARISON

Legend:
- 23 - Mar
- 22 - Dec

Categories (top to bottom):
RIGHT SIZED POT FOR STOVE SIZE
PREPARED EVERYTHING BEFORE COOKING
LID USED ON POT
RECYCLED BROKEN CHARCOAL
SUFFIENT AMOUNT OF CHARCOAL
WATER ABSORPTION METHOD
SOAKING BEFORE COOKING

FEEDBACK ON MARKET PRICES OF FOODS AND FOOD QUALITY

For all food groups, most HH reported they were 'medium to low-priced'. The food items most frequently considered by HH to be 'too expensive' continued to be rice (39%), oils/fats (37%) & eggs (33%). For quality of foods obtained using the Food Card, very few HH reported any foods were low-quality.

CONCLUSIONS

1. The frequency of HH reporting 'acceptable' diet diversity remained high at 93%, as in Q4 2022

2. Very little HH hunger was reported (2 HH reported moderate and 0 severe hunger) and the 36 HH , who reported their food sources were borrowed/loan/debt, should be monitored.

3. Most HH reported the food prices of the food items in food card shop were 'low-medium priced' vs. 'high priced, however, the rice, oils and eggs, were frequently reported as "too expensive" and in terms of food quality, 5 HH reported 'low quality' was eggs and 6 HH reported charcoal as low quality.

4. TBC food card is the main source of rice, oils/fats, condiments, pulses and eggs while cash is another major source of other food groups and half of consumed vegetables is sourced from 'own garden/livestock production or hunted/gathered'.

5. The Food Card value was reported to last 23 days as intended and expenditures outside of the Food Card were unchanged from 2022 (average of 698 baht/month) as well as energy efficient cooking method remains high (88%) and the charcoal ration lasted 20 days.

6. HH reported (94%) they felt the Food Card support made them feel protected and helped their wellbeing although 25 respondents disagreed with that statement.