Nutrition and Food Security Survey in Jaffna District in 2009

Dr. Renuka Jayatissa
Dr. Moazzem Hossaine

Department of Nutrition
Medical Research Institute in collaboration with
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District profile - JAffna

Jaffna district is one of the four districts in the Northern province of Sri Lanka, located at the far north of the province and comprises most of the Jaffna peninsula and several islands.

Map of Sri Lanka showing Jaffna district is given in Figure 1.

Administratively, the district is divided into 15 Divisional Secretary (DS) divisions and 435 Grama Nildhari (GN) divisions. The local government institutions in the province include one Municipal Council (MC) , 1 Urban Councils and 13 Pradeshiya Sabahas [1].

The district includes a land area of approximately 1,025 sq.km. with a population of 650,720(as estimated for 2007) . The district has been facing a conflict situation for the past few decades and is undergoing many changes at present.

Health services provided by the state sector, for western type of health services include I Teaching Hospital, 1 Base Hospital, 6 District Hospitals, 6 Peripheral Units, 3 Rural Hospitals 3 other Hospitals and 8 Central Dispensaries / Maternity Homes. Preventive and promotive health services are provided through 11 Health Unit areas with Medical Officers of Health and field staff[2].

1. Methods

1.1. Selection of households

A sample of 613 households from the district of Jaffna were included in he study. The sampling frame used for selection of clusters was the most recently available population estimate – the 2001 census from the Sri Lanka Department of Census and Statistics. Clusters were defined at the level of a Grama Niladhari (GN) division. GN divisions were identified using the probability proportional to size technique. Within each cluster, 30 households were identified using a systematic sampling procedure.

Map indicating the selected GN divisions is given in Figure 2.

A household was defined as persons routinely sharing food from the same cooking pot and living in the same compound or physical location. Members of a household need not necessarily be relatives by blood or marriage. All selected households were included in the survey, irrespective of whether there was a child under five.

1.2. Composition of the survey teams

Each survey team included three interviewers and one team leader . Co-ordinator was recruited to take the overall responsibility for the conduct of the survey. All team leaders and team

[1] Department of Census and Statistics, Special report, 2009.
[2] Ministry of Health Care and Nutrition, Annual Health Bulletin, 2007.

coordinators were trained by staff from Medical Research Institute (MRI) with experience from past surveys

The three interviewers from the survey team conducted all interviews, averaging seven interviews each, per day. The team leader was responsible for selection of households.

1.3. Household survey included several components.

Administration of the questionnaire : A pre tested questionnaire was administered to the head of the household. Where possible, mothers were interviewed to obtain information on child care practices and maternal nutrition. The minimum age of respondents was 15 years.
Anthropometric assessments: All children aged 0 to 59 months, along with their mothers and any pregnant women in the household, were selected for measurement. All measurements were conducted by team leaders, and standardized procedures for measuring the height/length, weight were used (WHO,1995). Anthropometric measurements were made using UNISCALES and UNICEF measuring boards.
For pregnant women, Mid Upper Arm Circumference (MUAC) was measured in addition to height and weight.
Measurement of haemoglobin levels was carried out for all individuals selected for measuresments except children less than six months of age using hemocue method, using capillary blood.

1.4. Supervision and quality assurance
Constant supervision and monitoring of all field activities was attempted. Team leaders would monitor interviewers, while team coordinators monitored team leaders as well as the interviewers. Routine field-editing of all questionnaires was conducted by the team leaders.

1.5. Data processing and analysis

EPI Info 6.0 software package was used for data management and entry. Data cleaning was carried out in MS Access by sorting records to filter out extreme values and SQL queries to check logical errors. Consistency checks were run to detect and correct data entry errors.

Data analysis was conducted in Anthro and SPSS. Anthro was used to calculate nutrition z-scores for women and children based on the anthropometric measurements, using WHO standards as the reference value..

2. Results

A total of 613 households from the Jaffna district was included in the survey. OF them, 85.3 percent were in the rural sector, 14.7 percent in the urban sector.

Of the total 2776 individuals who were usually resident in the selected households, 763 (27.5 percent) were women aged between 15.0 and 49.9 years. Seventeen percent (n=4799) of the total population were Children aged between 5.0 and 14.9 years constituted 14.9 percent of the population and 10.3 percent were children aged less than 5 years. Of the population , 6.4 percent were children aged between 2.0-4.9 years,

2.1. Nutritional status of children

2.1.1 Prevalence of malnutrition

The three indices of physical growth that describe the nutritional status of children according to WHO growth standards (WHO, 2006) are : Height-for-age, Weight-for-height and Weight-for-age. Each of the four nutritional status indicators expressed in terms of standard deviations from the median (Z-scores) of the reference population was used to assess the prevalence of stunting (height for age < -2SD), wasting (weight for height <-2SD) , underweight (weight for age <-2SD) and overweight (weight for height more than +2SD). .

A total of 270 children under five years were i included in the survey. As shown in Table 1, among all children in the age group 0–59 months, 15.2 percent were stunted, 9.6 percent wasted and 14.4 percent were underweight . Severe stunting was seen among 1.9. percent of the total group, with the comparable figures for severe wasting and severe underweight being 0.7 percent and 1.5 percent respectively. There were only 0.7 percent of children with weight for height values more than +2 SD.

Comparisons made between sub groups are based on relatively low numbers within each such group, hence have to be interpreted with caution.

The prevalence of stunting (height for age <-2 SD) was highest during the 12 - 23 months of age . Prevalence of underweight was highest in the fifth year of life.. The percentage of children with stunting and wasting were higher among males compared to females. Prevalence of severe stunting, was highest in the fourth year of life (4.3 percent), among males (2.4 percent),.

Table 1 Prevalence of malnutrition: stunting, wasting, overweight and underweight by background characteristics

Background characteristic	Height-for- age (%)		Weight-for-height (%)			Weight-for-age (%)		Total No of Children
	<-2SD	<-3SD	<-2SD	<-3SD	≥+2SD	<-2SD	<-3SD	
Age of child (months)								
<6	0.0	0.0	18.2	0.0	0.0	9.1	0.0	11
6-11	6.9	0.0	0.0	0.0	0.0	3.4	0.0	30
12-23	22.7	0.0	9.1	1.5	0.0	10.6	3.0	67
24-35	15.4	3.1	10.8	0.0	1.5	16.9	1.5	66
36-47	18.2	1.8	9.1	0.0	0.0	16.4	0.0	60
48-59	8.7	4.3	13.0	2.2	2.2	21.7	2.2	48

Background characteristic	Height-for- age (%)		Weight-for-height (%)			Weight-for-age (%)		Total No of Children
	<-2SD	<-3SD	<-2SD	<-3SD	≥+2SD	<-2SD	<-3SD	
Sex of child								
Male	17.9	2.4	12.2	1.6	0.0	16.3	2.4	127
Female	12.9	1.4	7.3	0.0	1.3	12.8	0.7	155
Sector								
Urban	10.7	3.6	17.9	0.0	0.0	21.4	0.0	28
Rural	15.7	1.7	8.6	0.8	0.8	13.5	1.6	254
Estate	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0
Mother's education								
No schooling	0.0	0.0	100.0	0.0	0.0	0.0	0.0	1
Primary	26.3	0.0	10.5	0.0	0.0	26.3	0.0	19
Secondary	14.5	2.9	9.9	0.0	1.4	15.5	1.4	75
Passed O' Level	11.8	0.9	10.9	0.9	0.9	15.5	0.9	113
Higher	17.3	1.9	3.8	0.0	0.0	5.8	1.9	52
Monthly household income								
< 9,000	15.9	3.0	11.5	1.2	0.6	17.6	1.8	173
9,000 – 13,999	18.8	0.0	12.2	0.0	2.0	12.2	2.0	50
14,000 – 19,999	4.5	0.0	4.5	0.0	0.0	4.5	0.0	22
20,000 – 31,999	10.0	0.0	0.0	0.0	0.0	10.0	0.0	21
≥ 32,000	22.2	0.0	0.0	0.0	0.0	0.0	0.0	9
Wealth index quintile								
Poorest	23.9	3.5	10.5	0.9	0.9	21.1	2.6	120
Second	12.7	1.4	8.3	0.0	1.4	12.7	1.4	73
Middle	6.5	0.0	6.5	0.0	0.0	8.7	0.0	47
Fourth	3.7	0.0	17.9	3.6	0.0	7.1	0.0	29
Richest	7.7	0.0	0.0	0.0	0.0	0.0	0.0	13
Overall	15.2	1.9	9.5	0.7	0.7	14.3	1.5	282

2.1. 2. Anaemia in children

The haemoglobin levels of 262 children in the age group 6–59 months were assessed using the 'haemocue 'method (cut off point - Hb <11.0 gms %) . As shown in Table 2, the prevalence of anaemia in this group was 34.0 percent, with the highest percentage during the early half of infancy (46.7 percent), and

declining with increasing age, with the 48–59 months age group showing the lowest prevalence (17.4 percent). Male children showed a higher prevalence 32.0 percent) than females(17.0).
There was no consistent pattern in the prevalence of anaemia with increasing maternal education and indicators of income and wealth.

Table 2 Prevalence of anaemia among children 6-59 months of age by background characteristics

Background characteristic	% of children with Anaemia (Hb<11.0g/dl)*	Number of Children who were investigated for Hb
Age of child (months)		
6-11	46.7	30
12-23	43.9	66
24-35	36.9	65
36-47	25.5	55
48-59	17.4	46
Sex of child		
Male	35.7	115
Female	32.7	147
Sector		
Urban	25.9	27
Rural	34.9	235
Estate	0.0	
Mother's education		
No schooling	0.0	1
Primary	52.6	19
Secondary	41.8	67
Passed O' Level	28.3	106
Higher	26.0	50
Monthly household income		
< 9,000	38.5	156
9,000 – 13,999	39.6	48
14,000 – 19,999	14.3	21
20,000 – 31,999	9.5	21
≥ 32,000	33.3	9
Wealth index quintile		
Poorest	42.0	112
Second	35.3	68
Middle	19.0	42
Fourth	25.9	27
Richest	23.1	13
Overall	34.0	262

2.1.3. Birth weight

The birth weights were obtained form the Child Health Development Records (CHDRs). This study included children born within the 5 years preceding the survey. Considering the newborns with a birth weight of less than 2500 grams as being low birth weight (LBW), the overall prevalence was 16.6 percent (Table 3) . Birth weight distribution by the current age of the child enables comparison of prevalence of LBW among different birth cohorts. There is no definite pattern observed except that the cohort aged between 36 - 47 months at the time of the study had the highest prevalence of LBW of 21.1 percent.

The prevalence was higher among female newborns than males.. There is a decline in the prevalence with increasing levels of mother's education and with increasing income levels and wealth quintiles.

Mean birth weight for the total group was 2.95 ± 0.52 kg with no clear pattern observed between age groups, districts, and maternal educational levels. However, an upward trend was observed in relation to increasing income levels and higher levels of wealth quintiles.

Table 3 Prevalence of low birth weight, and mean birth weight among children born in the 5 years preceding the survey, by background characteristics

Background characteristic	Birth Weight				Number of children
	< 2500g (%)	≥ 2500g (%)	Mean (kg)	SD	
Age of child (months)					
0-5	18.2	81.8	2.95	.40	11
6-11	20.7	79.3	2.99	.62	30
12-23	9.1	90.9	3.03	.44	67
24-35	21.5	78.5	2.98	.64	66
36-47	20.3	79.7	2.97	.62	60
48-59	12.8	87.2	3.00	.48	48
Sex of child					
Male	13.6	86.4	3.06	.56	127
Female	19.1	80.9	2.94	.54	155
Residence					
Urban	18.5	81.5	2.95	.59	28
Rural	16.4	83.6	3.00	.55	254
Estate			.	.	
Mother's education					
No schooling		100.0	2.60	.	1
Primary	21.1	78.9	2.93	.60	19
Secondary	16.2	83.8	2.93	.51	75
Passed O' Level	18.9	81.1	3.02	.59	113
Higher	15.7	84.3	3.05	.56	52
Monthly household income (n=2592)					
< 9,000	18.3	81.7	2.95	.52	173
9,000 – 13,999	16.0	84.0	2.96	.53	50
14,000 – 19,999	14.3	85.7	3.20	.65	22
20,000 – 31,999	14.3	85.7	3.17	.70	21
≥ 32,000	11.1	88.9	3.24	.68	9
Wealth index quintile					
Poorest	16.8	83.2	2.94	.54	120

Background characteristic	Birth Weight				Number of children
	< 2500g (%)	≥ 2500g (%)	Mean (kg)	SD	
Second	22.5	77.5	2.90	.49	73
Middle	12.8	87.2	3.07	.61	47
Fourth	10.7	89.3	3.15	.51	29
Richest	8.3	91.7	3.43	.66	13
Overall	16.6	83.4	2.99	.55	282

2.2. Nutritional status of women of 15-49 years

2..2.1 Non pregnant women (using Body Mass Index)

A total of 261 non-pregnant women aged between 15 to 49 years, and with a child under 5 years age were included in the assessment of body mass index . As shown in Table 4., of the total sample of non-pregnant women, 20.5 percent had BMI less than 18.5, 15.5 percent with values between 25 and 29 (overweight) and 6.4 percent, with BMI values 30 or above (obese).

The prevalence of underweight (BMI less than 18.5) was highest in the 20 - 27 age group (27.1 percent) with a decline with increasing age. There was a declining pattern in the prevalence with higher wealth quintiles. The prevalence of overweight and obesity showed an increase with higher income and wealth index.

Of all non-pregnant women studied, 21.9 percent were either overweight or obese. This percentage was higher in the older age groups,.

Table 4 Distribution of non-pregnant women 15-49 years by BMI levels, by background characteristics

Background Characteristics	BMI category (%)				Total women
	Underweight (BMI<18.5)	Normal (BMI=18.5-24.9)	Overweight BMI=25.0-29.0)	Obese (BMI>30.0)	
Age group (years)					
15-19	22.2	66.7	11.1	0.0	15
20-29	27.1	56.5	10.6	5.9	95
30-39	16.5	58.8	19.6	5.2	106
40-49	13.8	55.2	17.2	13.8	45
Sector					

Background Characteristics	BMI category (%)				Total women
	Underweight (BMI<18.5)	Normal (BMI=18.5-24.9)	Overweight BMI=25.0-29.0)	Obese (BMI>30.0)	
Urban	9.1	50.0	18.2	22.7	25
Rural	21.7	58.6	15.2	4.5	236
Estate	0.0	0.0	0.0	0.0	
Women's education level					
no schooling	50.0	50.0	0.0	0.0	2
Primary	19.0	76.2	0.0	4.8	30
Secondary	32.8	48.3	15.5	3.4	71
Passed GCE (O/L)	18.5	56.5	17.4	7.6	103
Higher	8.7	63.0	19.6	8.7	54
Monthly household income					
< 9,000	22.6	58.9	12.9	5.6	145
9,000 – 13,999	21.1	50.0	21.1	7.9	40
14,000 – 19,999	0.0	64.7	29.4	5.9	20
20,000 – 31,999	7.7	84.6	0.0	7.7	18
≥ 32,000	14.3	42.9	28.6	14.3	7
Wealth index quintiles					
Poorest	30.1	57.0	11.8	1.1	113
Second	18.6	57.6	18.6	5.1	66
Middle	11.1	61.1	13.9	13.9	45
Fourth	8.7	56.5	21.7	13.0	28
Richest	0.0	55.6	22.2	22.2	9
Overall	20.5	57.7	15.5	6.4	261

2.2.2. Pregnant women (using Mid Upper Arm Circumference (MUAC)

Nutritional status of 27 pregnant women were assessed using MUAC. This assessment indicated that 14.8 percent of this group were undernourished.

2.2.3 Anaemia in women

Three groups of women were included in this component of the study : I). pregnant women (27) ii.) lactating women (57) iii.) all l non pregnant women including lactating women (218).

Pregnant women

As shown in Table 5, overall prevalence of anaemia among this group was 14.8 percent. Comparisons between subgroups require cautious interpretation due to limited number of pregnant women included in each of the sub-categories.

Lactating women

Among lactating women, the overall prevalence was 35.1 percent, much higher than among the pregnant women.

All non-pregnant women

The overall prevalence among this group was 35.3 percent .

Table 5 Prevalence of Anaemia*, among i) pregnant women, ii). lactating women and iii). All non-pregnant women by background characteristics

background characteristic	Pregnant		Lactating		All Non-pregnant	
	Percent	Total No of Women	Percent	Total No of Women	Percent	Total No of Women
Age group (years)						
< 20	0.0	1	0.0		28.6	7
20-29	7.1	14	32.1	28	32.9	85
30-39	27.3	11	40.9	22	37.5	96
40-49	0.0	1	28.6	7	37.9	29
Residence						
Urban	0.0	2	50.0	6	34.8	23
Rural	16.0	25	33.3	51	35.4	195
Estate	0.0		0.0		0.0	
Women's education level						
no schooling	0.0	0	0.0	0	50.0	2
Primary	0.0	1	66.7	3	45.5	22
Secondary	10.0	10	46.2	13	39.7	58
Passed GCE (O/L)	25.0	12	30.4	23	33.7	89
Higher	0.0	4	29.4	17	28.3	46
Monthly household income						
< 9,000	20.0	15	33.3	33	34.7	124
9,000 – 13,999	0.0	5	37.5	8	42.1	38
14,000 – 19,999	0.0	3	33.3	6	37.5	16
20,000 – 31,999	0.0	2	28.6	7	38.5	13
≥ 32,000	20.0	15	0.0	1	14.3	7
Wealth quintile of household						
Poorest	10.0	10	36.4	22	37.2	94
Second	25.0	8	40.0	15	44.1	59
Middle	0.0	3	30.8	13	29.4	34
Fourth	25.0	4	40.0	5	22.7	22
Richest	0.0	2	0.0	2	11.1	9

background characteristic	Pregnant		Lactating		All Non-pregnant	
	Percent	Total No of Women	Percent	Total No of Women	Percent	Total No of Women
Overall	14.8	27	35.1	57	35.3	218

All tables in this section are given in annex 1

II

2.3. Childhood Illnesses

Diarrhoea and respiratory infections are the two common illnesses that lead to increased morbidity and mortality among children under 5 years. The present study sought information from respondents related to the occurrence of these two illnesses during the two weeks preceding the interview.

2.3.1. Respiratory illness

Respondents were asked whether their children less than five years of age had one or more symptoms related to respiratory illness (cough, rapid or difficult breathing) during the period of 2 weeks preceding the survey. A child who was having cough with rapid or difficult breathing, was identified as having had symptoms of respiratory illness. Among the total group, 22.2 percent reported to have had symptoms related to respiratory illness during the specified period (Table A 1).

2.3.2. Diarrhoea

The respondents were asked whether their children under five years had experienced an episode of diarrhea during the two weeks preceding the survey. (Diarrhoea was defined as three or more loose or watery stools per day or blood in stool). If the child had diarrhea, information on giving oral dehydration fluid using the packet 'Jeewani' during the episode of diarrhoea, was inquired into. Of the total group, 5.2 percent of children who reported to have had diarrhea during the specified period. Of them, 28.6 percent were given "Jeewani" .

2.3. Dietary intake and feeding practices

2.3.1.Breastfeeding practices

Percentage of children less than 24 months years of age who were ever breastfed, currently breastfed and started breastfeeding within one hour / one day of birth are given in Table A 2 . All children were ' ever breastfed'. Of them, 91.3 percent were breast fed within the first hour of birth and the same percentaget were currently breast fed , given breast milk in the previous 24 hours .

2.3.2. Complementary feeding and bottle-feeding practices

As shown in Table A 2, 88.9 percent of all children 6-8 months were given breast milk and solid / semi solid foods and 42.7 percent of children under 24 months had been bottle fed.

2.3.3. Food Consumption among children in the age group 6 – 59 months

Food consumption pattern was based on the information about the food items given to children aged 6 – 59 months on the day preceding the interview. Ten different food items were included in this analysis.

For the total sample, 84.9 percent of the children were given grains/roots/tubers, while 50 – 60 percent were given fruits and vegetables, and meat fish/ poultry/ organ meats. Proportions of children who received eggs was comparatively high (57.6 percent) and the consumption of dairy products was low(26.2 percent). Foods cooked with oil or fat were given to 52.0 percent of children and 46.5 percent were given fortified food (commercially available cereals) , and 80.1 percent or were given sugary food (chocolates, sweets, candies, cakes, biscuits etc.) .

2.3.4.Dietary diversity

Dietary diversity is based on the premise that more diverse diets are more likely to provide adequate levels of a range of nutrients.

Individual dietary diversity score for children aged 6-59 months

In this study, individual dietary diversity score for children aged 6 – 59 months was assessed. (according to FANTA[3]) . As shown in Table A 4, for all children in this age group, the IDDS was 4.7 (SD =1.9) .

The dietary diversity score of children aged 6-59 in the households belonging to the highest wealth quintile was used as a "target to be achieved" based on the assumption that poorer households will diversify their food consumption practices as incomes rise, and thereby attempting to follow the consumption pattern of wealthier households. Table A 4 shows the IDDS among children in the highest wealth quintile was 5.5. Based on this value, the percentage of children yet to achieve the target was assessed. This percentage was 66.4 for the total sample. The percentage decreased with increasing income categories and wealth quintiles. .

Information on Minimum meal frequency, minimum dietary diversity and minimum acceptable diet for children aged 6-23 months are given in Table A 5.

2.4. Care Practices

Care practices were studied in relation to activities on early childhood development including promoting early learning at household level, practices related to play activities, early childhood education, school enrolment. The age group to be included in the different components in the study of care practices varied, depending on the relevance.

2.4.1. Promoting early learning at household level

As shown in Table A 6, the average number of' education related activities' undertaken by the children was 4.9. For 75.0 percent of children, an adult was engaged in more than three activities that promoted early learning, during the 3 days preceding the survey. Considering the children under 5 years of age, 26.3 percent were looked after by a child under the age of 10 years, during the week preceding the interview.

2.4.2. Childhood education

As shown in Table A 7, of the children aged 36-59 months, 61 percent had attended an early childhood educational programme and 99.9 percent of the children who have completed 5 years by 31st January 2009 were enrolled in grade 1 and1the same percentage of l children 5-10 years of age were attending Primary School (Table A 8).

Information related to play items used by the children and 'child labour are given in Table A9 and A 10 respectively..

2.5. Use of health services

2.5.1. Attendance at Child Welfare Clinic

[3] *Anne Swindale & Paula Bilinsky Household Dietary Diversity Score (HDDS) for Measurement of Household Food Access: Indicator Guide VERSION 2 September 2006*

As shown in Table A 11, 86.5 percent of the children under 5 years had received care at a Child Welfare Clinic (CWC) and 90.4 percent of the children had their Child Health Development Records (CHDRs) with them at the time of interview . Of the mothers who attended the child welfare clinics, 88.6, 88.8 and 82.4 percent received advice on growth, nutrition and early childhood development respectively. Of this group, 14.8 percent of children aged 6-59 months had received at least one packet of thriposha in the previous month.

2.5.2. Vitamin A supplementation for children

Of the group, 81.1 percent of children who had completed 9 months of age had received a mega dose of vitamin with the percentage of children who received a vitamin A mega dose at 18 months, 36 months being 78.8 and 74.7 percent respectively. Considering all children aged 36 months and over 70.8 percent had been given 3 mega doses of Vitamin A (Table A 13).

Of the mothers who attended the ANC, 89.5 percent of mothers received iron tablets of whom 72.2. percent took the tablets daily.

2.5.3. Source of medical care for common childhood illnesses

Source of medical care for those children who reported diarrhoea / respiratory symptoms within the 2 weeks preceding the interview was considered under services provided by the government sector, private sector and other sectors. As shown in Table A 13 , 50.9 percent of the total group used services from the government sector, 47.4 percent from the private sector and 1.8 percent from other sectors.

2.5.4. Use of services at antenatal clinics

A total of 87.0 percent of the pregnant mothers had attended antenatal clinics regularly as shown in Table A 14 . Among the 89.5 percent of pregnant mothers who received iron supplement, 72.2.percent took the supplement regularly.

2.5.5. Food and nutrient supplementation for women

The two main nutrition supplementation programmes aimed at pregnant women are the provision of a food basket ("poshana malla") through the Samurdhi programme implemented by the : Ministry of Samurdhi and Poverty Alleviation and the Thriposha programme implemented by the Ministry of Health care and Nutrition. Of all pregnant mothers, 69.6 percent received Thriposaha and 66.7 percent had received "poshana malla" (Table A 15).

Of the lactating mothers with a child under 6 months of age, 71.4 percent had received "thriposha" (Table A 16) and vitamin A mega dose has been given to 95.2 percent, after childbirth.

2.5.6. *Samurdhi* beneficiaries

In the households included in the study, there were a total of 201 non pregnant, non lactating women in the age group 15 – 49 years. Of this group, 42.3 percent received *Samurdhi* benefits , being members of households that were beneficiaries under the *Samurdhi* programme. (Table A 16).

Percentage beneficiaries among the pregnant women and lactating women were 29.6 percent and 40.0 percent respectively.

2.6. Water and Sanitation

2.6.1. Use of improved water sources

As shown in Table A 17, 87.3 percent of the households had improved sources of water. There was no consistent pattern showing an association with income or wealth quintile.
Of all households, 59.1 percent used one of the appropriate water treatment methods to treat their drinking water with boiling being the most frequently used method, practiced by 34.4 percent of the households included in the study (Table A 18). The percentage of households that used boiling as a method of making water safe, increased marginally from the lowest wealth quintile to the highest. In some households, more than one method was used

2.6.2. Use of sanitary means of excreta disposal

Use of flush toilets connected to sewage systems, or septic tanks was considered as sanitary means of excreta disposal. As shown in Table A 19, the percentage of households using sanitary means of excreta disposal was 85.0 percent.

2.6.3. Use of improved water sources and sanitary means of excreta disposal

Table A 20 shows the distribution of households that use both improved sources of drinking water and sanitary means of excreta disposal. For the district sample, .73.6 percent of households reported using both improved water source and sanitary means of excreta disposal. The percentage of households that had both facilities increased with increasing levels of wealth quintiles.

Information on the time consumed to collect water and the person collecting water are given in Tables A 21 and A 22 respectively.

2.7. Food Security and Coping Strategies

2.7.1. Household food consumption

The food items consumed by households were grouped into 11 categories based on the FAO classification of food groups with some modifications to include coconut and sugar separately. These food groups were used in assessing the food consumption pattern as shown in Tables A 23 and A 24 .

Table A 23 provides information on food items consumed within 24 hours preceding the survey. Consumption of rice and rice products, coconuts and sugar ranged from 95 – 100 percent and consistent across all sub groups studied. Bread and wheat products were consumed by 23.1percent o12.5 percent. with only 7.8 percent of households having consumed fruits.

The percentages of households that consumed milk and milk products was 12.7 . Consumption of oils and fats were 59.9 percent .

Information on the consumption of different foods for at least 5 days during the week preceding the survey is shown in Table A 24. This information indicated the consistency of consumption of the foods and shows important differences from the Table A. 23, which focused on the consumption pattern during the 24 hours preceding the survey.

Similar to the 24-hour consumption pattern, rice, coconut and sugar were consumed by more than 95 percent of the households. However, the consumption of food groups such as bread and wheat products, nuts and pulses, fruits, meat/poultry/fish and dry fish, eggs, and milk/dairy products were markedly lower during the 7-day period.

Table A 25 provides information on the household members who consume three or more main meals a day.

2.7.2. Household dietary diversity

Household dietary diversity score (HDDS) is a proxy measure of households consuming a variety of food indicating a nutritionally 'satisfactory' diet and the method used to make this assessment is given in Table A 26 . This table indicates that the mean HDDS for the total group was 7.2 (SD 1.9). The values ranged from 7.0. in the lowest wealth quintile to 8.3 n the highest.

The HDDS obtained by the households in the highest wealth quintile category (8.3) was taken as the 'target ' to be achieved and the percentage of households yet to achieve the target was calculated. For the total sample, the percentage of households yet to achieve the target was 77.2 .The percentage showed a consistent decline with increasing income and wealth quintiles.

2.7.3. Expenditure on food and other goods and services

Study of broad categories under which household expenditure for a one-month period showed that considering all households included in the study, 73.3 percent of the total household monthly income was spent on food, and 8.4 percent on other goods and services (Table A 27).

Food groups by source is given in Table A 28. Food availability at household, food stocks and food aid are given in tables A 29 30 and 31 respectively.

2.7.4. Coping Strategies

During the periods when there were limitations in food availability, different coping strategies were adopted by households (Table A 32). Use of such strategies during the month preceding the survey was studied paying attention to the frequency of practice. Of the total number of households,47.8 percent had adopted one or more coping strategies. Of them, more of the households adopted food related coping strategies compared to non-food coping strategies.

The common strategies adopted were: to rely on less preferred food (33.9 percent) and purchased food on credit (32.4 percent). Approximately,30-35 percent, had borrowed food or reduced meal size. The main non-food strategies adopted were : borrowing money from relatives/neighbours (34.3 percent) and pawning jewellary (32.8 percent.

The distribution of the households that adopted a specific food-related coping strategy by background characteristics is shown in Table A 33. The number of households in the sub categories are small, hence the limitations in drawing conclusions

Taking loans is a commonly adopted strategy to cope with difficult situations, whether it be food related or not. As shown in Table A 34, 49.1 percent of households had taken loans within the preceding month which were used for: purchase food (53.3 percent), and for medical costs(23.7 percent).

2.7.5. Food insecurity

A state of food insecurity exists when nutritionally adequate and safe foods are not readily available or there is inability to acquire acceptable foods**.** In this study, food insecurity levels were determined according to the method described by the World Food Programme (WFP), given in annex 2..

2.7.5.1. Household food consumption adequacy score (HFCAS)

As shown in Table A 35, the mean HFCAS for all households was 65.6(SD=16.9). The scores differed between sectors, higher in the urban sector,70.5 compared to the rural sector, 64.7. Study of HFCAS categories indicate that 0.3 percent of the households had poor food consumption,2.3 percent were borderline and 97.4 percent , had adequate food consumption. .

2.7.5.2. Food insecurity categories

Food insecurity levels obtained by cross-tabulating food access categories (as indicated by percentage expenditure on food) and food consumption categories for households with a child aged less than 5 years (n= 282) are presented in Table 36. Of these households, 0.8 percent were found to be 'severely food insecure' with comparable percentages for 'moderately insecure' and 'secure' were 22.5 and 76.7 percent respectively.

In interpreting food insecurity, the two categories, moderately and severely food insecure categories were considered together. The percentage of food insecure households in the urban sector(84.0) was lower compared to the rural sector (75.8).(Table A 37).

Considering the key socio-economic indicators included in this study, the marked influences such indicators have on food insecurity is clearly shown. There seems to be an upward trend in the percentage of food secure households, with increasing level of education of the head of the household and increasing income levels and wealth quintiles. However, these observations have to be interpreted with caution as numbers in some of these groups are limited.

ANNEX 1

Childhood Illnesses

Table A 1 : Percentage of under-5 children who reported symptoms of respiratory illness and diarrhoea by background characteristics

background characteristic	Total number of children	% reported symptoms of		Total No. of children reported Diarrhoea	% Given *Jeewanee* *
		Respiratory illness	Diarrhoea		
Age of child (months)					
<6	9	22.2	0.0	0	0.0
6-11	30	16.7	6.7	2	0.0
12-23	65	35.4	3.1	2	100.0
24-35	62	25.8	9.7	6	33.3
36-47	58	15.5	6.9	4	0.0
48-59	46	10.9	0.0	0	0.0
Sex of child					
Male	122	21.3	2.5	3	33.3
Female	148	23.0	7.4	11	27.3
Sector					
Urban	26	19.2	11.5	3	33.3
Rural	244	22.5	4.5	11	27.3
Estate					
Mother's education					
No schooling	1	0.0	0.0	0	0.0
Primary	18	11.1	16.7	3	33.3
Secondary	73	28.8	5.5	4	0.0
Passed O' Level	108	23.1	2.8	3	33.3
Higher	49	16.3	8.2	4	50.0
Monthly household income					
< 9,000	167	28.1	7.2	12	25.0
9,000 – 13,999	48	18.8	4.2	2	50.0
14,000 – 19,999	19	15.8	0.0	0	0.0
20,000 – 31,999	21	0.0	0.0	0	0.0
≥ 32,000	8	0.0	0.0	0	0.0
Wealth quintile					
Poorest	118	23.7	8.5	10	20.0
Second	70	27.1	5.7	4	50.0
Middle	46	19.6	0.0	0	0.0
Fourth	24	12.5	0.0	0	0.0
Richest	12	8.3	0.0	0	0.0
Overall	270	22.2	5.2	14	28.6

Table A 2 : Infant and young child feeding practices by background characteristics.

background characteristic	Percent						No. of children under 2 year
	Ever breastfed	Currently breastfed	Initiated breastfeeding within one hour of birth*	initiated breastfeeding within one day of birth	Introduced complementary food among infants 6-8 months	bottle-fed	
Age of child in months							
<6	100.0	100.0	100.0	100.0	0.0	27.3	11
6-11	100.0	100.0	87.5	100.0	0.0	55.2	30
12-23	100.0	75.0	87.5	100.0	0.0	39.7	67
Sex of child							
Male	100.0	91.7	100.0	100.0	90.9	42.6	49
Female	100.0	90.9	81.8	100.0	85.7	42.9	59
Residence							
Urban	100.0	50.0	100.0	100.0	0.0	66.7	7
Rural	100.0	95.2	90.5	100.0	88.9	41.2	101
Estate	0.0	0.0	0.0	0.0	0.0	0.0	0
Maternal education							
no schooling	0.0	0.0	0.0	0.0	0.0	0.0	0
Primary	0.0	0.0	0.0	0.0	0.0	16.7	6
Secondary	100.0	100.0	83.3	100.0	83.3	41.7	24
Passed GCE (O/L)	100.0	87.5	100.0	100.0	80.0	34.2	40
Higher	100.0	87.5	87.5	100.0	100.0	57.1	30
Monthly household income							
< 9,000	100.0	93.8	93.8	100.0	77.8	33.3	59
9,000 – 13,999	100.0	100.0	100.0	100.0	100.0	50.0	23
14,000 – 19,999	100.0	100.0	100.0	100.0	100.0	66.7	8
20,000 – 31,999	100.0	66.7	66.7	100.0	100.0	81.8	11
≥ 32,000	0.0	0.0	0.0	0.0	0.0	25.0	4
Wealth quintile of household							
Poorest	100.0	83.3	83.3	100.0	85.7	31.7	41
Second	100.0	100.0	100.0	100.0	100.0	50.0	29
Middle	100.0	85.7	85.7	100.0	66.7	38.9	19
Fourth	0.0	0.0	0.0	0.0	100.0	61.5	13
Richest	100.0	100.0	100.0	100.0	100.0	60.0	6
Overall	100.0	91.3	91.3	100.0	88.9	42.7	108

Table A3 : Percentage of children aged 6-59 months, who were given different food items on the day preceding the interview, by background characteristics

background characteristic	Grains/Roots/Tubers	Legume/Nuts	Vit A rich fruits and vegetables	Other fruits and vegetables	Dairy product/Milk / yogurt/ cheese*	Eggs	Meat/fish/Poultry/ organ meats	Food cooked with oil or Fat	Fortified Food	Sugary Food
Age of child in months										
6-11	76.7	56.7	70.0	50.0	13.3	43.3	50.0	30.0	40.0	63.3
12-23	89.6	68.7	59.7	59.7	28.4	58.2	52.2	53.7	56.7	83.6
24-35	84.8	68.2	74.2	56.1	27.3	60.6	51.5	57.6	42.4	81.8
36-47	85.0	78.3	71.7	60.0	33.3	65.0	50.0	55.0	41.7	81.7
48-59	83.3	70.8	66.7	58.3	20.8	52.1	41.7	52.1	47.9	81.3
Sex of child										
Male	84.9	68.1	68.1	58.0	31.1	58.8	42.9	52.1	48.7	81.5
Female	84.9	71.1	68.4	57.2	22.4	56.6	54.6	52.0	44.7	78.9
Residence										
Urban	85.2	63.0	74.1	55.6	40.7	74.1	48.1	63.0	48.1	77.8
Rural	84.8	70.5	67.6	57.8	24.6	55.7	49.6	50.8	46.3	80.3
Estate										
Maternal education										
no schooling	100.0	100.0	100.0		100.0	100.0	100.0	100.0	100.0	100.0
primary	84.2	63.	63.2	42.1	10.5	52.6	47.4	57.9	52.6	68.4
Secondary	84.5	64.8	63.4	49.3	19.7	60.6	53.5	56.3	42.3	73.2
Passed GCE (O/L)	86.2	71.6	68.8	60.6	27.5	57.8	50.5	54.1	45.9	87.2
Higher	86.0	74.0	70.0	70.0	36.0	52.0	38.0	42.0	46.0	82.0
Monthly household income										
< 9,000	84.1	73.2	68.9	59.1	21.3	53.0	47.0	54.3	47.0	82.3
9,000 – 13,999	85.7	63.3	51.0	49.0	30.6	77.6	57.1	53.1	44.9	75.5
14,000 – 19,999	81.0	47.6	76.2	61.9	38.1	61.9	47.6	38.1	38.1	61.9
20,000 – 31,999	95.2	85.7	90.5	61.9	52.4	47.6	52.4	42.9	52.4	95.2
≥ 32,000	88.9	77.8	77.8	66.7	11.1	66.7	77.8	77.8	55.6	77.8
Wealth quintile of household										
Poorest	86.4	73.7	72.9	55.9	17.8	54.2	49.2	59.3	51.7	79.7
Second	76.8	55.1	56.5	56.5	27.5	56.5	50.7	40.6	37.7	79.7
Middle	88.4	81.4	58.1	51.2	37.2	69.8	51.2	51.2	44.2	86.0
Fourth	89.3	71.4	82.1	71.4	39.3	53.6	39.3	42.9	46.4	75.0
Richest	92.3	69.2	92.3	69.2	30.8	61.5	61.5	69.2	53.8	76.9
Overall	84.9	69.7	68.3	57.6	26.2	57.6	49.4	52.0	46.5	80.1

(*Breast milk was not included)

Table A 4 : Individual dietary diversity score in children (IDDS) according to background characteristics fro children 6 – 59 months

Background characteristic	IDDS (range 0-8)		% of individuals yet to achieve the target	Total number of children
	Mean	SD		
Age of child in months				
6-11	3.9	1.6	90.0	27
12-23	4.7	2.0	64.2	43
24-35	4.8	2.1	60.6	40
36-47	5.0	2.0	60.0	36
48-59	4.5	1.8	70.8	34
Sex of child				
Male	4.6	1.9	66.4	79
Female	4.7	2.0	66.4	101
Residence				
Urban	5.0	2.4	51.9	14
Rural	4.6	1.9	68.0	166
Estate	.	.		
Maternal education				
no schooling	7.0	.	.0	0
Primary	4.2	2.4	63.2	12
Secondary	4.5	1.7	71.8	51
Passed GCE (O/L)	4.8	1.8	68.8	75
Higher	4.7	2.0	60.0	30
Monthly household income				
< 9,000	4.6	2.0	66.5	109
9,000 – 13,999	4.7	1.6	71.4	35
14,000 – 19,999	4.5	2.0	71.4	15
20,000 – 31,999	5.3	1.5	52.4	11
≥ 32,000	5.4	2.2	33.3	3
Wealth quintile of household				
Poorest	4.7	1.8	66.1	78
Second	4.2	2.1	72.5	50
Middle	4.9	1.7	69.8	30
Fourth	4.9	2.0	60.7	17
Richest	5.5	2.4	38.5	5
Overall	4.7	1.9	66.4	180

Table A 5 : Minimum meal frequency, dietary diversity, and minimum acceptable diet in children 6-23 months, by background characteristics

Background characteristic	Minimum meal frequency	Minimum Dietary	% with minimal	Percentage of minimum	Total no. of

	Breastfed	Non-Breastfed	diversity score, Mean (range 0-7)	dietary diversity (≥4 groups)	acceptable diet	children
Age group in months						
6-8	25.0	0.0	3.3	61.1	5.6	18
9-11	0.0	12.5	4.0	66.7	0.0	12
12-14	0.0	33.3	3.7	66.7	16.7	12
15-17	0.0	26.7	4.3	68.8	12.5	16
18-20	0.0	30.8	4.3	75.0	25.0	16
21-23	0.0	23.8	4.3	82.6	21.7	23
Sex of child						
Male	20.0	27.8	3.8	63.4	19.5	41
Female	0.0	17.0	4.2	76.8	10.7	56
Residence						
Urban	0.0	20.0	3.5	66.7	16.7	6
Rural	7.7	21.8	4.0	71.4	14.3	91
Estate	0.0	0.0	.	0.0	0.0	0
Maternal education						
no schooling	0.0	0.0	.	0.0	0.0	0
Primary	0.0	16.7	3.8	66.7	0.0	6
Secondary	0.0	20.0	3.7	65.0	5.0	20
Passed GCE (O/L)	0.0	34.4	3.9	66.7	25.0	36
Higher	20.0	8.7	4.4	82.1	10.7	28
Monthly household income						
< 9,000	0.0	17.1	z	64.0	10.0	50
9,000 – 13,999	0.0	45.0	4.0	72.7	27.3	22
14,000 – 19,999	0.0	0.0	3.9	71.4	0.0	7
20,000 – 31,999	50.0	11.1	4.6	90.9	18.2	11
≥ 32,000	0.0	0.0	5.5	100.0	25.0	4
Wealth quintile of household						
Poorest	0.0	17.1	3.9	71.8	10.3	39
Second	0.0	15.8	3.7	60.0	8.0	25
Middle	33.3	33.3	3.8	66.7	26.7	15
Fourth	0.0	25.0	4.8	91.7	16.7	12
Richest	0.0	40.0	4.7	83.3	33.3	6
Overall	7.1	21.7	4.0	71.1	14.4	97

Table A 6 : Participation of adult members in activities of children aged 2 to 5 years, and percentage of under 5 children cared for by a child <10 years, by background characteristics

Background characteristic	Household adult member involved		father's involvement		Total children 2- up to 5 years	% of children left under the care of <10 year old child in the past week	Total Children under 5 years
	Mean No. of activities	% of children with four or more activities	Mean No. of activities	% of children with at least one activity			
Age in months							
24-35	4.9	76.9	2.4	63.5	52	28.8	52
36-47	4.9	73.6	2.7	73.6	53	26.4	53
48-59	4.9	74.5	2.1	59.6	47	21.3	47
Sex of child							
Male	4.8	73.6	2.1	56.9	72	29.5	88
Female	5.0	76.3	2.6	73.8	80	23.5	102
Residence							
Urban	4.6	66.7	2.6	66.7	18	31.6	19
Rural	4.9	76.1	2.4	65.7	134	25.7	171
Maternal education							
no schooling	5.0	100.0	0.0	0.0	1	100.0	1
primary	4.6	60.0	1.4	60.0	10	42.9	14
Secondary	5.0	75.0	2.0	63.6	44	30.2	53
Passed GCE (O/L)	4.8	76.1	2.5	62.7	67	20.0	80
Higher	4.9	70.0	3.1	80.0	20	24.1	29
Monthly household income							
< 9,000	4.8	75.8	2.1	59.6	99	30.2	116
9,000 – 13,999	5.0	70.8	3.5	83.3	24	22.2	36
14,000 – 19,999	4.3	58.3	2.0	66.7	12	21.4	14
20,000 – 31,999	5.2	77.8	1.9	55.6	9	16.7	12
≥ 32,000	5.8	100.0	4.0	100.0	5	33.3	6
Wealth quintile of household							
Poorest	4.8	72.2	1.8	55.6	72	30.3	89
Second	5.0	78.4	2.4	62.2	37	23.4	47
Middle	5.0	72.7	3.1	81.8	22	14.8	27
Fourth	4.6	71.4	3.4	85.7	14	31.6	19
Richest	5.9	100.0	4.6	100.0	7	25.0	8
Overall	4.9	75.0	1.9	65.8	152	26.3	190

Table A 7 : . Percentage of children aged 36-59 months who were attending an early childhood education programme, by background characteristics

Background characteristic	Percent attending Preschool or Daycare	Mean	SD	Total number of children
Age group in months				
36-47	58.5	4.2	1.5	53
48-59	63.8	4.1	1.4	47
Sex of child				
Male	60.4	4.2	1.3	48
Female	61.5	4.1	1.6	52
Residence				
Urban	41.7	5.0	0.0	12
Rural	63.6	4.1	1.5	88
Estate				
Maternal education				
no schooling	100.0	5.0	0.0	1
primary	57.1	4.5	0.6	7
Secondary	66.7	4.3	1.0	27
Passed GCE (O/L)	60.4	4.0	1.7	48
Higher	37.5	5.0	0.0	8
Monthly household income				
< 9,000	66.2	4.1	1.4	68
9,000 – 13,999	58.8	5.0	0.0	17
14,000 – 19,999	37.5	2.3	2.5	8
20,000 – 31,999	50.0	3.5	2.1	4
≥ 32,000	0.0			2
Wealth quintile of household				
Poorest	69.8	3.8	1.6	43
Second	58.6	4.6	0.9	29
Middle	50.0	3.6	2.1	16
Fourth	42.9	5.0	0.0	7
Richest	60.0	5.0	0.0	5
Overall	61.0	4.1	1.5	100

Table A 8 : Percentage of children 5-10 years of age attending Primary School, by background characteristics

background characteristic	Percentage of children of primary school age currently attending Primary School	No. of children of primary school age (5-10 years)	% entered Grade 1	No. of Children Completed 5 yrs By 31st of Jan 2009
Sex of child				
Male	100.0	21	100.0	21

background characteristic	Percentage of children of primary school age currently attending Primary School	No. of children of primary school age (5-10 years)	% entered Grade 1	No. of Children Completed 5 yrs By 31st of Jan 2009
Female	99.4	20	99.4	20
Residence				
Urban	100.0	2	100.0	2
Rural	99.7	39	99.7	39
Estate				
Monthly household income				
< 9,000	100.0	10	100.0	10
9,000 – 13,999	100.0	3	100.0	3
14,000 – 19,999	100.0	2	100.0	2
20,000 – 31,999	100.0	1	100.0	1
≥ 32,000	100.0	1	100.0	1
Wealth quintile of household				
Poorest	99.4	25	99.4	25
Second	100.0	9	100.0	9
Middle	100.0	2	100.0	2
Fourth	100.0	3	100.0	3
Richest	100.0	2	100.0	2
Overall	99.7	41	99.7	41

Table A 9 : Use of different types of play items by children under 5 years of age, according to background characteristics

Background characteristic	percentage of children who play with:					Total number of children <5 year
	household objects	outdoor material	homemade toys	ready-made toys	3 or more types of play items	
Age group in months						
24-35	82.7	84.3	84.6	46.2	65.4	52
36-47	86.5	86.5	84.9	50.0	66.0	53
48-59	85.1	82.6	80.9	44.7	68.1	47
Sex of child						
Male	80.3	84.1	80.6	42.3	61.1	72
Female	88.8	85.0	86.3	51.3	71.3	80
Residence						
Urban	94.4	88.9	66.7	55.6	66.7	18
Rural	83.5	84.0	85.8	45.9	66.4	134
Estate						
Maternal education						

Background characteristic	percentage of children who play with:					Total number of children <5 year
	household objects	outdoor material	homemade toys	ready-made toys	3 or more types of play items	
no schooling	100.0	100.0				1
Primary	100.0	80.0	60.0	40.0	60.0	10
Secondary	75.0	83.3	88.6	40.9	61.4	44
Passed GCE (O/L)	85.1	83.6	85.1	44.8	68.7	67
Higher	90.0	85.0	85.0	70.0	75.0	20
Monthly household income						
< 9,000	82.7	87.5	81.8	44.9	64.6	99
9,000 – 13,999	95.8	79.2	87.5	37.5	75.0	24
14,000 – 19,999	91.7	83.3	83.3	58.3	58.3	12
20,000 – 31,999	77.8	66.7	88.9	66.7	66.7	9
≥ 32,000	80.0	80.0	80.0	80.0	80.0	5
Wealth quintile of household						
Poorest	87.5	87.1	81.9	44.4	72.2	72
Second	78.4	89.2	78.4	40.5	56.8	37
Middle	86.4	77.3	90.9	50.0	68.2	22
Fourth	84.6	69.2	92.9	53.8	50.0	14
Richest	85.7	85.7	85.7	85.7	85.7	7
Overall	84.8	84.6	83.6	47.0	66.4	152

Table A 10 : Percentage of children aged 5-14 years who are involved in child labour activities, and mean hours per week, by background characteristics

Background characteristic	working outside household in the previous week			working outside household in the last year		Total number of children aged 5-14 year
	paid work	unpaid work	mean hours per week	paid work	unpaid work	
Age group in years						
9-11	0.0	31.1	4.4	0.0	24.6	74
12-14	0.0	25.6	5.0	0.0	20.8	78
Sex of child						
Male	0.9	25.9	3.8	1.0	21.0	108
Female	0.0	28.6	5.1	1.0	21.2	113
Residence						
Urban	0.0	0.0	0.0	0.0	0.0	33
Rural	0.5	32.1	4.5	1.2	25.3	188
Estate	0.0	0.0	0.0	0.0	0.0	0

Background characteristic	working outside household in the previous week			working outside household in the last year		Total number of children aged 5-14 year
	paid work	unpaid work	mean hours per week	paid work	unpaid work	
Monthly household income						
< 9,000	1.2	32.9	4.3	1.3	26.3	85
9,000 – 13,999	0.0	8.3	1.0	0.0	4.5	25
14,000 – 19,999	0.0	30.0	5.0	0.0	27.8	20
20,000 – 31,999	0.0	0.0	0.0	0.0	0.0	10
≥ 32,000	0.0	0.0	0.0	0.0	0.0	0
Wealth quintile of household						
Poorest	0.0	33.3	4.3	0.0	26.0	111
Second	0.0	30.4	4.9	2.1	18.8	56
Middle	3.3	13.3	4.0	3.8	15.4	30
Fourth	0.0	13.3	5.0	0.0	15.4	16
Richest	0.0	0.0	0.0	0.0	0.0	8
Overall	0.5	27.3	4.5	1.0	21.1	221

Table A 11 : Percentage of children less than 5 years of age who received care at child welfare clinic, by background characteristics

background characteristic		Availability of CHDR	Children Attended CWC	% of children whose mothers received advice on			% Received Thriposha*	Total No. of Children
		%	%	Growth	Nutritional status	ECCD		
Age group in months	<6	90.9	70.0	80.0	85.7	100.0	0.0	
	6-11	83.3	92.3	82.6	78.3	73.9	20.0	30
	12-23	94.0	79.0	86.3	90.4	78.0	19.4	67
	24-35	84.8	90.0	90.0	90.0	87.2	9.1	66
	36-47	95.0	92.5	93.5	91.1	84.4	13.3	60
	48-59	91.7	85.0	88.6	89.2	82.9	14.6	48
Sex of child	Male	88.2	88.0	86.5	89.6	80.6	20.2	119
	Female	92.3	85.3	90.4	88.1	83.9	10.5	152
Residence	Urban	71.4	95.5	90.9	81.0	76.2	7.4	27
	Rural	92.5	85.6	88.3	89.6	83.2	15.6	244
	Estate							
Maternal education**	no schooling	100.0	100.0	100.0	100.0	100.0	0.0	1
	primary	94.7	80.0	100.0	91.7	91.7	10.5	19
	Secondary	93.3	82.6	88.9	83.6	83.6	19.7	71
	Passed GCE (O/L)	91.2	86.0	85.1	87.5	87.5	11.0	109
	Higher	80.8	91.5	92.5	95.0	95.0	20.0	50
Monthly household income*** (	up to 9000	93.6	88.1	92.5	92.8	89.4	14.6	164
	9000-13999	88.0	83.7	85.7	85.7	73.5	14.3	49
	14000-19999	72.7	73.3	75.0	69.2	66.7	19.0	21
	20000-31999	90.5	89.5	76.5	76.5	58.8	14.3	21
	32000 +	77.8	87.5	83.3	100.0	83.3	11.1	9
Wealth quintile of household	Poorest	93.3	86.0	97.7	93.3	89.2	14.4	118
	Second	90.4	87.7	87.7	91.1	83.9	13.0	69
	Middle	91.5	84.1	81.6	81.6	76.3	16.3	43
	Fourth	86.2	96.0	76.2	81.8	70.0	21.4	28
	Richest	69.2	70.0	62.5	75.0	62.5	7.7	13
Overall		90.4	86.5	88.6	88.8	82.4	14.8	271

Table A 12 : Percentage distribution of children who received Vitamin A mega dose supplement at 9, 18 and 36 months, by background characteristics.

background characteristic		Children 9-59 months		Children 18-59 months		Children 36-59months			Of the children 36-59, percentage never received Vit A.
		Number of children	% received Vit A at 9 months	Number of children	% received Vit A at 18 months	Number of children	% received Vit A at 36 month	% received 3 doses of Vit A	
Sex of child	Male	83	81.9	69	82.6	38	86.8	81.1	6.7
	Female	134	80.6	110	76.4	53	66.0	63.5	23.2
Residence	Urban	19	78.9	16	81.3	7	57.1	57.1	12.5
	Rural	198	81.3	163	78.5	84	76.2	72.0	16.1
	Estate	0	0.0	0	0.0	0	0.0	0.0	0.0
Maternal education	no schooling	1	0.0	1	0.0	1	100.0	0.0	0.0
	primary	15	73.3	12	66.7	8	75.0	71.4	25.0
	Secondary	59	74.6	50	70.0	26	53.8	50.0	31.0
	Passed GCE (O/L)	90	83.3	76	84.2	41	82.9	80.5	9.1
	Higher	36	86.1	29	82.8	7	85.7	83.3	0.0
Monthly household income	up to 9000	133	78.9	115	76.5	65	76.9	71.4	16.7
	9000-13999	41	87.8	29	79.3	13	76.9	76.9	7.1
	14000-19999	14	78.6	12	83.3	7	57.1	57.1	28.6
	20000-31999	15	93.3	12	100.0	4	75.0	75.0	0.0
	32000 +	8	87.5	6	100.0	1	100.0	100.0	0.0
Wealth quintile of household	Poorest	90	74.4	75	72.0	38	63.2	58.3	30.2
	Second	60	81.7	48	77.1	26	80.8	76.9	6.7
	Middle	37	91.9	33	87.9	18	77.8	77.8	5.6
	Fourth	20	85.0	16	87.5	5	100.0	80.0	0.0
	Richest	10	90.0	7	100.0	4	100.0	100.0	0.0
Overall		217	81.1	179	78.8	91	74.7	70.8	15.8

Table A 13: Source of care provider for children who had diarrhoea or respiratory illness during 2 weeks preceding survey, by background characteristics

background characteristic	Source of provider (%)	Number of children who had diarrhoea or

		Gov. sector	Private sector	Other	respiratory illness in previous 2 weeks
Age of child in months	<6	50.0	50.0	0.0	4
	6-11	38.5	61.5	0.0	14
	12-23	58.1	38.7	3.2	33
	24-35	51.6	48.4	0.0	35
	36-47	48.0	52.0	0.0	26
	48-59	50.0	40.0	10.0	10
Sex of child	Male	50.0	46.2	3.8	53
	Female	51.6	48.4	0.0	69
Residence	Urban	41.7	58.3	0.0	12
	Rural	52.0	46.1	2.0	110
	Estate				
Mother's education	No schooling	0.0	100.0	0.0	1
	Primary	50.0	33.3	16.7	7
	Secondary	59.4	40.6	0.0	36
	Passed O' Level	48.0	52.0	0.0	50
	Higher	47.4	52.6	0.0	21
Monthly household income	up to 9000	55.4	43.4	1.2	90
	9000-13999	27.8	66.7	5.6	19
	14000-19999	66.7	33.3	0.0	6
	20000-31999	0.0	100.0	0.0	3
	32000 +	50.0	50.0	0.0	2
Wealth quintile of household	Poorest	54.7	41.5	3.8	57
	Second	51.7	48.3	0.0	33
	Middle	44.4	55.6	0.0	18
	Fourth	50.0	50.0	0.0	8
	Richest	33.3	66.7	0.0	6
Overall		50.9	47.4	1.8	122

Table A 14 : Percent of pregnant mothers who attended antenatal clinics, and who received "poshana malla", "thriposha" and Iron tablets, by background characteristics.

background characteristic	Regular ANC Visits*	"poshana malla",	"thriposha"	Iron tablets	Total No. of

		Percent	Total No of Mothers	Percent	Total No of Mothers	Percent	Total No of Mothers	percent received tablets	Of the received, percent took daily	Total No of Mothers	Pregnant women
Residence	Urban	100.0	2	50.0	2	50.0	2	100.0	100.0	2	2
	Rural	85.7	21	68.2	22	71.4	21	88.2	68.8	17	25
	Estate	0.0	0	0.0	0	0.0	0	0.0	0.0	0	0
Maternal education	no schooling	0.0	0	0.0	0	0.0	0	0.0	0.0	0	0
	primary	0.0	1	0.0	0	0.0	0	0.0	0.0	0	1
	Secondary	85.7	7	44.4	9	55.6	9	83.3	66.7	6	10
	Passed GCE (O/L)	91.7	12	83.3	12	81.8	11	90.0	77.8	10	12
	Higher	100.0	3	66.7	3	66.7	3	100.0	66.7	3	4
Monthly household income	up to 9000	85.7	14	64.3	14	53.8	13	90.0	55.6	10	15
	9000-13999	100.0	4	60.0	5	80.0	5	100.0	75.0	4	5
	14000-19999	50.0	2	50.0	2	100.0	2	50.0	100.0	2	3
	20000-31999	100.0	2	100.0	2	100.0	2	100.0	100.0	2	2
	32000 +	0.0	0	0.0	0	0.0	0	0.0	0.0	0	0
Wealth quintile of household	Poorest	90.0	10	77.8	9	77.8	9	100.0	62.5	8	10
	Second	83.3	6	66.7	6	40.0	5	60.0	75.0	5	8
	Middle	50.0	2	33.3	3	33.3	3	100.0	100.0	1	3
	Fourth	100.0	3	75.0	4	100.0	4	100.0	66.7	3	4
	Richest	100.0	2	50.0	2	100.0	2	100.0	100.0	2	2
Overall		87.0	23	66.7	24	69.6	23	89.5	72.2	19	27

*(First visits were excluded)

Table A 15 : Percentage of lactating mothers who received "thriposha" and Vitamin A by background characteristics

background characteristic		"thriposha" (child <6 months)		Vitamin A mega dose (child <24 months)	
		Percent	Total No of Women	Percent	Total No of Women
Sector	Urban	100.0	1	100.0	4
	Rural	66.7	6	94.7	38
	Estate	0.0	0	0.0	0
Maternal education	no schooling	0.0	0	0.0	0
	primary	0.0	0	0.0	0
	Secondary	50.0	2	100.0	9

background characteristic		"thriposha" (child <6 months)		Vitamin A mega dose (child <24 months)	
		Percent	Total No of Women	Percent	Total No of Women
	Passed GCE (O/L)	75.0	4	89.5	19
	Higher	100.0	1	100.0	13
Monthly household income	up to 9000	66.7	6	91.7	24
	9000-13999	0.0	0	100.0	6
	14000-19999	100.0	1	100.0	5
	20000-31999	0.0	0	100.0	5
	32000 +	0.0	0	0.0	0
Wealth quintile of household	Poorest	50.0	2	86.7	15
	Second	66.7	3	100.0	12
	Middle	100.0	2	100.0	9
	Fourth	0.0	0	100.0	5
	Richest	0.0	0	100.0	1
overall		71.4	7	95.2	42

Table A 16 : "Samurdhi" beneficiaries" among women 15-49 years by background characteristics

background characteristic		Pregnant		Lactating		Non-pregnant & non-lactating	
		Percent	Total No of Women	Percent	Total No of Women	Percent	Total No of Women
Residence	Urban	50.0	2	28.6	7	16.7	18
	Rural	28.0	25	41.5	53	44.8	183
	Estate	0.0	0	0.0	0	0.0	0
Maternal education	no schooling	0.0	0	0.0	0	50.0	2
	primary	0.0	1	66.7	3	59.3	27
	Secondary	50.0	10	61.5	13	55.2	58
	Passed GCE (O/L)	25.0	12	38.5	26	35.1	77
	Higher	0.0	4	23.5	17	24.3	37
Monthly household income	up to 9000	33.3	15	54.3	35	47.3	110
	9000-13999	60.0	5	37.5	8	37.5	32
	14000-19999	0.0	3	16.7	6	42.9	14
	20000-31999	0.0	2	0.0	8	20.0	10
	32000 +	0.0	0	0.0	0	0.0	0
Wealth quintile	Poorest	50.0	10	52.2	23	60.0	90

background characteristic		Pregnant		Lactating		Non-pregnant & non-lactating	
		Percent	Total No of Women	Percent	Total No of Women	Percent	Total No of Women
of household	Second	12.5	8	60.0	15	21.6	51
	Middle	66.7	3	15.4	13	43.8	32
	Fourth	0.0	4	14.3	7	19.0	21
	Richest	0.0	2	0.0	2	28.6	7
Overall		29.6	27	40.0	60	42.3	201

Table A 17 : Distribution of households according to main source of drinking water, and households with improved source of water, by background characteristics

Background Characteristics		Main source of drinking water									
		Improved sources								Unimproved sources	Improved source of drinking water*
		Piped into dwelling	Piped into yard or plot	Public tap /standpipe	Tubewell/ borehole	Protected well	Protected spring	Rainwater collection	Bottled water		
Sector	Urban	3.3	1.1	24.4	4.4	58.9	0.0	0.0	0.0	0.0	100.0
	Rural	9.4	2.9	7.8	9.4	56.0	0.0	0.0	0.0	13.1	86.9
	Estate	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Income group	< 9,000	6.2	2.8	12.9	8.1	54.8	0.0	0.0	0.0	16.7	83.3
	9,000 -13,999	6.8	2.9	5.8	11.7	64.1	0.0	0.0	0.0	13.4	86.6
	14,000 – 19,999	19.1	0.0	10.3	10.3	47.1	0.0	0.0	0.0	8.6	91.4
	20,000 – 31,999	10.9	5.5	1.8	3.6	61.8	0.0	0.0	0.0	7.4	92.6
	≥ 32,000	15.4	0.0	0.0	7.7	76.9	0.0	0.0	0.0	6.7	93.3
Wealth index quintiles	Poorest	4.9	2.7	13.9	13.5	48.0	0.0	0.0	0.0	15.6	84.4
	Second	3.1	1.9	10.7	6.3	61.0	0.0	0.0	0.0	20.9	79.1
	Middle	5.7	4.9	9.8	5.7	64.2	0.0	0.0	0.0	20.0	80.0
	Fourth	20.3	1.4	4.1	8.1	59.5	0.0	0.0	0.0	8.9	91.1
	Richest	41.2	0.0	0.0	0.0	55.9	0.0	0.0	0.0	4.4	95.6
overall		8.5	2.6	10.3	8.6	56.4	0.0	0.0	0.0	12.7	87.3

Table A 18 : Distribution of households according to drinking water treatment methods used, by background characteristics*

Background Characteristics		Water treatment method used in the household								Appropriate water treatment method *	Total No of household
		None	Boil	Add bleach/chlorine	Strain through a cloth	Use water filter	Solar disinfection	Let it stand and settle	Other		
Sector	Urban	59.6	20.0	33.3	1.1	0.0	1.1	4.4	0.0	53.3	90
	Rural	67.2	36.9	27.7	2.3	0.6	1.7	8.0	0.4	60.0	523
	Estate	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0
Wealth index quintiles	Poorest	64.1	35.0	26.9	2.2	0.0	1.8	5.4	0.0	58.7	223
	Second	66.0	29.6	28.3	1.9	1.9	1.9	10.1	0.0	56.6	159
	Middle	59.8	26.8	29.3	3.3	0.0	2.4	7.3	0.8	52.8	123
	Fourth	75.3	43.2	32.4	1.4	0.0	0.0	12.2	0.0	64.9	74
	Richest	82.4	61.8	29.4	0.0	0.0	0.0	0.0	2.9	82.4	34
Income group	< 9,000	66.3	33.4	28.7	3.1	0.6	2.5	8.4	0.3	58.1	356
	9,000 – 13,999	60.2	31.1	32.0	1.0	1.0	0.0	6.8	0.0	55.3	103
	14,000 – 19,999	73.1	42.6	29.4	1.5	0.0	0.0	4.4	0.0	67.6	68
	20,000 – 31,999	74.1	38.2	23.6	0.0	0.0	1.8	10.9	0.0	63.6	55
	≥ 32,000	84.6	61.5	23.1	0.0	0.0	0.0	0.0	7.7	84.6	13
Overall		66.1	34.4	28.5	2.1	0.5	1.6	7.5	0.3	59.1	613

Table A 19 : Distribution of households according to type of toilet , by background characteristics

Background Characteristics		Type of toilet facility used by household					Percentage of population using sanitary means of excreta disposal *	Number of households
		Flush	Pit	Temporary	No toilet	Missing		
Sector	Urban	93.3	3.3	1.1	2.2	0.0	93.3	90
	Rural	83.6	4.8	1.9	9.8	0.0	83.6	523
	Estate	0.0	0.0	0.0	0.0	0.0	0.0	0
Wealth index quintiles	Poorest	82.3	5.1	2.5	10.1	0.0	82.3	356
	Second	91.3	3.9	0.0	4.9	0.0	91.3	103
	Middle	94.1	0.0	0.0	5.9	0.0	94.1	68
	Fourth	90.9	7.3	1.8	0.0	0.0	90.9	55
	Richest	84.6	7.7	0.0	7.7	0.0	84.6	13
Income group	< 9,000	68.6	4.0	4.5	22.9	0.0	68.6	223
	9,000 – 13,999	93.7	4.4	0.6	1.3	0.0	93.7	159
	14,000 – 19,999	92.7	7.3	0.0	0.0	0.0	92.7	123
	20,000 – 31,999	95.9	4.1	0.0	0.0	0.0	95.9	74
	≥ 32,000	100.0	0.0	0.0	0.0	0.0	100.0	34
Overall		85.0	4.6	1.8	8.6	0.0	85.0	613

Table A 20 : Distribution of households using both improved drinking water sources and sanitary means of excreta disposal, by background characteristics

Background Characteristics		Percentage of household population using improved sources of drinking water *	Percentage of household population using sanitary means of excreta disposal **	Percentage of household population using improved sources of drinking water and using sanitary means of excreta disposal	Number of household
Sector	Urban	92.2	93.3	85.6	90
	Rural	85.5	83.6	71.5	523
	Sector	0.0	0.0	0.0	0
Wealth index quintiles	Poorest	84.8	82.3	69.9	356
	Second	91.3	91.3	83.5	103
	Middle	86.8	94.1	82.4	68
	Fourth	83.6	90.9	74.5	55
	Richest	100.0	84.6	84.6	13
Income group	< 9,000	83.0	68.6	57.4	223
	9,000 – 13,999	83.0	93.7	76.7	159
	14,000 – 19,999	90.2	92.7	82.9	123
	20,000 – 31,999	93.2	95.9	89.2	74
	≥ 32,000	97.1	100.0	97.1	34
overall		86.5	85.0	73.6	613

Table A 21: Distribution of households according to duration to and from the source of drinking water, by background characteristics.

Background Characteristics		**Time to source of drinking water**				**Mean time to source of drinking water (excluding those on premises)**	**Number of households**
		Water on premises	**Less than 15 minutes**	**15 minutes to less than 30 minutes**	**More than 30 minutes**		
Sector	Urban	13.3	54.4	7.8	4.4	8.2	90
	Rural	15.9	54.9	13.2	9.0	9.9	523
	Estate	0.0	0.0	0.0	0.0	0	0
Wealth index quintiles	Poorest	13.5	55.1	15.4	10.1	10.8	356
	Second	12.6	59.2	8.7	5.8	7.8	103
	Middle	23.5	52.9	4.4	5.9	8.0	68

Background Characteristics		Time to source of drinking water				Mean time to source of drinking water (excluding those on premises)	Number of households
		Water on premises	Less than 15 minutes	15 minutes to less than 30 minutes	More than 30 minutes		
	Fourth	23.6	47.3	9.1	7.3	8.3	55
	Richest	23.1	69.2	0.0	0.0	3.3	13
		0	0.0	0.0	0.0		
Income group	< 9,000	11.7	52.0	17.0	11.2	11.7	223
	9,000 – 13,999	10.7	59.1	10.1	10.7	10.2	159
	14,000 – 19,999	15.4	58.5	12.2	6.5	8.6	123
	20,000 – 31,999	24.3	52.7	6.8	1.4	6.0	74
	≥ 32,000	44.1	44.1	5.9	0.0	5.2	34
Overall		15.5	54.8	12.4	8.3	9.7	613

%

Table A 22 : Distribution of households according to the person collecting water used in the household, by background characteristics

Background Characteristics		Person collecting drinking water					Number of households
		Adult man	Adult woman	Male child (under 15)	Female child (under 15)	Other	
Sector	Urban	33.8	51.5	1.5	2.9	10.3	90
	Rural	25.8	70.6	0.0	0.8	2.9	523
	Estate	0.0	0.0	0.0	0.0	0.0	0
Wealth index quintiles	Poorest	26.0	69.0	0.3	1.2	3.5	356
	Second	28.7	65.5	0.0	2.3	3.4	103
	Middle	29.4	70.6	0.0	0.0	0.0	68
	Fourth	32.7	57.1	0.0	0.0	10.2	55
	Richest	8.3	83.3	0.0	0.0	8.3	13
Income group	< 9,000	20.2	76.5	0.0	2.3	0.9	223
	9,000 – 13,999	30.3	64.8	0.7	0.0	4.1	159
	14,000 – 19,999	32.4	64.9	0.0	0.0	2.7	123
	20,000 – 31,999	31.0	56.9	0.0	1.7	10.3	74
	≥ 32,000	26.7	60.0	0.0	0.0	13.3	34
Overall		26.8	68.2	0.2	1.1	3.8	613

Table A 23: Proportion of households by type of foods consumed at least once in the day or night preceding the interview , by to background characteristics

Background Characteristic	Food Groups										
	Rice	Wheat	Nuts/pulses	vegetables	fruits	meat/poultry/fish	eggs	milk/diary products	oils/fats	Coconut	Sugar
No. of members in family											
1-3	97.4	63.8	71.3	93.1	55.1	59.9	56.9	51.7	86.3	97.9	98.9
4-6	98.5	67.9	72.0	91.8	50.8	63.8	52.2	59.9	91.8	97.3	99.1
≥ 7	100.0	69.0	70.1	94.9	47.4	76.3	50.9	45.5	88.2	97.5	100.0
Sector											
Urban	98.9	70.1	75.0	88.8	56.7	67.5	42.9	45.9	77.9	97.8	100.0
Rural	98.2	66.1	70.9	93.3	50.6	63.4	55.3	59.2	91.7	97.5	99.0
Estate	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Religion of the HH Head											
Buddhist	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Hindu	98.2	70.2	76.5	92.6	53.2	62.5	54.8	54.7	89.4	97.6	99.4
Islam	100.0	100.0	66.7	100.0	66.7	100.0	66.7	63.6	100.0	100.0	100.0
Catholic	98.9	48.1	45.8	92.0	40.0	72.2	46.8	0.0	90.3	96.7	97.8
Other	100.0	100.0	0.0	100.0	0.0	0.0	0.0	0.0	0.0	100.0	100.0
Monthly household income											
< 9,000	97.7	64.5	66.9	91.6	48.0	63.3	52.6	55.5	90.4	98.0	99.1
9,000 – 13,999	99.0	75.3	75.0	91.2	46.2	69.9	57.5	38.3	88.1	95.1	100.0
14,000 – 19,999	100.0	76.9	76.1	97.0	66.7	67.9	55.6	65.0	91.2	97.0	98.5
20,000 – 31,999	100.0	57.1	81.5	94.5	57.5	59.1	50.0	70.4	83.0	98.2	98.2
≥ 32,000	100.0	66.7	83.3	100.0	55.6	75.0	55.6	80.0	100.0	100.0	100.0
Wealth quintile											
Poorest	98.6	67.9	69.3	93.5	43.0	66.3	55.7	55.2	92.7	98.2	98.2
Second	97.4	65.0	69.7	91.6	52.2	66.7	54.8	50.7	88.6	97.5	99.4
Middle	97.5	60.6	71.8	88.4	51.4	60.6	52.0	53.7	88.7	99.2	100.0
Fourth	100.0	68.8	77.5	97.2	58.0	56.4	46.3	60.0	87.3	91.5	100.0
Richest	100.0	84.4	79.4	97.1	66.7	64.3	51.9	72.7	83.9	100.0	100.0
Overall %	98.3	66.8	71.5	92.6	51.9	64.1	53.4	55.8	89.6	97.5	99.2
Total No.	597	527	586	598	322	487	470	240	510	604	604

Table A 24 : Proportion of households by type of foods consumed in 5 days and more preceding the interview, *by* background characteristics

Background Characteristic	Food Groups										
	Rice	Wheat	Nuts/pulses	vegetables	fruits	meat/ poultry/fish	eggs	milk/diary products	oils/fats	Coconut	Sugar
No. of members in family											
1-3	97.4	21.4	25.5	64.1	13.5	24.5	13.0	7.8	60.9	96.9	94.8
4-6	96.7	25.1	27.5	66.2	5.7	21.3	13.2	15.6	59.6	99.4	97.3
≥ 7	93.8	18.8	36.3	70.0	2.5	23.8	8.8	12.5	58.8	97.5	97.5
Sector											
Urban	98.9	33.7	32.6	57.3	13.5	22.5	4.5	11.2	46.1	97.8	89.9
Rural	96.1	21.3	27.3	67.5	6.8	22.6	13.9	13.0	62.3	98.5	97.7
Estate	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Religion of the HH Head											
Buddhist	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Hindu	96.4	23.9	30.7	65.5	8.4	18.7	13.1	12.9	59.8	98.2	96.0
Islam	100.0	100.0	66.7	100.0	0.0	0.0	0.0	0.0	100.0	100.0	100.0
Catholic	96.7	16.7	14.4	67.8	5.6	46.7	10.0	8.9	57.8	98.9	98.9
Other	100.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	100.0	100.0
Monthly household income											
< 9,000	95.4	19.1	26.5	67.5	4.0	27.1	13.7	10.8	60.4	98.9	98.3
9,000 – 13,999	96.1	29.1	27.2	57.3	11.7	14.6	8.7	8.7	50.5	97.1	91.3
14,000 – 19,999	100.0	35.8	25.4	56.7	9.0	17.9	9.0	20.9	62.7	98.5	92.5
20,000 – 31,999	100.0	25.5	41.8	78.2	21.8	20.0	16.4	23.6	74.5	100.0	98.2
≥ 32,000	91.7	16.7	25.0	91.7	16.7	0.0	8.3	16.7	58.3	100.0	100.0
Wealth quintile											
Poorest	94.6	19.0	24.9	61.5	2.7	23.5	12.7	8.6	59.3	98.2	97.7
Second	96.2	17.7	24.7	65.2	5.1	25.3	12.0	11.4	53.2	98.7	94.9
Middle	97.5	27.0	30.3	65.6	9.8	21.3	13.1	13.1	65.6	97.5	95.1
Fourth	100.0	33.8	38.0	73.2	18.3	15.5	12.7	16.9	70.4	98.6	97.2
Richest	100.0	38.2	35.3	85.3	23.5	23.5	11.8	35.3	52.9	100.0	100.0
Overall %	96.5	23.1	28.1	66.0	7.8	22.6	12.5	12.7	59.9	98.3	96.5
Total No.	606	606	606	606	606	606	606	606	606	606	606

Table A 25 : Household dietary diversity score according to background characteristics

Background Characteristic	Household diversity score		% of households yet to achieve the target	No of households
	mean	SD		
No. of members in Household				
1-3	7.0	1.9	80.0	195
4-6	7.3	1.8	74.8	337
≥ 7	7.2	1.9	80.2	81
Sector				
Urban	7.5	2.1	66.7	90
Rural	7.2	1.8	79.0	523
Estate	.	.		
Religion of the HH Head				
Budddhist	.	.		
Hindu	7.3	1.8	75.3	507
Islam	9.0	1.7	33.3	3
Catholic	6.4	2.0	85.9	92
Other	5.0	.	100.0	1
Monthly household income				
< 9,000	7.0	1.9	81.5	356
9,000 – 13,999	7.4	1.7	76.7	103
14,000 – 19,999	8.1	2.0	58.8	68
20,000 – 31,999	7.6	1.6	72.7	55
≥ 32,000	7.4	3.0	61.5	13
Wealth quintile				
Poorest	7.0	1.8	78.0	223
Second	7.3	1.9	76.1	159
Middle	7.2	1.8	82.1	123
Fourth	7.2	2.1	77.0	74
Richest	8.3	1.6	58.8	34
overall	7.2	1.9	77.2	613

Table A 26 : Percentage of household members (in broad age groups) who consume three or more main meals a day, by background characteristics

Background Characteristic	5-17 years		18-59 years		60 years or above	
	male	female	male	female	male	female
No. of members in family						
1-3	100.0	100.0	94.2	91.2	80.5	78.7

Background Characteristic	5-17 years		18-59 years		60 years or above	
	male	female	male	female	male	female
4-6	97.5	96.1	93.1	94.2	85.0	89.4
≥ 7	96.5	95.1	94.7	93.5	94.1	93.8
Sector						
Urban	100.0	96.3	95.9	96.4	94.1	100.0
Rural	97.0	96.1	93.2	92.7	82.7	83.2
Estate	0.0	0.0	0.0	0.0	0.0	0.0
Monthly household income (LKR)						
< 9,000	95.8	94.3	91.2	91.3	82.0	86.4
9,000 – 13,999	100.0	100.0	96.4	95.7	85.7	75.0
14,000 – 19,999	100.0	100.0	98.2	96.8	100.0	100.0
20,000 – 31,999	100.0	100.0	97.6	100.0	86.7	92.9
≥ 32,000	100.0	83.3	90.9	81.8	100.0	100.0
Wealth quintile						
Poorest	95.0	92.4	93.1	90.2	81.8	86.2
Second	100.0	98.1	94.3	93.4	86.1	81.8
Middle	97.7	100.0	91.2	95.4	64.3	76.0
Fourth	100.0	100.0	96.4	96.9	94.4	100.0
Richest	100.0	100.0	96.8	96.9	100.0	100.0
Overall %	97.4	96.1	93.6	93.3	84.7	85.5

Table A 27 : Expenditure on food and other goods and services

Background characteristic	Average monthly expenditure in LKR							Number of households
	food	liquor/tobacco	Utility services	health	education	productive assets	Total	
No. of members in family								
1-3	74.4	4.4	4.4	4.7	2.4	9.7	16648	59
4-6	70.4	5.5	5.5	4.8	3.9	9.8	19365	141
≥ 7	82.2	2.5	2.5	6.5	3.8	2.3	22095	36
Residence								
Urban	72.9	1.8	1.8	5.8	4.0	13.6	20293	25
Rural	73.4	5.0	5.0	4.9	3.8	7.8	18973	211
Estate								
Religion of household Head								
Buddhist								
Hindu	71.6	4.7	4.7	5.1	3.9	9.9	19347	188
Islam	96.5	0.0	0.0	3.5	0.0	0.0	11382	1
Catholic and other Christian	80.1	4.8	4.8	4.6	3.6	2.1	18526	42
Education of household Head								
No schooling	74.1	8.7	8.7	6.3	1.5	0.6	19502	6
Primary	73.0	6.7	6.7	4.7	3.1	5.8	18455	34
Secondary	54.2	2.9	2.9	3.1	2.7	34.1	25482	88
Passed O' Level	13.5	0.9	0.9	1.0	0.8	83.0	100334	92
Higher	86.0	0.0	0.0	6.0	8.0	0.0	24112	11
Monthly household income								
< 9,000	75.3	5.0	5.0	4.6	3.8	6.2	17766	146
9,000 – 13,999	59.6	5.5	5.5	4.4	3.0	21.9	23566	43
14,000 – 19,999	66.8	1.6	1.6	4.3	3.5	22.1	22594	18
20,000 – 31,999	82.7	0.2	0.2	9.3	4.0	3.5	19961	16
≥ 32,000	82.6	2.2	2.2	4.3	8.8	0.0	21638	7
Wealth quintile								
Poorest	78.6	5.0	5.0	3.8	2.9	4.8	16919	117
Second	70.4	6.0	6.0	5.5	4.7	7.4	18405	57
Middle	71.2	2.7	2.7	6.8	4.3	12.3	20883	31
Fourth	67.0	5.3	5.3	6.1	3.4	12.8	24328	22
Richest	67.3	0.0	0.0	4.7	7.2	20.8	32125	9
Overall	73.3	4.7	4.7	5.1	3.9	8.4	19122	236
% of the Total Expenditure								

Table A 28 : Percent of households with coping strategy adopted in the previous 30 days, with its frequency

Coping Strategy	*% of households adopted strategy*				Total households
	Never	Ever			
		Once in a while (1-2 per week)	Pretty often (3-6 per week)	Daily (>24 days)	
Food-related coping strategy					
a. Relied on less preferred food	66.2	17.1	10.1	6.7	597
b. Borrowed food	63.3	17.1	14.6	5.0	602
c. Purchased food on credit	67.2	16.2	11.8	4.8	604
d. Consumed seeds held for next season	91.3	5.2	2.0	1.5	598
e. Reduced meal size	64.8	18.3	11.7	5.1	605
f. Reduced number of meals per day	66.6	19.7	9.3	4.5	605
g. Restricted consumption for adults	83.3	9.8	5.0	2.0	605
h. Sent children to live with relatives	94.6	3.6	1.2	0.7	590
i. Reduced expenditure on health and education	81.7	10.0	6.0	2.3	600

Non-food coping strategies	% of Households		Total Households
	No	Yes	
j. Sold livestock	91.2	8.8	605
k. Pawned jewellary	67.2	32.8	609
l. Sold agricultural tools, seeds	96.2	3.8	607
m. Sold other assets	96.4	3.6	608
n. Used savings	90.1	9.9	608
o. Borrowed money from relatives/neighbours	65.7	34.3	609
p. Took children out of school to earn income	95.1	4.9	608

Table A 29 : Food-related coping strategies adopted during the 30 days preceding the survey, by background characteristics

Background Characteristic	Percent of households adopted strategy at least once during the preceding 30 days									
	No of households adopted coping strategies	Relied on less preferred food	Borrowed food	Purchased food on credit	Consumed seeds held for next season	Reduced meal size	Reduced number of meals per day	Restricted consumption for adults	Sent children to live with relatives	Reduced expenditure on health and education
No. of members in Household										
1-3	73	72.6	71.2	68.5	16.4	65.8	58.9	13.7	5.5	13.7
4-6	171	66.7	76.6	64.3	17.0	70.2	66.7	38.0	13.5	42.7
≥ 7	49	71.4	77.6	77.6	22.4	91.8	91.8	53.1	10.2	55.1
Sector										
Urban	39	79.5	66.7	64.1	28.2	69.2	69.2	25.6	5.1	25.6
Rural	254	67.3	76.8	68.1	16.1	73.2	68.9	35.8	11.8	39.4
Estate										
Monthly household income										
< 9,000	220	70.9	76.8	68.6	14.5	75.5	70.9	35.5	12.7	36.8
9,000 – 13,999	39	64.1	76.9	66.7	33.3	66.7	64.1	33.3	5.1	41.0
14,000 – 19,999	17	52.9	52.9	52.9	29.4	52.9	58.8	29.4	0.0	29.4
20,000 – 31,999	6	50.0	66.7	66.7	16.7	50.0	50.0	16.7	16.7	50.0
≥ 32,000	1	0.0	0.0	0.0	0.0	0.0	0.0	100.0	0.0	100.0
Wealth quintile										
Poorest	147	68.0	81.6	72.8	10.2	80.3	74.8	40.8	15.0	46.3
Second	71	78.9	71.8	67.6	18.3	70.4	66.2	36.6	9.9	39.4
Middle	53	64.2	71.7	66.0	34.0	69.8	66.0	22.6	3.8	17.0
Fourth	17	47.1	52.9	35.3	17.6	35.3	47.1	11.8	5.9	29.4
Richest	5	80.0	60.0	40.0	60.0	40.0	40.0	20.0	0.0	0.0
overall	293	68.9	75.4	67.6	17.7	72.7	68.9	34.5	10.9	37.5

Table A 30 : . Households taken loans and reasons for borrowing money, by background characteristics

Background	Received loan	Main reason for loan (% of the total received loan)

Characteristic	No	%	Purchase food	Medical cost	Repair of damaged house	Transport	Repay loan	support additional members	Marriage	Income generation	other
No. of members in Household											
1-3	77	39.5	50.6	31.2	3.9	0.0	2.6	1.3	1.3	3.9	5.2
4-6	174	51.6	58.6	17.8	3.4	0.6	7.5	0.0	0.6	8.0	3.4
≥ 7	50	61.7	38.8	32.7	2.0	4.1	10.2	0.0	2.0	8.2	2.0
Sector											
Urban	48	53.3	33.3	47.9	2.1	2.1	4.2	0.0	0.0	6.3	4.2
Rural	253	48.4	57.1	19.0	3.6	0.8	7.1	0.4	1.2	7.1	3.6
Estate											
Monthly household income											
< 9,000	210	59.0	58.4	21.5	1.0	1.0	6.7	0.0	1.0	7.7	2.9
9,000 – 13,999	49	47.6	44.9	30.6	2.0	2.0	6.1	2.0	0.0	2.0	10.2
14,000 – 19,999	18	26.5	33.3	22.2	33.3	0.0	0.0	0.0	0.0	11.1	0.0
20,000 – 31,999	15	27.3	33.3	26.7	6.7	0.0	20.0	0.0	6.7	6.7	0.0
≥ 32,000	1	7.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	100.0	0.0
Wealth quintile											
Poorest	125	56.1	57.6	21.6	5.6	0.8	4.8	0.0	0.8	8.0	0.8
Second	85	53.5	57.6	23.5	1.2	0.0	9.4	0.0	0.0	5.9	2.4
Middle	67	54.5	47.8	28.4	3.0	1.5	6.0	0.0	3.0	6.0	4.5
Fourth	15	20.3	35.7	35.7	0.0	7.1	0.0	0.0	0.0	7.1	14.3
Richest	9	26.5	22.2	0.0	0.0	0.0	22.2	11.1	0.0	11.1	33.3
overall	613	49.1	53.3	23.7	3.3	1.0	6.7	0.3	1.0	7.0	3.7

Table A 31: Food groups by the main and secondary sources

Background Characteristic	Food Groups											
	Rice	Wheat	Nuts/pulses	vegetables	fruits	meat/ poultry	fish	eggs	milk/diary products	oils/fats	Coconut	Sugar
Main source												
Own production	5.7	0.2	0.2	4.2	7.8	1.5	4.9	32.8	10.1	1.2	14.4	1.2
Purchase	76.5	93.7	79.7	89.5	85.0	92.3	91.9	63.2	77.6	90.6	81.0	82.9
Purchase on credit	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Traded goods or services	1.2	0.8	1.0	1.2	0.3	1.1	0.6	0.0	0.4	0.2	0.3	0.8
Borrowed	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Gift from family or relatives	0.0	0.4	0.2	0.0	0.0	0.0	0.0	0.0	0.4	0.2	0.0	0.0
Food aid	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Cash assistance	0.7	0.2	0.0	0.5	0.3	0.0	0.2	0.6	0.0	0.0	0.2	0.3
Other	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Table A 32: Percent of households reported food had run out at some time during the previous 12 months, and months of adequate household food provisioning (MAHFP) by background characteristics

Background characteristic	% household food had run out during past 12 months	Average MAHFP	% yet to acheive the target	No. of Households
No. of members in family				
1-3	49.7	10.2	15.4	195
4-6	60.8	9.3	22.2	337
≥ 7	67.9	9.5	20.9	81
Residence				
Urban	61.1	9.2	23.1	90
Rural	57.7	9.7	19.3	523
Estate	0.0	0.0	0.0	0
Education of household Head				
No schooling	76.0	6.4	47.0	25
Primary	73.6	8.9	25.5	125
Secondary	69.2	9.2	23.4	195
Passed O' Level	44.3	10.5	12.6	230
Higher	5.0	12.0	0.4	20
Monthly household income				
< 9,000	68.8	9.0	25.2	356
9,000 – 13,999	52.4	10.3	14.2	103
14,000 – 19,999	51.5	10.5	12.7	68
20,000 – 31,999	20.0	11.5	4.1	55
≥ 32,000	7.7	11.8	1.3	13
Wealth quintile				
Poorest	81.6	8.3	31.1	223

Background characteristic	% household food had run out during past 12 months	Average MAHFP	% yet to acheive the target	No. of Households
Second	56.0	10.0	16.8	159
Middle	48.0	10.1	15.6	123
Fourth	32.4	11.1	7.2	74
Richest	8.8	11.7	2.7	34
Overall	58.2	9.6	19.8	613

Table A 33 : Current food stock duration, and size compared to last year, by background characteristics

background characteristic	Size of food stock compared to last year				*mean No. of days current food stock last*	*No. of households*
	more (%)	same (%)	less (%)	much less (%)		
No. of members in family						
1-3	4.5	45.5	43.6	6.4	6.44	156
4-6	6.7	46.6	39.9	6.7	5.12	283
≥ 7	6.0	52.2	29.9	11.9	3.11	67
Sector						
Urban	8.0	41.4	39.1	11.5	6.39	87
Rural	5.5	48.2	39.9	6.4	5.07	419
Estate						
Education of household Head						
No schooling	0.0	69.6	21.7	8.7	4.17	23
Primary	3.0	46.5	41.6	8.9	3.59	101
Secondary	3.2	38.6	49.4	8.9	4.62	158
Passed O' Level	10.2	49.7	35.0	5.1	6.65	197
Higher	0.0	84.6	15.4	0.0	7.44	13
Monthly household income						
< 9,000	2.4	51.4	38.5	7.6	3.79	288
9,000 – 13,999	12.0	38.0	40.2	9.8	6.74	92
14,000 – 19,999	6.8	27.1	64.4	1.7	6.05	59
20,000 – 31,999	15.2	56.5	23.9	4.3	10.16	46
≥ 32,000	0.0	80.0	20.0	0.0	9.91	10
Wealth quintile						
Poorest	4.5	52.3	35.8	7.4	3.39	176
Second	6.7	40.3	41.0	11.9	4.67	134
Middle	4.7	42.5	46.2	6.6	5.81	106
Fourth	9.7	48.4	40.3	1.6	8.55	62
Richest	7.1	60.7	32.1	0.0	11.29	28
Overall	5.9	47.0	39.7	7.3	5.28	506

Table A 34 : Average number of times a household received food aid in the last 6 months, by background characteristics

Characteristic	Not received food aids	Type of food aid (mean no. of times per 6 month)								No. of house holds
		WFP /GA	Samurdhi	Food Basket	School feeding	CSB	Thriposha	Food for work	Other	
No. of members in family										
1-3	37.9	4.0	3.1	3.0	96.7	5.3	3.6	0.0	4.7	195
4-6	29.8	3.7	2.8	3.8	100.9	5.0	3.9	1.0	3.7	337
≥ 7	25.0	4.4	2.9	4.5	117.2	5.6	3.3	0.0	3.7	81
Sector										
Urban	31.5	3.5	2.8	0.0	150.0	3.2	2.5	0.0	2.3	90
Rural	31.8	4.0	2.9	3.8	103.2	5.3	3.8	1.0	4.3	523
Estate										
Monthly household income										
< 9,000	20.0	4.0	2.9	4.1	103.8	5.0	3.8	1.0	4.3	356
9,000 – 13,999	37.9	3.5	2.8	4.0	100.0	5.7	3.4	0.0	2.8	103
14,000 – 19,999	47.8	3.5	3.1	0.0	93.3	5.7	4.0	0.0	5.0	68
20,000 – 31,999	70.9	2.5	3.4	0.0	112.5	5.0	5.3	0.0	0.0	55
≥ 32,000	84.6	0.0	0.0	0.0	0.0	6.0	2.0	0.0	0.0	13
Wealth index quintile										
Poorest	14.4	4.0	2.8	4.3	108.7	4.9	3.7	1.0	4.1	223
Second	34.0	4.0	2.8	3.0	101.6	5.8	3.4	0.0	4.0	159
Middle	35.2	3.8	3.3	3.0	86.7	5.6	3.4	0.0	4.5	123
Fourth	56.8	3.5	2.8	3.0	60.0	5.0	5.0	0.0	1.0	74
Richest	67.6	3.0	2.7	0.0	0.0	4.0	2.0	0.0	4.0	34
Overall	31.8	3.9	2.9	3.8	103.8	5.1	3.7	1.0	4.1	613

Table A 35 : Household Food Consumption Adequacy Score (HFCAS) and prevalence of household food insecurity status, by background characteristics

Background characteristic	Mean (SD) HFCAS Score*		HFCAS Score Category (%)			No. of households
			Poor	Borderline	Adequate	
No. of members in family						
1-3	64.4	17.3	1.0	2.6	96.4	192
4-6	67.3	16.5	0.0	1.8	98.2	334
≥ 7	61.4	16.4	0.0	3.8	96.3	80
Residence						
Urban	70.5	15.5	0.0	1.1	98.9	89
Rural	64.7	16.9	0.4	2.5	97.1	517
Estate	0.0	0.0	0.0	0.0	0.0	0
Religion of household Head						
Buddhist	0.0	0.0	0.0	0.0	0.0	0
Hindu	66.1	16.8	0.4	2.2	97.4	502
Islam	83.7	8.5	0.0	0.0	100.0	3
Catholic and other Christian	62.2	17.3	0.0	2.2	97.8	90
Education of household Head						
No schooling	67.0	10.9	0.0	0.0	100.0	25
Primary	62.2	15.9	0.0	1.6	98.4	123
Secondary	63.7	16.8	0.5	4.6	94.8	194
Passed O' Level	68.5	17.7	0.4	0.4	99.1	226
Higher	68.6	12.5	0.0	0.0	100.0	20
Monthly household income						
< 9,000	63.2	16.8	0.0	3.4	96.6	351
9,000 – 13,999	67.1	16.4	1.9	1.0	97.1	103
14,000 – 19,999	74.3	15.3	0.0	0.0	100.0	67
20,000 – 31,999	70.1	15.0	0.0	1.8	98.2	55
≥ 32,000	61.5	23.0	0.0	0.0	100.0	12
Wealth quintile						
Poorest	62.8	16.7	0.5	3.2	96.4	221
Second	65.1	14.9	0.6	1.3	98.1	158
Middle	66.8	17.5	0.0	4.1	95.9	122

Background characteristic	Mean (SD) HFCAS Score*		HFCAS Score Category (%)			No. of households
			Poor	Borderline	Adequate	
Fourth	68.5	19.9	0.0	0.0	100.0	71
Richest	75.5	12.4	0.0	0.0	100.0	34
Overall	65.6	16.9	0.3	2.3	97.4	606

Table A 36 : Distribution (No and Percent) of households by food security Levels

Food Consumption / *Food Access (Percent expenditure on food)*	Poor (0-21)	Borderline (21.01 – 35)	Adequate (> 35.01)
Poor (> 90 %)	0 (0.0)	2 (0.8)	52 (22.0)
Average (75-90 %)	0 (0.0)	1 (0.4)	127 (53.8)
Good (<75 %)	0 (0.0)	1 (0.4)	53 (22.5)

Table A 37 : Food Security Levels

Background characteristic	Food Security Level			*No. of households*
	Food Secure (%)	Moderately Food Secure (%)	Food Insecure (%)	
No. of members in family				
1-3	74.6	25.4	0.0	59
4-6	77.3	21.3	1.4	141
≥ 7	77.8	22.2	0.0	36
Sector				
Urban	84.0	16.0	0.0	25
Rural	75.8	23.2	0.9	211
Estate	0.0	0.0	0.0	
Education of household Head				
No schooling	66.7	33.3	0.0	6
Primary	70.6	29.4	0.0	34
Secondary	75.0	22.7	2.3	88
Passed O' Level	77.2	22.8	0.0	92
Higher	100.0	0.0	0.0	11
Monthly household income				
< 9,000	69.2	29.5	1.4	146
9,000 – 13,999	95.3	4.7	0.0	43
14,000 – 19,999	83.3	16.7	0.0	18
20,000 – 31,999	93.8	6.3	0.0	16

≥ 32,000	100.0	0.0	0.0	7
Wealth quintile				
Poorest	65.0	34.2	0.9	117
Second	86.0	12.3	1.8	57
Middle	83.9	16.1	0.0	31
Fourth	95.5	4.5	0.0	22
Richest	100.0	0.0	0.0	9
Overall	76.7	22.5	0.8	236

ANNEX 2

The steps followed in estimating levels of food insecurity were as follows:

Step1: Calculate a household food consumption adequacy score (HFCAS) based on food groups consumed during 1 week prior to survey, grouped into 3 categories as described in footnote[4].
Step 2: Estimating the expenditure on food as a percentage of the total household expenditure, and categorizing the households into 3 groups indicating different levels of food access (<75 percent - good; 75t o 90 percent - average and >90 percent - poor food access).
Step 3: Cross-tabulation between food consumption categories and food access categories.

Food insecurity levels were assessed in accordance with the classification given in Figure X.

Figure X. Assessment of food insecurity levels

Food consumption	Poor	Borderline	Adequate

[4] Eight food groups were used to calculate the Food consumption adequacy score.

	Food group	Food times
1.	Staple foods (starches)	Rice, bread / chapti /roti
2.	Pulses/legumes	Pulses
3.	Vegetables	vegetables (including leaves)
4.	Fruits	fruits
5.	Animal protein	Fish, meat (beef, pork, chicken), eggs
6.	Sugar	sugar/ jaggary
7.	Dairy products	Curd, milk (liquid or powder)
8.	Oil/fats	palm oil, vegetable oil, fats, coconut products (dried copra)

The number of days the food items were consumed during the previous week was summed for the food items in each of the 8 food groups. If the total sum of the number of days of the separate items in a food group was higher than 7 days, the sum is converted to 7. Thus, the maximum score for each food group is 7 days. The food score of each household is calculated as follows:
Simple food score = 2 * staple + 3 * pulses + 1 * vegetables + 1* fruit + 4 * animal protein + 0.5 * sugar + 3 * dairy + 0.5 * oil
The households were grouped according to their scores by applying the standard cut-offs as follows:

- Poor food consumption: simple food score is 0 – 21
- Borderline food consumption: simple food score is 21.01 – 35
- Adequate food consumption: simple food score is 35.01 and higher

Food access			
Poor	*Severely food insecure*	*Severely food insecure*	*Moderately food insecure*
Average	*Severely food insecure*	*Moderately food insecure*	*Food Secure*
Good	*Moderately food insecure*	*Food Secure*	*Food Secure*

[1] Eight food groups were used to calculate the Food consumption adequacy score.

	Food group	Food times
1.	Staple foods (starches)	Rice, bread / chapti /roti
2.	Pulses/legumes	Pulses
3.	Vegetables	vegetables (including leaves)
4.	Fruits	fruits
5.	Animal protein	Fish, meat (beef, pork, chicken), eggs
6.	Sugar	sugar/ jaggary
7.	Dairy products	Curd, milk (liquid or powder)
8.	Oil/fats	palm oil, vegetable oil, fats, coconut products (dried copra)

The number of days the food items were consumed during the previous week was summed for the food items in each of the 8 food groups. If the total sum of the number of days of the separate items in a food group was higher than 7 days, the sum is converted to 7. Thus, the maximum score for each food group is 7 days. The food score of each household is calculated as follows:
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The households were grouped according to their scores by applying the standard cut-offs as follows:

- Poor food consumption: simple food score is 0 – 21
- Borderline food consumption: simple food score is 21.01 – 35
- Adequate food consumption: simple food score is 35.01 and higher