

Nutritional implications of the diet transformation: Evidence from Tanzania on the double burden of malnutrition

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Presented at FSP-IL Reflections Workshop

Washington, D.C.

March 5, 2019

Diet Change (brief summary)

- More purchased, perishable, processed, prepared
- Broad and deep over space and income levels
- Highly consistent across countries/continents
 - Differences are in details
 - Structural and nutritional implications very comparable
- Implications
 - Structural – SHF challenges, agribusiness opportunities, booming post-farm employment
 - Food itself – food safety and nutrition

Evidence from 2008/09 and 2014/15 NPS on double burden (Co-existence of stunting/underweight and overweight/obesity)

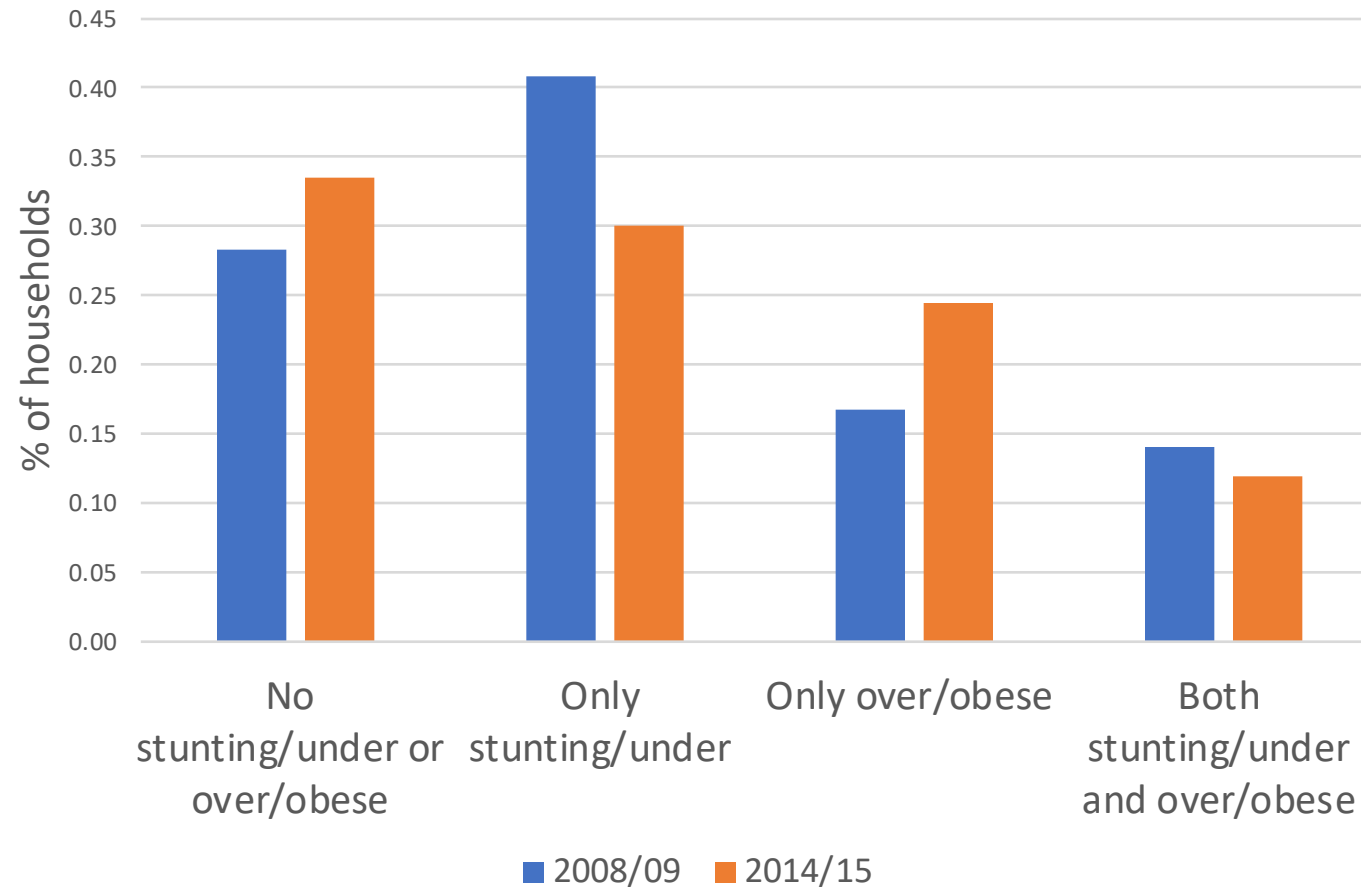
New Knowledge

- Double burden at household and individual levels
- Beyond rural/urban in spatial focus
- Analytical focus on processed foods in the diet

Household Level

(HHs with both stunting/under & over/obese)

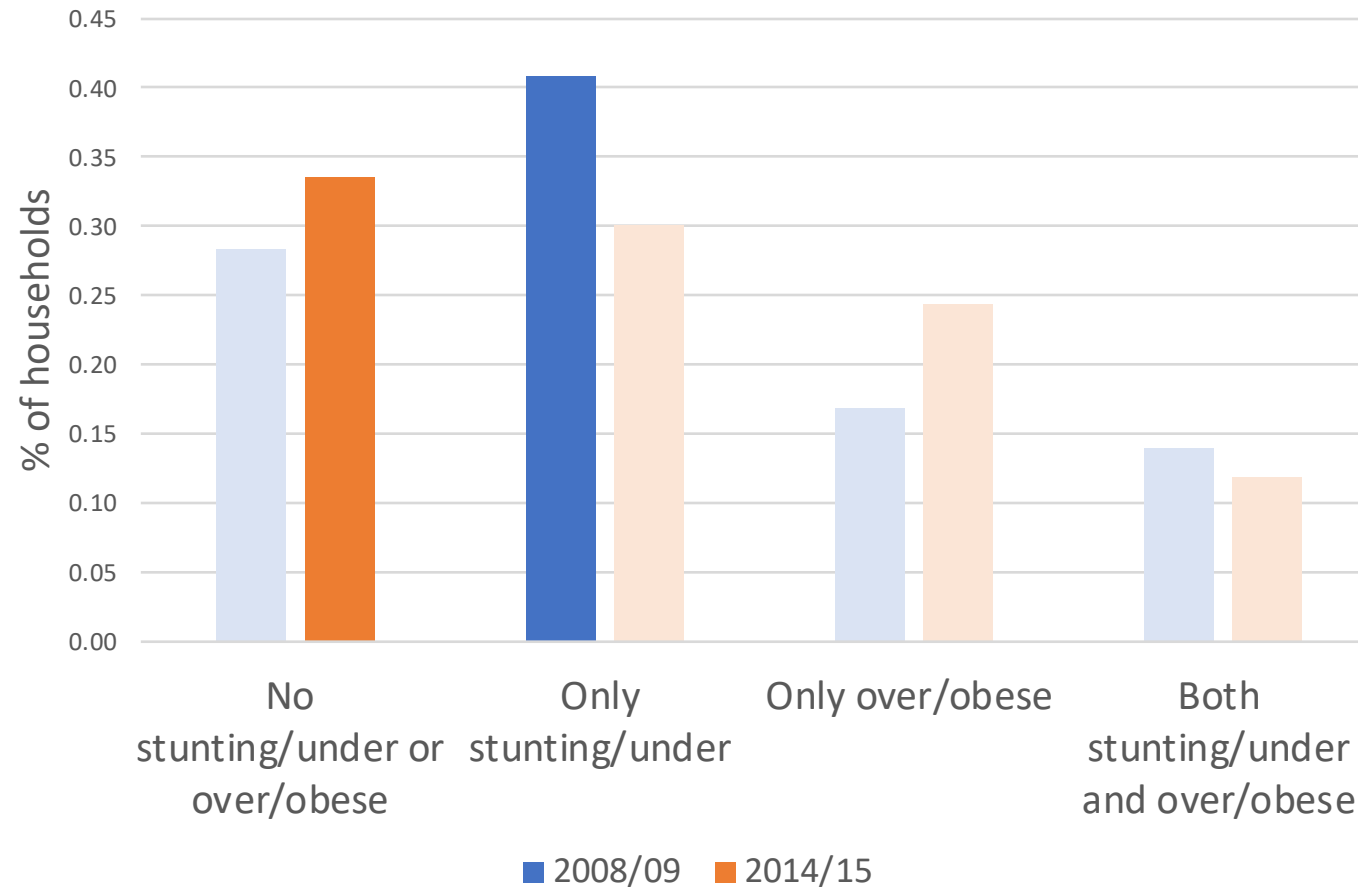
(Among HHs with at least 2 people measured)



Household Level

(HHs with both stunting/under & over/obese)

(Among HHs with at least 2 people measured)



- The **LARGEST GROUP** changed

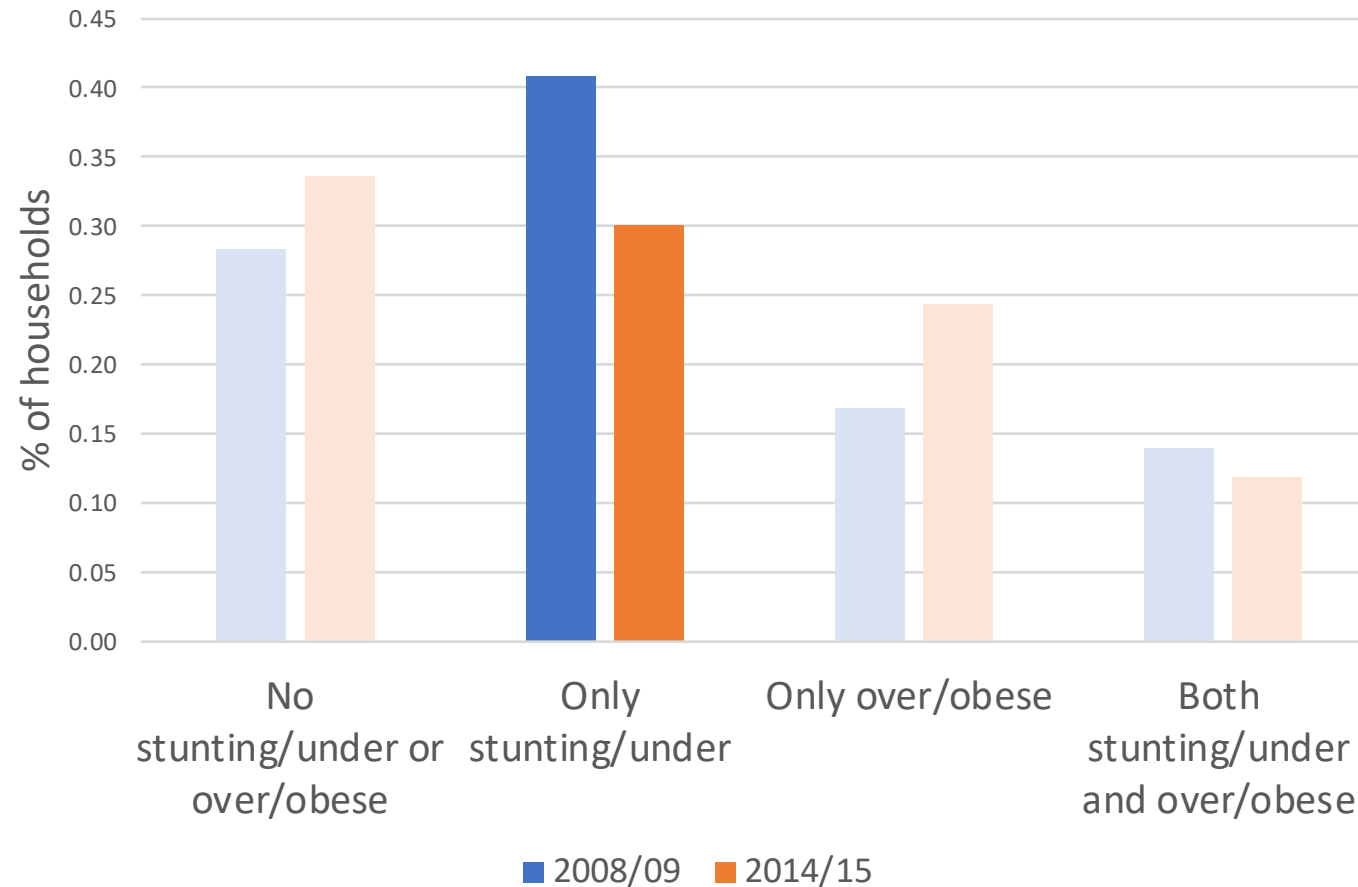
2008/09: Only stunting/under

2014/15: No Problem

Household Level

(HHs with both stunting/under & over/obese)

(Among HHs with at least 2 people measured)

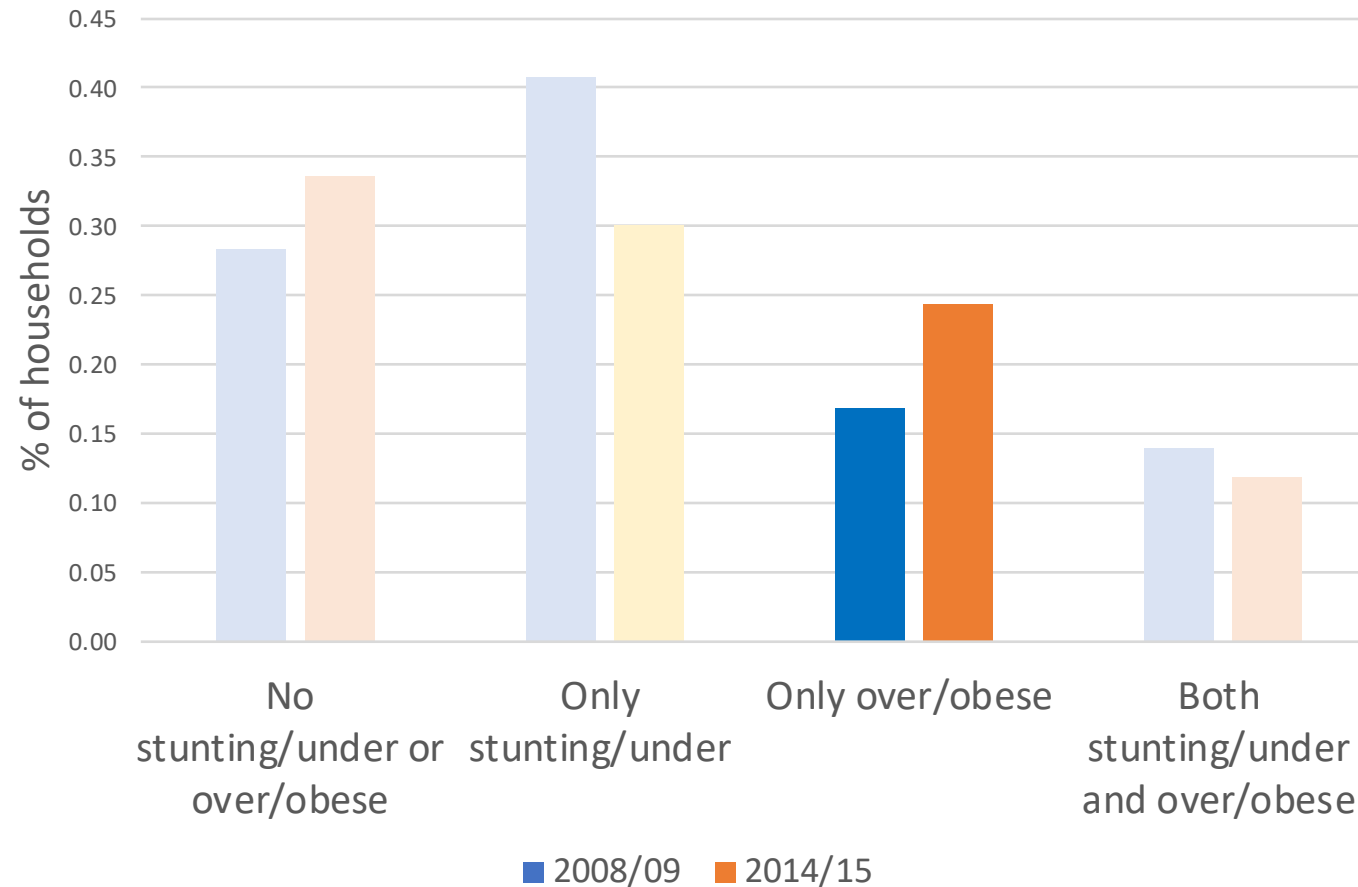


- Stunting & underweight declined

Household Level

(HHs with both stunting/under & over/obese)

(Among HHs with at least 2 people measured)

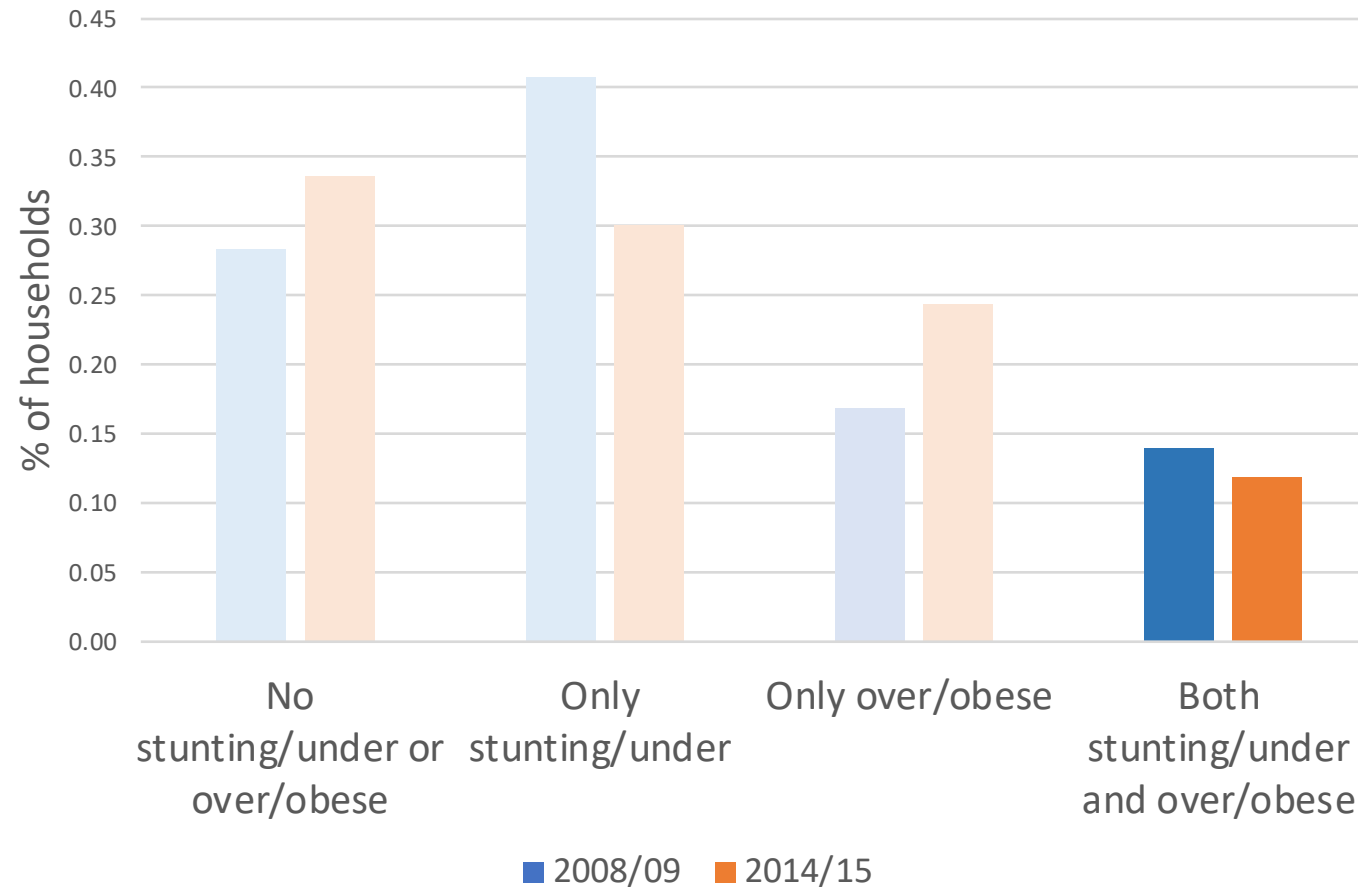


- Overweight & obesity rose

Household Level

(HHs with both stunting/under & over/obese)

(Among HHs with at least 2 people measured)

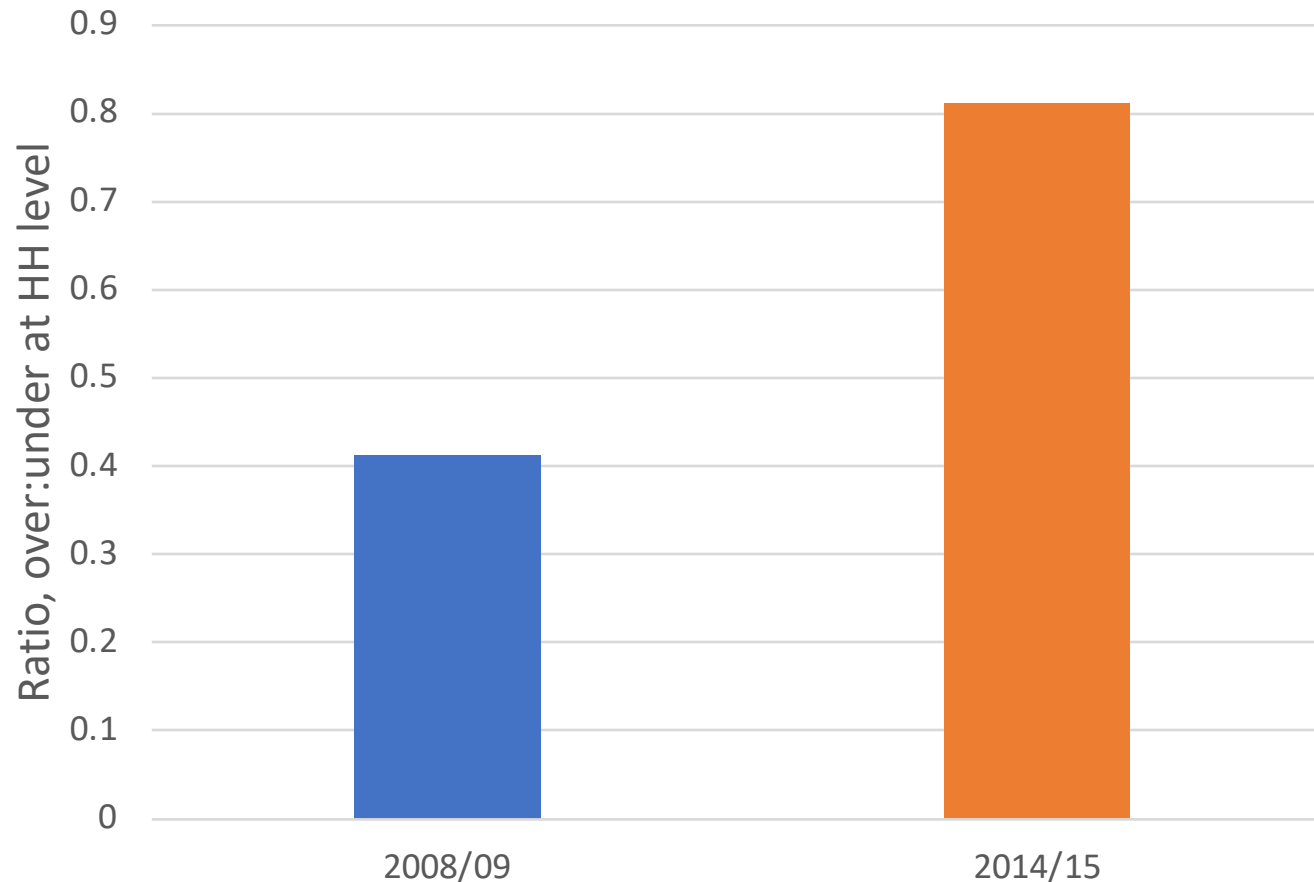


- The **DOUBLE BURDEN** declined

Household Level

(HHs with both stunting/under & over/obese)

(Among HHs with at least 2 people measured)



- The OVER:UNDER nutrition ratio doubled

Nearly as many HHs now with problems of over nutrition as under nutrition

Explaining overweight/obesity

***Probit results at individual level
(Pooled data, 2008/09 & 2014/15, all measured individuals)***

Impact of Diet #1

Diet (shares of food type)	
Own prodn	-0.0109
Unprocessed purchased	-0.00172
Low processed	0.0734**
High processed	0.137***
Ultra processed	0.0807*
Food away from home	0.0609**

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} Unprocessed
food has no
impact

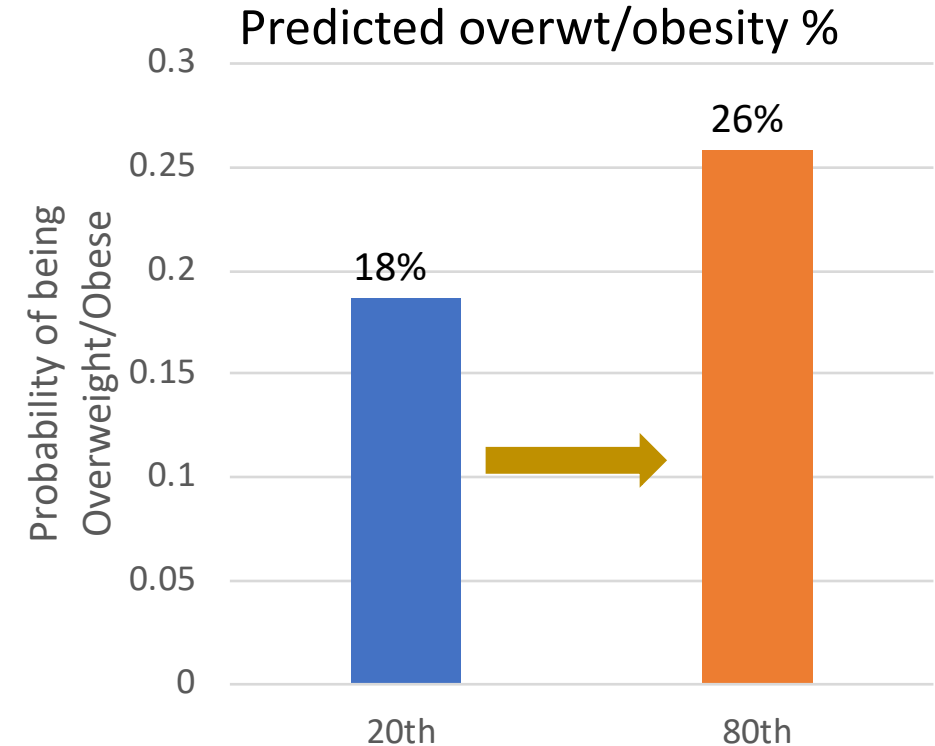
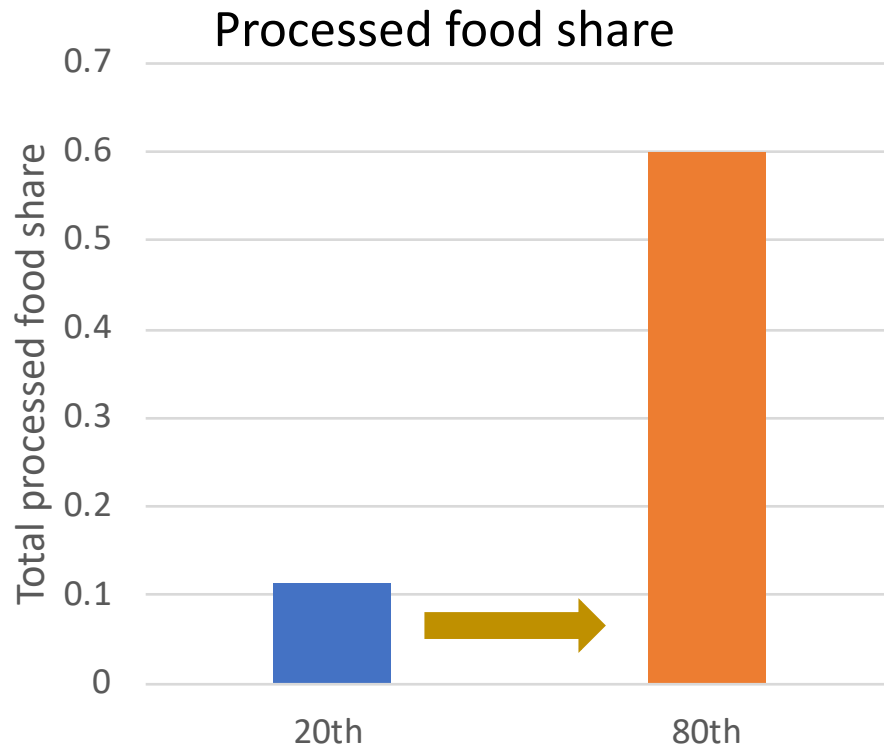
Impact of Diet #2

Diet (shares of food type)	
Own prodn	-0.0109
Unprocessed purchased	-0.00172
Low processed	0.0734**
High processed	0.137***
Ultra processed	0.0807*
Food away from home	0.0609**

All processed food has a large positive impact

Impact of Diet #3

Impact of moving from 20th to 80th percentile in processed food consumption



Summing up

- A plurality of households now suffers **NEITHER** from under-nutrition nor from over-nutrition
- The balance of nutritional challenges has shifted dramatically
- Both diet and activity appear to be major contributors (*results for activity variables not shown*)
- The double burden is:
 - Still uncommon among individuals (~ 2%) (*results not shown*)
 - More common but still low at household level (~12%)
 - A major issue at national level

For policy makers

Catching up with the shifting balance of nutritional problems

- For under-nutrition
 - Make sure policy is conducive to economic growth
 - Continue to invest in known effective programmatic interventions for stunting and underweight
 - Ensure quality of delivery

For policy makers (2)

- For overweight and obesity
 - These are rising fast
 - Steve Haggblade will review what is known (not enough!) about approaches to “bending the curve”
 - Beyond this, need much better understanding of
 - How food environments are changing in rural and urban areas
 - How they influence consumers’ food attitudes & practices
 - How public investment and regulation might change these environments in more healthy directions