

عنوان مقاله:

Household's Food Consumption Profile during Agricultural Mitigation Period: Burkina Faso Centre-West Region Case

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خلاصه مقاله:

Background: Simplified and reliable tools for individual and household diet quality assessment have been found helpful to reduce cost of the dietary survey. The main objective of this study was to determine the household's diet profile in the Centre-West Region of Burkina Faso. Methods: A cross-sectional study was conducted on household food consumption using the last seven days recall. Food consumption score (FCS) was calculated by adding scores of the consumed food groups for each household. Results: Overall, 985 households were involved from 37 rural and three urban places from the Centre-West Region of Burkina Faso. With regard to the FCS, 28%, 28%, and 44% of the households had a poor ($FCS \leq 21$), borderline ($21 < FCS \leq 35$), and acceptable ($FCS > 35$) scores, respectively. Increased FCS improved the food consumption frequency rich in nutrient (vitamin A, iron, protein) groups. The quality of household's diet was determined by socioeconomic variables such as household assets and number of income sources. Urban households get their food from the market places, while rural ones consumed their own productions. Conclusion: Diet quality based on food groups consumption was associated with the socioeconomic status of households with regard to a certain food vulnerability. More efforts are required to strengthen the food security in vulnerable households regarding healthy diets for the population.

کلمات کلیدی:

.dietary survey, food groups, households food consumption, Burkina Faso

