

**DIFFERENTIALS AND DETERMINANTS OF
FOOD SECURITY, DIETARY DIVERSITY AND
NUTRITIONAL STATUS AMONG
RURAL WOMEN OF REPRODUCTIVE AGE
IN MYANMAR**

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M.B., B.S

Master of Public Health (MPH)

University of Public Health, Yangon

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ABSTRACT

To combat the nutritional problems, it is vital to focus the important factors that have effect on nutrition. Women from rural areas are more vulnerable to malnutrition. This study aimed to assess the differentials and determinants of food security, dietary diversity, and nutritional status among reproductive-aged rural women. This study used the data of the Livelihoods and Food Security survey in Rural Myanmar (2016), which was conducted in the rural areas of Magway, Ayeyarwady, and Chin States to represent the three major agroclimatic zones. A total of 3317 women of reproductive age were included. The outcome variables were food security, dietary diversity, and the nutritional status of women. Binary logistic regression for food security and dietary diversity outcomes and multinomial logistic regression for nutritional status outcomes were done to determine their determinants. In this study, 73% of households were food insecure, 64% of women did not meet minimum dietary diversity, 16.4% were underweight, and 31% were overweight/obese. Multivariable analysis showed that the odds of getting food insecurity were 69% decrease in both Magway and Ayeyarwady Regions compared to Chin State. The odds of being women not met with minimum dietary diversity score were higher in the poor household (aOR=2.65, 95%CI: 2.17,3.24) and household with average wealth-index (aOR=1.80, 95%CI: 1.44,2.24) compared to the rich household. The odds of getting underweight in poor households (aRRR=1.58, 95%CI: 1.14,2.20) were 1.58 times that of rich households, and the odds of getting overweight in poor households (aRRR=0.64, 95%CI: 0.49,0.84) were 36% less than that of rich households. Significant determinants of household food security were the region of residence, educational status, occupation, wealth index, and household size. Determinants of women's dietary diversity were the region of residence, occupation, women's autonomy, and wealth index. At the same time, that of nutritional status were age group, region of residence, occupation, marital status, wealth index, carbohydrate, and protein consumption. Myanmar needs to be more emphasized on the food security level of the rural population, and nutritional education programmes should be enhanced on the consumption of locally available diverse food diets to prevent malnutrition of the rural population. Moreover, accessibility of cheap and nutritious local foods to all households, especially Hilly Regions and low-income families, should be emphasized.