



## Linking nutrition security and agrobiodiversity: the importance of traditional vegetables for nutritional health of women in rural Tanzania

By Gudrun B. Keding

Cuvillier Verlag Dez 2010, 2010. Taschenbuch. Condition: Neu. Neuware - This cross-sectional sequential study investigated the link between vegetable diversity available ('production<sub>z</sub>') and dietary diversity of women ('consumption<sub>z</sub>') in three different districts of rural Tanzania. Furthermore, the relationship between the nutritional health status of participants and cropping and dietary diversity was analysed. The study was carried out during three different seasons within one year (2006/2007) in 18 villages of three districts in north-eastern and central Tanzania including 252 women. The survey included an individual interview on vegetable production, food consumption (i.a. 24h-recall, 7d-recall on vegetables) and nutritional knowledge, and the measurement of body mass index (BMI), haemoglobin (Hb) for iron status and different parameters for vitamin A status. Besides studying single nutrients, food groups and health problems, also a more holistic view was taken on dietary diversity/food variety and dietary patterns and their relationships with nutritional status and vegetable production. Relationships were investigated both through bivariate correlations and multiple regression analysis; dietary diversity and food variety scores were calculated and dietary patterns were generated through principal component analysis (PCA) as well as cluster analysis. Regarding the link between production and consumption, there was a clear relationship between vegetable diversity produced and diversity consumed, while this was not so clear between production and consumption quantity, except for...



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