CONCEPTUAL FRAMEWORK FOR FOOD SYSTEMS FOR DIETS AND NUTRITION

This fact sheet is organized to reflect the status and/or trends of different components in the framework for food systems for diets and nutrition based on a selection of indicators for each of the domains. The indicators have been selected for their orientation toward the goal of better quality diets; their contribution to assessment of the situation at national scale; their standardized use of data and method of construction which permit cross-country comparison; their construction based on routinely collected, publicly-accessible data or reports available for a wide range of countries. The latter implies most indicators are based on data housed by international organizations rather than national statistics.

A. Nutrition

<table>
<thead>
<tr>
<th>Status</th>
<th>2015</th>
<th>Indicator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stunting</td>
<td>24.60%</td>
<td>Height for age (% of children &lt; 5)</td>
</tr>
<tr>
<td>Wasting</td>
<td>6.40%</td>
<td>Weight for height (% of children &lt; 5)</td>
</tr>
<tr>
<td>Underweight</td>
<td>14.10%</td>
<td>Weight for age (% of children &lt; 5)</td>
</tr>
<tr>
<td>Obesity</td>
<td>2.10%</td>
<td>In adult population</td>
</tr>
</tbody>
</table>

B. Diets

% of households adhering to Global Burden of Disease food group recommendations. Higher score indicates higher adherence to a healthier diet (Tolsma et al. unpublished). Dietary and nutrient gap estimated from household consumption data (Weisell & Dop, 2012).

C. Food Environment: Availability, Affordability, and Accessibility

A product of the A4NH Food Systems for Healthier Diet research flagship.

www.a4nh.cgiar.org/food-systems-resource-center/
Global burden of foodborne disease (DALYs/100,000p) by hazard groups & subregion, 2010.

Relative contribution to DALY incidence from metals per subregion, 2015.

C. Food Environment: Food Safety

D. Food Supply Chains

Producer equitability and market access
- Smallholder farming households living below the poverty line: 59% (2008)
- Smallholder farming households selling crops through
- Mandatory fortification of wheat flour (vit. B12, A, B9, iron, zinc), oil (vit. A). salt (iodine)
- Refrigerated warehouse capacity 0.116 m²/urban resident (2018)

E. Food System Policies

Variable definition in Kaufmann, Kraay & Mastruzzi 2010; WGI (Percentile rank [0-100]).

F. Drivers of Food Systems

Additional key food system-relevant characteristics of Viet Nam
- Multiple agroecosystems; the country is a major center of crop and livestock genetic diversity, including rice, taro, citrus fruit, vegetables, pigs, chickens, and buffalo; and, at present it has surplus production of rice, pork, and numerous vegetable varieties
- Rural-urban migration has been rising, with a majority of migrants lacking permanent residential registration status, limiting their access to public services. This can increase the pressure on urban poverty and aggravate nutrition deserts for the urban poor
- Gender equality is recognized by law. However, significant gender gaps remain: women typically have more limited access to and control over key productive resources such as land, and services such as credit, less access to healthcare, lower wages, and are more involved in own-account work, unpaid family labor. More working women are engaged in agriculture compared to men.
- 85 % of the population are Buddhists, very few are vegetarian
- Rice is the main staple food; dietary patterns shifting from starch-based diets to more meat and fish; vegetables are an integral part of the diet, milk and dairy not; rising trend in ‘westernized consumption’ such as of processed food products with implications on overweight and obesity and non-communicable disease-related health risks
- Taboos, beliefs and misconceptions affect consumer choices, sometimes with gendered differences, e.g. wild foods are a taboo; eating beef and pork is a taboo in some minority ethnic groups; risky foods like tet canh, from pigs and poultry, are mainly eaten by men; during pregnancy and post-partum, women are encouraged to avoid ‘cold’ foods including some fresh fruits and vegetables