



Minimum Cost of the Diet (CoD) Pakistan

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LIST OF ABBREVIATIONS

- CoD – Cost of the Diet
- CPI – Consumer Price Index
- HIES – Household Integrated Economic Survey
- ICT – Islamabad Capital Territory
- KPK – Khyber Pakhtunkhwa
- NNS – National Nutrition Survey
- PC – Planning Commission
- PDHS – Pakistan Demographic Health Survey
- PES – Pakistan Economic Survey
- SNF – Specialized Nutritious Food
- SNUT – Staple Adjusted Nutritious Diet
- WFP – World Food Programme

Foreword

Malnutrition is a serious public health problem in Pakistan that disproportionately affects women and children. Nationally, all forms of malnutrition in children are critically high including chronic and acute malnutrition and micronutrient deficiencies. The national stunting prevalence (chronic malnutrition) is critically high at 43.7%, whereas acute malnutrition prevalence (wasting) for children under 5 years of age is above the WHO's emergency level at 15.1%. The hidden hunger of micronutrient deficiencies is a universal concern with high prevalence of both young children and women of reproductive age deficient mostly in vitamin A, iron and zinc.

At these high levels of malnutrition, there is an indisputable impact in the country on children's physical and cognitive development that has cumulative effects of educational attainment and economic potential for current and future generations. Malnutrition in Pakistan has been estimated to cost the economy 2-3 percent of GDP per year which is more than the cost due to energy crisis.

The causal factors to malnutrition in Pakistan are numerous and varied, however the major underlying factors include both limitations in household access and affordability to nutritious foods and the food habits and preferences which shape food purchasing and preparation practices. It is essential to have an in-depth understanding of how these two underlying factors interact to shape household food consumption in order to best develop programs and interventions to reduce malnutrition. Pakistan since joining the SUN Movement has been endeavoring to create an enabling environment for improving nutrition situation and the cost of the diet analysis is a collective effort for creating evidence for achieving improved nutrition.

The Cost of the Diet analysis is an effort carried out to gain better understanding of the correlation of the effects of buying power on the availability and affordability of nutritious foods that in turn determines nutritional status in Pakistan. The results of the Pakistan Cost of the Diet Study establish at the sub-national level whether a nutritious diet is accessible using locally available foods and determine the percentage of households that can afford a nutritious diet using their current household food expenditure. Cost of the Diet analysis is an important advocacy tool that will be helpful to influence food and nutrition security policy at national and global level and is important for the design of appropriate nutrition interventions to ensure that vulnerable populations in Pakistan have access to affordable nutritious foods to prevent different forms of malnutrition.

I would like to extend my appreciation to the team involved in Cost of the Diet Study for their efforts and hard work they have provided in it and hope that all our nutrition partners shall use this study for better programming & implementation to scale up nutrition in the country.

Muhammad Aslam Shaheen
Chief Nutrition / SUN Focal Point Pakistan
Ministry of Planning Development, and Reform (MPD&R)

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