

Thematic Reference Indicators (TRIs)	
<b>AFS_TRI_9</b> <b>Healthy diets</b> <b>Percentage of target population whose diet is healthy</b>	
Contribution to objective of M25-28	<p><i>Specific Objective 2: Health under “Objective 1: Saving lives and supporting access to high-quality basic services”</i></p> <p><i>Transformation of health systems towards greater resilience and equitable access to quality health services for vulnerable populations</i></p>
Contribution to 2030 Agenda: SDG target	<p><b>SDG target 2.2:</b> By 2030, end all forms of malnutrition, including achieving by 2025, the internationally agreed targets on stunting and wasting in children under 5 years of age, and address the nutritional needs of adolescent girls, pregnant and lactating women and older persons.</p>
Definition (description, specification, qualification)	<p>Description:</p> <p>Percentage of target population whose diet is healthy - measured by percentage of persons achieving all 7 criteria of the “healthy diet checklist” among the total number of surveyed persons (in the project).</p> <p><b>Healthy diets</b> are dietary patterns that promote all dimensions of individuals’ health and well-being. They achieve optimal growth and development of all individuals and support functioning and physical, mental and social well-being at all life stages for present and future generations. They contribute to preventing <b>all forms of malnutrition</b> (i.e. undernutrition, micronutrient deficiency, overweight and obesity) and they reduce the risk of diet-related <b>non-communicable diseases</b> (NCDs).</p> <p>Many indicators can capture different aspects of diet quality. This TRI will use the “<b>healthy diet checklist</b>”:</p> <p><b>Percentage of the population consumed:</b></p> <p><i>Healthy foods that protect against NCDs</i></p> <ol style="list-style-type: none"> <li><b>1. At least one vegetable</b></li> <li><b>2. At least one fruit</b></li> <li><b>3. At least one legume, nut, seed, or whole grains</b></li> </ol> <p><i>Moderate consumption of unhealthy foods that increase risk of NCDs</i></p> <ol style="list-style-type: none"> <li><b>4. No more than 1 sugary food or beverage</b></li> <li><b>5. No more than 1 salty processed food</b></li> <li><b>6. No processed meat</b></li> </ol> <p><i>For nutrient adequacy</i></p> <ol style="list-style-type: none"> <li><b>7. At least one animal-source food (ASF)</b></li> </ol> <p>Diets meeting all these criteria are more likely to have met: <a href="#">WHO healthy diets recommendations</a>; WHO guideline on free sugars; WHO guidelines on salt; Dietary guidelines (All-5); Nutrient adequacy (Minimum Dietary Diversity for Women, MDD-W).</p> <p>Also to note: the “sustainability” dimension is not captured by this indicator but healthy diets are associated with low environmental pressure and impact as they support the preservation of biodiversity and planetary health. These diets should also be safe, accessible, affordable, equitable and culturally acceptable.</p> <p><u>Calculation (see disaggregation):</u></p>

	$(a+b+c+d)/e*100$
Measuring unit	Percentage (%) of the population (
Disaggregation dimension (sex, age group, ethnicity or other identity criteria of LNOB)	a) Females in LNOB target group b) Females in non-LNOB or unknown target group c) Males in LNOB target group d) Males in non-LNOB or unknown target group e) Total number of surveyed persons
Data source	Data source <a href="https://www.dietquality.org/">https://www.dietquality.org/</a> (national results and context-specific tools in national languages and with nationally-relevant food items are available; data can be collected at baseline and endline of project using publically available tools developed with the support of SDC. Information and training can be provided on use of tools to collect and analyse data).
Rationale	<u>Theory of change</u> <b>If</b> people benefit from a healthy diet, <b>then</b> they are able to lead a healthy and active life <b>because</b> their brains and muscles are fit and receive adequate energy and nutrients.
Possible messages of aggregation, synthesis and contribution	XX% of the target population <b>has a healthy diet</b> (Underlying data will reveal which of the criteria is the major problem in the specific context, for ex. prevalence of consuming no fruits at all or consuming no animal-source food).
Thematic responsibility	Agriculture and Food Security Network
DAC Policy Markers	Any targeted intervention on healthy diets should be identified with the <b>PM Nutrition</b> set at least to “significant” and potentially “principal” if this is the main objective of the intervention.