Affordability of a Healthy Diet

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How many people cannot afford a healthy diet?

- Affordability analyses compare Cost of a Healthy Diet to a measure of income
 - Global level: Compare CoHD to 52% of income using national accounts data compiled by World Bank ICP
- National measurement options:
 - Household expenditure
 - Wages



Affordability of Healthy Diets: Example

Person 1

Location: Abia Rural

Month: June 2023

Cost per adult per day: 767 Naira

Income per day: 1000 Naira

Person 2

Location: Abuja Urban

Month: June 2023

Cost per adult per day: 431 Naira

Income per day: 400 Naira

Findings from global CoAHD analysis

• For about 3 billion people (40% of the global population), healthy diets remain unaffordable

 Nutrient-rich foods are more costly to grow and distribute than starchy staples, vegetable oil & sugar

 Most unaffordability is due to low incomes, so healthier diets will require higher earnings or safety nets

National and global CoAHD may differ

Price data

• Overall, national data are likely to result in lower costs

Dietary standard

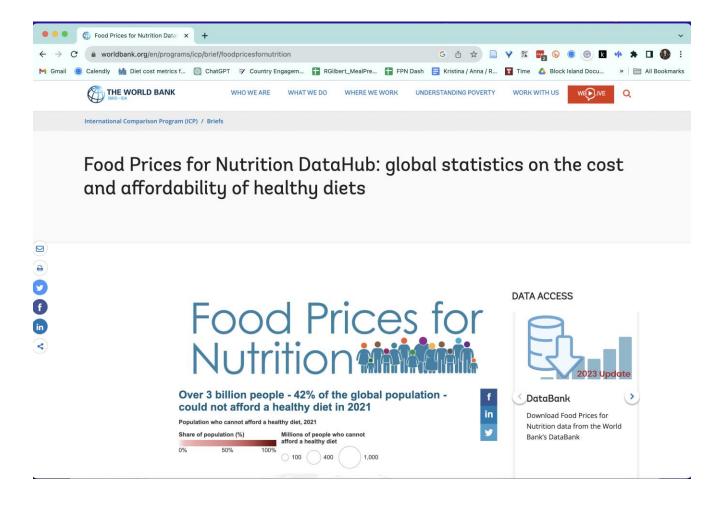
- The cost of national FBDG and HDB can have small differences, as we have seen
- In Nigeria, use HDB because it aligns closely with Eat Well to Live Well

Affordability standards

- The % of income spent on food; in many countries the actual % of income spent on food is different than 52%
- In Nigeria, about 56%

Global data is online at https://databank.worldbank.org/source/food-prices-for-nutrition and

https://www.fao.org/faostat/en/#data/CAHD



www.fao.org/faostat/en#data/CAHD

Domain Code	Domain	Area Code (M49)	Area	Element Code	Element	Item Code	Item	Year Code	Year	Unit	Value 🔷
CAHD	Cost and Affordability of a Healthy Diet (CoAHD)	566	Nigeria	6121	Value	7005	Percentage of the population unable to afford a healthy diet (percent)	2017	2017	%	90.2
CAHD	Cost and Affordability of a Healthy Diet (CoAHD)	566	Nigeria	6121	Value	7005	Percentage of the population unable to afford a healthy diet (percent)	2018	2018	%	91.1
CAHD	Cost and Affordability of a Healthy Diet (CoAHD)	566	Nigeria	6121	Value	7005	Percentage of the population unable to afford a healthy diet (percent)	2019	2019	%	91.8
CAHD	Cost and Affordability of a Healthy Diet (CoAHD)	566	Nigeria	6121	Value	7005	Percentage of the population unable to afford a healthy diet (percent)	2020	2020	%	93.1
CAHD	Cost and Affordability of a Healthy Diet (COAHD)	566	Nigeria	6121	Value	7005	Percentage of the population unable to afford a healthy diet	2021	2021	%	93.5

Affordability Indicators

- Ratio of the cost of a healthy diet to food expenditure per adult per day
 - Ratio of the cost of an energy-sufficient diet to food expenditure per adult per day
 - Can also do this with wage data as in Ethiopia bulletin
- Proportion of the population whose food budget is less than the cost of a healthy diet
 - In global analysis, food expenditure data are also from the International Comparison Program dataset
 - At the national level, we can use household surveys (e.g., NLSS 2018/19) to estimate a food budget



Example of adult equivalent used for affordability of a healthy diet

comparison with	Calorie needs	Age-sex	Sex	Age (months)	Age (years)	Person ID	HHID
1.3	3,091	Male 18-59	Male	0	33	1	1
1	2,408	Female 18-59 nonpregnant	Female	0	32	2	1
1	2,326	Girl 10-17	Female	0	11	3	1
0.3	708	Boy 6-11 months	Male	7	0	4	1

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Why is this useful?

- Identifying least-cost items and diet costs helps guide intervention
 - **Cost**: which items and food groups have the most potential to improve affordability of healthy diets?
 - **Incomes**: Which people would need higher incomes or safety nets to afford healthy diets?
 - **Preferences**: How and why unhealthy foods enter to displace the items in least-cost healthy diets