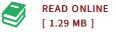


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## Linking nutrition security and agrobiodiversity: the importance of traditional vegetables for nutritional health of women in rural Tanzania

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¿) and dietary diversity of women ('consumption¿) in three different districts of ruralTanzania. 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 18villages of three districts in north-eastern and central Tanzania including 252 women. The surveyincluded an individual interview on vegetable production, food consumption (i.a. 24h-recall, 7drecallon 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 studyingsingle nutrients, food groups and health problems, also a more holistic view was taken on dietarydiversity/food variety and dietary patterns and their relationships with nutritional status andvegetable production. Relationships were investigated both through bivariate correlations andmultiple regression analysis; dietary diversity and food variety scores were calculated and dietarypatterns were generated through principal component analysis (PCA) as well as cluster analysis.Regarding the link between production and consumption, there was a clear relationship betweenvegetable diversity produced and diversity consumed, while this was not so clear betweenproduction and consumption quantity, except for...



## Reviews

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