

Metrics to evaluate and improve diet quality

Aligning the food system to meet dietary needs: Fruits and Vegetables

June 3, 2017

Warren Buffet, on academics...

“They studied what was measurable, rather than what was meaningful.”

Roger Lowenstein, in “Buffett: The Making of an American Capitalist”

Warren Buffet, on academics...

“They studied what was measurable, rather than what was meaningful.”

Roger Lowenstein, in “Buffett: The Making of an American Capitalist”

“If you can’t measure it, you can’t improve it”

Peter Drucker (management consultant)

Warren Buffet, on academics...

“They studied what was measurable, rather than what was meaningful.”

Roger Lowenstein, in “Buffett: The Making of an American Capitalist”

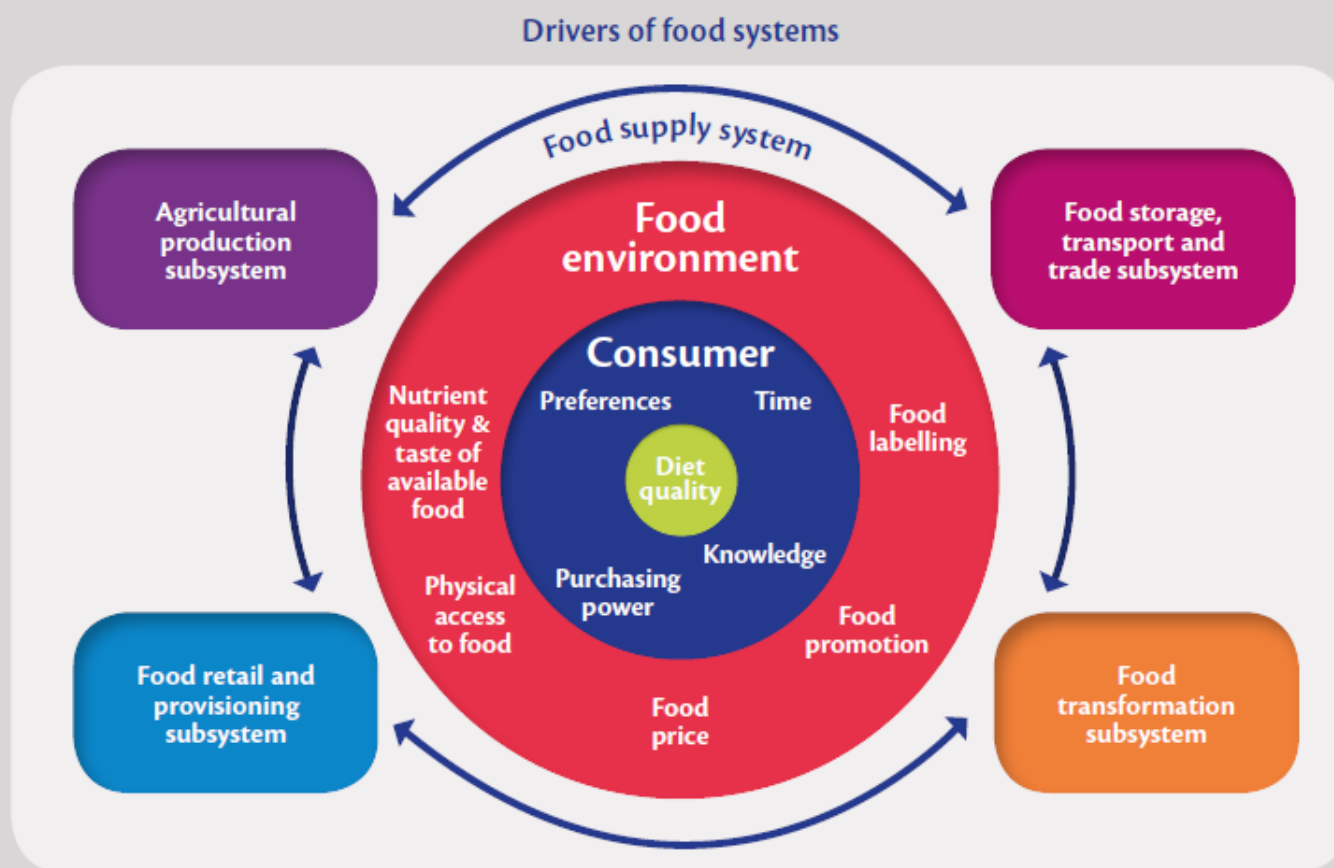
“If you can’t measure it, you can’t improve it”

Peter Drucker (management consultant)

Let’s aim for both!
Meaningful + Measurable

If our goal is to improve diet quality, what do we measure?

FIGURE 1.4: Conceptual framework for the links between diet quality and food systems



Source: Compiled by the authors

What specific information do we need?
It depends...

What specific information do we need?

It depends...

- How will the information be used?

- Describe the problem/situation
- Develop and test solutions
- Monitor trends over time
- Assess the impact of programs or policy changes
- Other...

→ What levels of accuracy and precision are needed?

→ What are the reference values for each metric?

What information do we need?

It depends...

- How will the information be used?
 - Who will use the information?
 - Government
 - Private sector
 - NGOs
 - UN
 - Academia
 - Others
- What types of training and expertise are needed to interpret the metrics?
- How is the information best communicated?

What information do we need?

It depends...

- How will the information be used?
- Who will use the information?
- Who will generate the information?

- Researchers
- Programs
- Governments
- Private sector
- Others

→ What resources, technical capacity, and time are required to generate the information?

What information do we need?

It depends...

- How will the information be used?
- Who will use the information?
- Who will generate the information?
- Other considerations?

Matching the metric to the information need

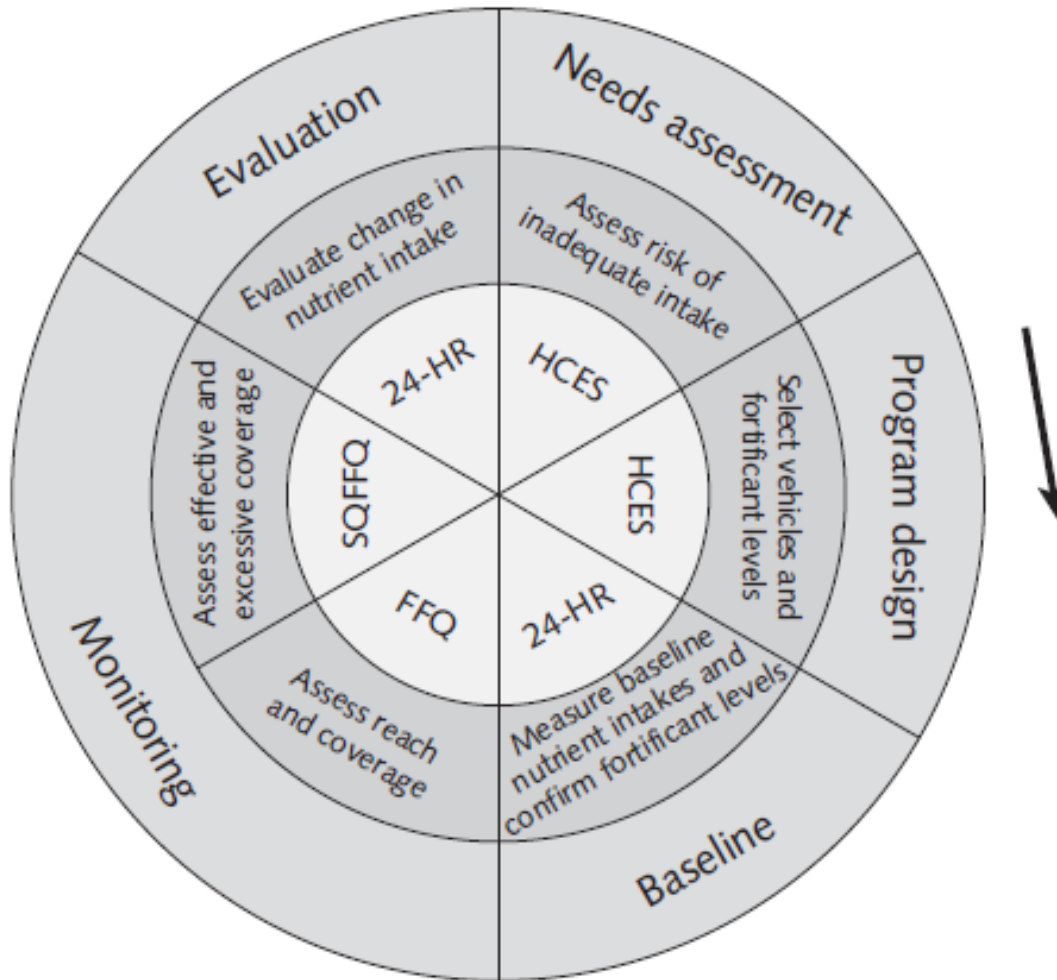


FIG 1. Recommended Dietary Assessment Methods for Program Cycle Information Needs

Session 3: Metrics to Evaluate and Improve Diet Quality

Objectives

- Identify indicators that evaluate quality and quantity, with a focus on FV.
- Determine the challenges and provide solutions in developing new metrics/tools for diet quality measurement.

Discussion Questions

- What are the key intended uses and audience(s) for metrics to evaluate dietary quality? Do the current tools meet these needs? What are the major challenges in measuring FV consumption and adequacy?
- What are the priority opportunities for increased focus or collective action to improve how we measure progress towards improving diets?
- How do we increase utilization of new metrics for diet quality, and FV consumption in particular? What partnerships are needed?

