Food and nutritional diversity in Nepal

- Food and nutrition security among ethnic minorities are concerning.

What we did?

- We used 3 waves of HRVS consumption data and employed a random effect model and ESTER to find how ethnicity impacts food diversity (consumption scores and Dietary diversity scores) at the household level.

Model

$$y_{it} = \alpha_0 + \alpha_1 Dalit_i + \beta_1 Xs_{it} + \varepsilon_{it} \quad (1)$$

y_{it} represents the diet diversity and food consumption scores for household i in year t, $Dalit_i$ is a categorical variable where 1 indicates the Dalit household and 0 otherwise, Xs_{it} are several socioeconomic variables, and ε_{it} indicates random error.

VARIABLES	CS	DDS
Dalit	-0.380***	-0.295***
	(0.091)	(0.043)
Other caste	0.108*	-0.008
	(0.059)	(0.028)
Controls	YES	YES
Observations	17,452	17,452

Results

- Dalits' CS and DDS are significantly less than those of higher castes (Brahmin and Chhetri), while, other castes' (Janajatis) CS and DDS are not that different than those of higher castes.

- ESTER model suggests that the food diversity and consumption scores of Dalits would have been 8.5% and 12% higher, respectively, if they had characteristics of higher castes.

Recommendation

- Dalit-targeted nutritional support and education programs are recommended.