

Dried fish for nutrition: Changes in consumption patterns, and implications towards nutrition security



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Introduction

- Fish are a major part of diet in Bangladesh- Accounts for 56% of total protein intake in Bangladesh (Thilsted et al., 2016).
- Dried fish can play a role in nutrition security- they are mostly made of **small and medium** sized capture fisheries. Dried fish are easily divisible and can be stored and transported for accessibility by the poorest and most vulnerable communities throughout the year.
- Food and nutrition security remains an issue. 25% of the country's population suffer from food insecurity, 36% of children (under age five) were stunted, 33% underweight in 2014 (FAO, n.d.; NIPORT et al., 2016; Osmani et al., 2016).



Image source:
<https://www.dhakatribune.com/business/2019/03/04/government-undertakes-initiatives-to-boost-dried-fish-exports>



Image source: <https://www.thedailystar.net/video-stories/watch-now-healthy-shutki-returns-famous-dry-fish-market-ctg-168394>

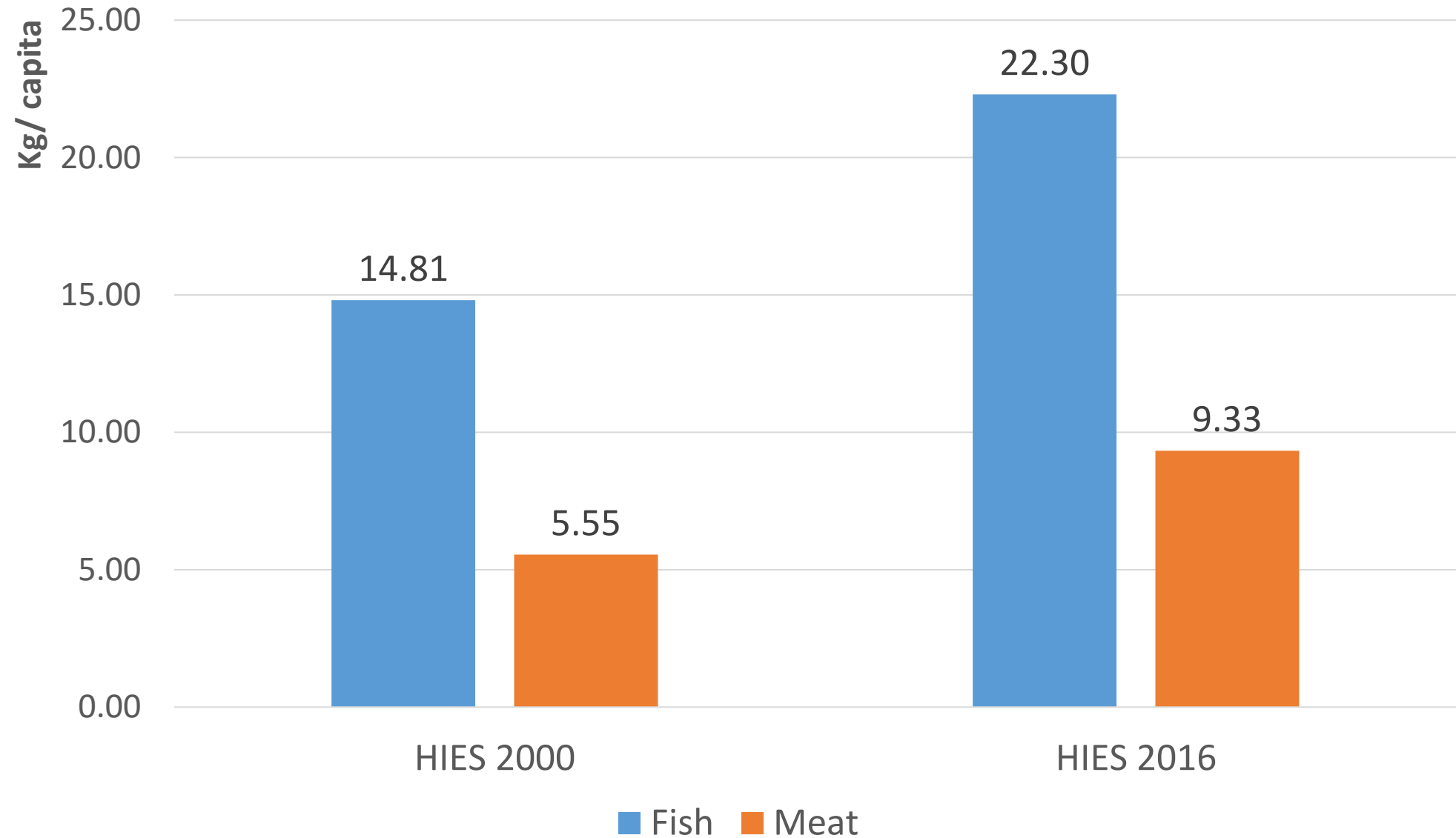
Source of data:

- National Household Income and Expenditure Surveys (HIES) conducted by Bangladesh Bureau of Statistics (BBS) periodically, every five years.
- Nationally representative data, that covers every division and districts of Bangladesh.

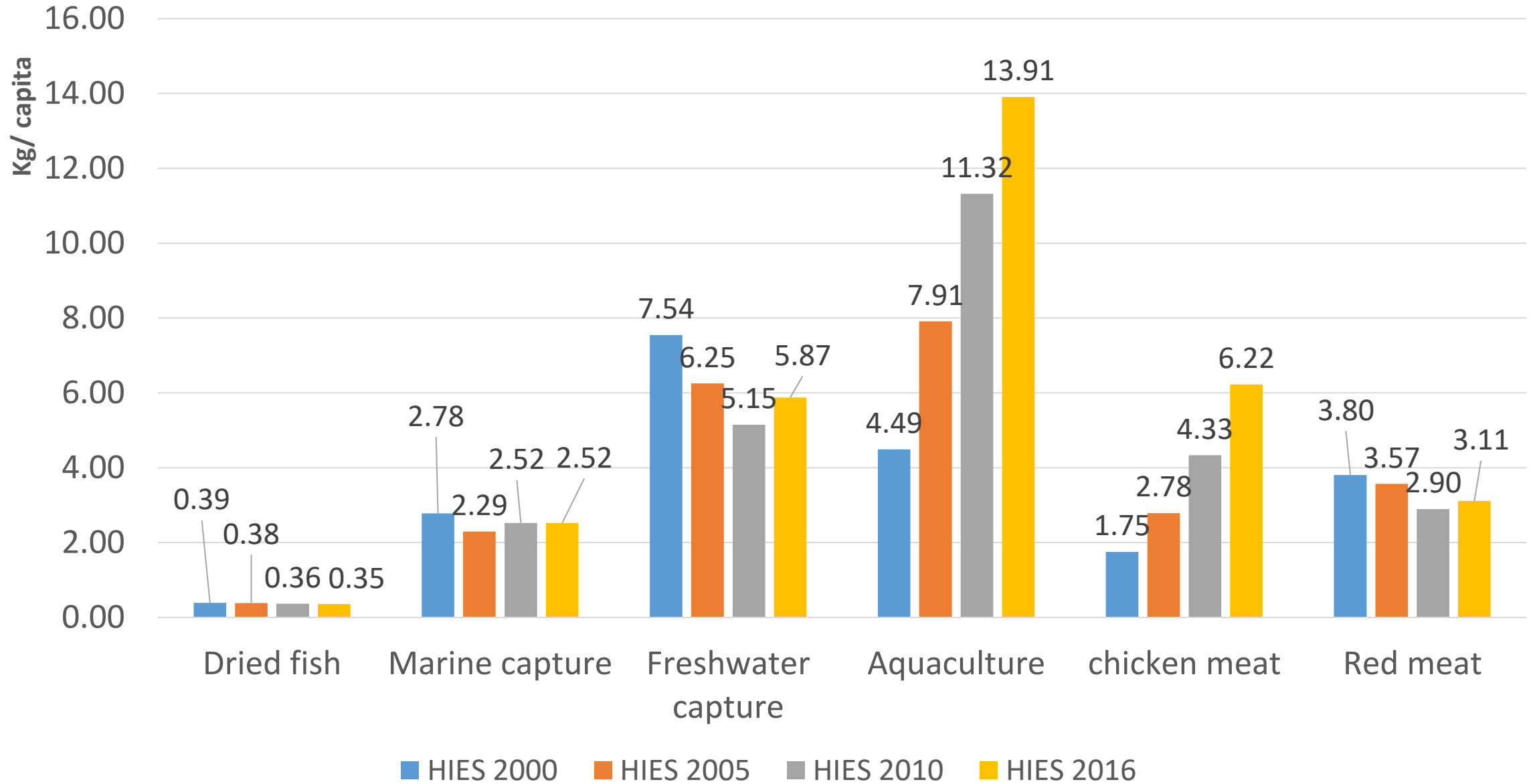
	HIES 2000	HIES 2005	HIES 2010	HIES 2016
Number of households surveyed	7,440	10,080	12,240	45,798

- For our work we considered four rounds of HIES- 2000, 2005, 2010 and 2016.

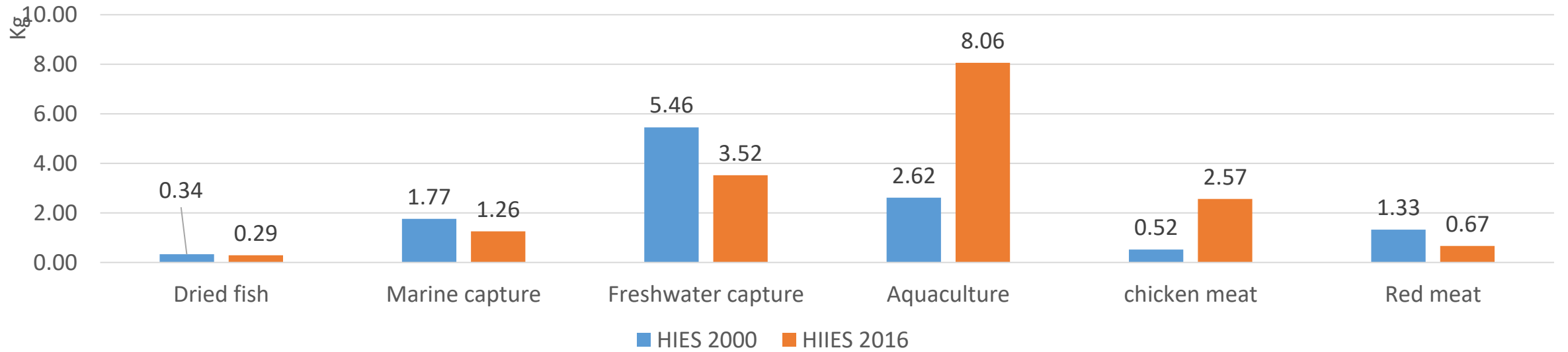
Annual food consumption (kg/capita) by major food categories



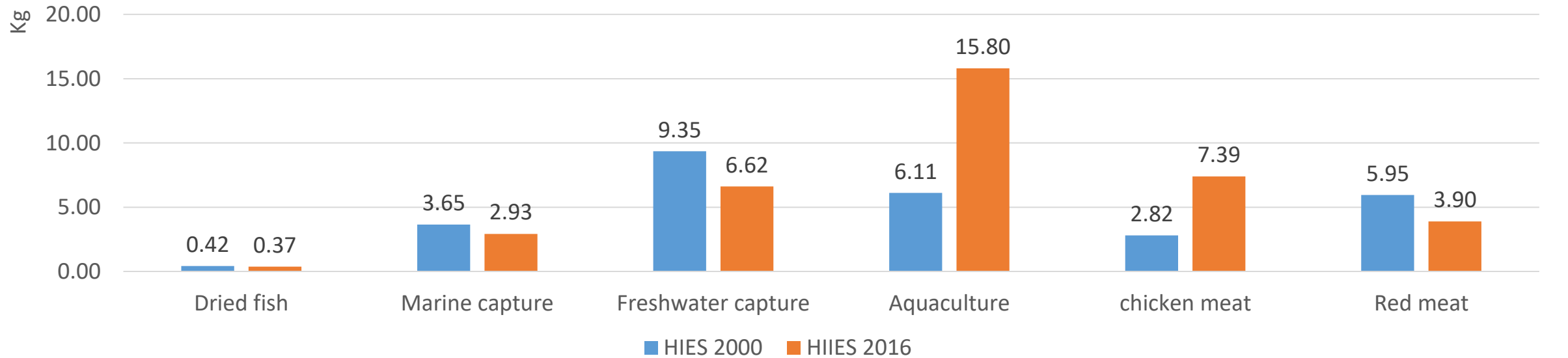
Annual animal source food consumption (kg/capita)



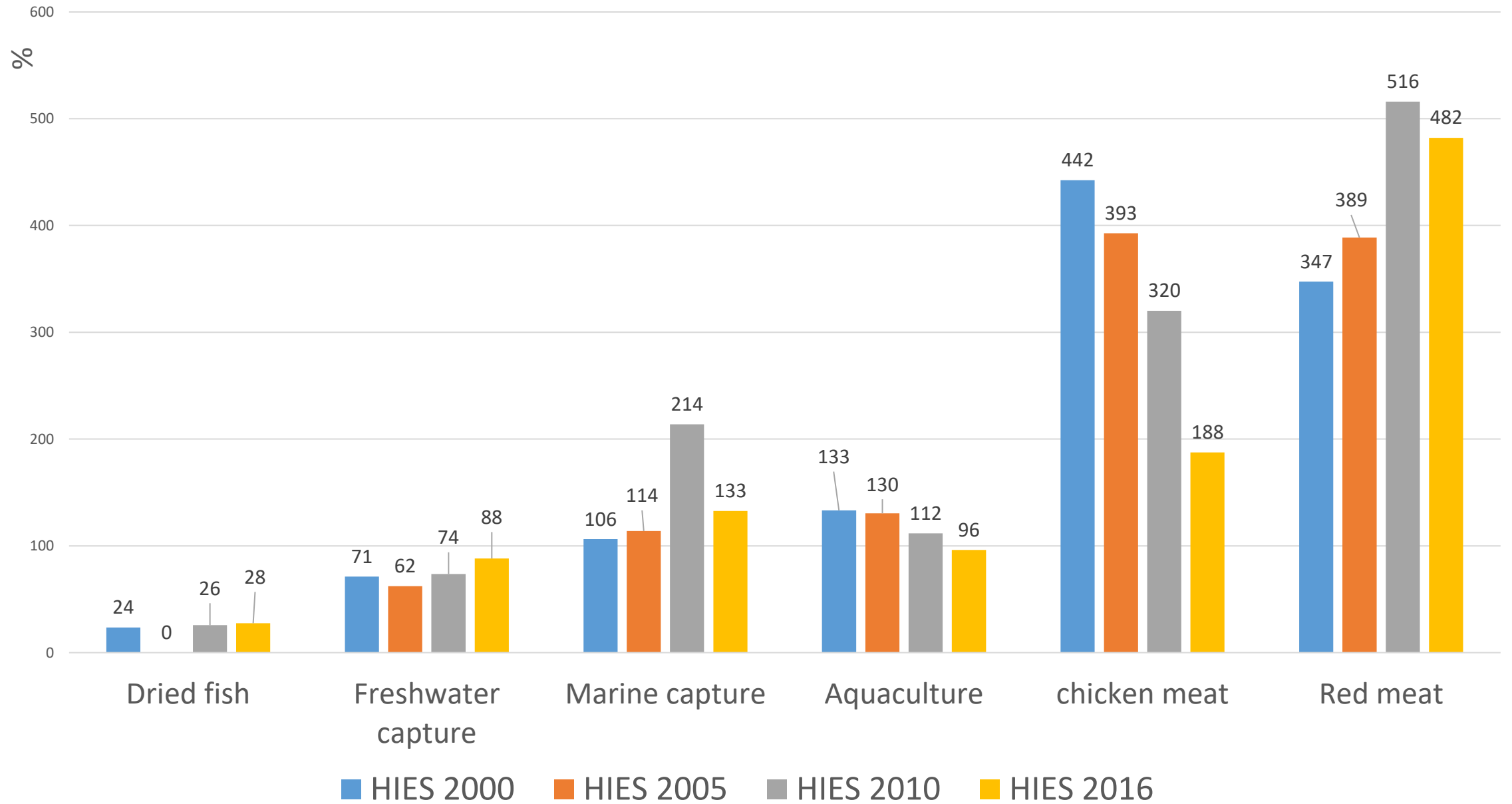
Annual per capita consumption- Poor



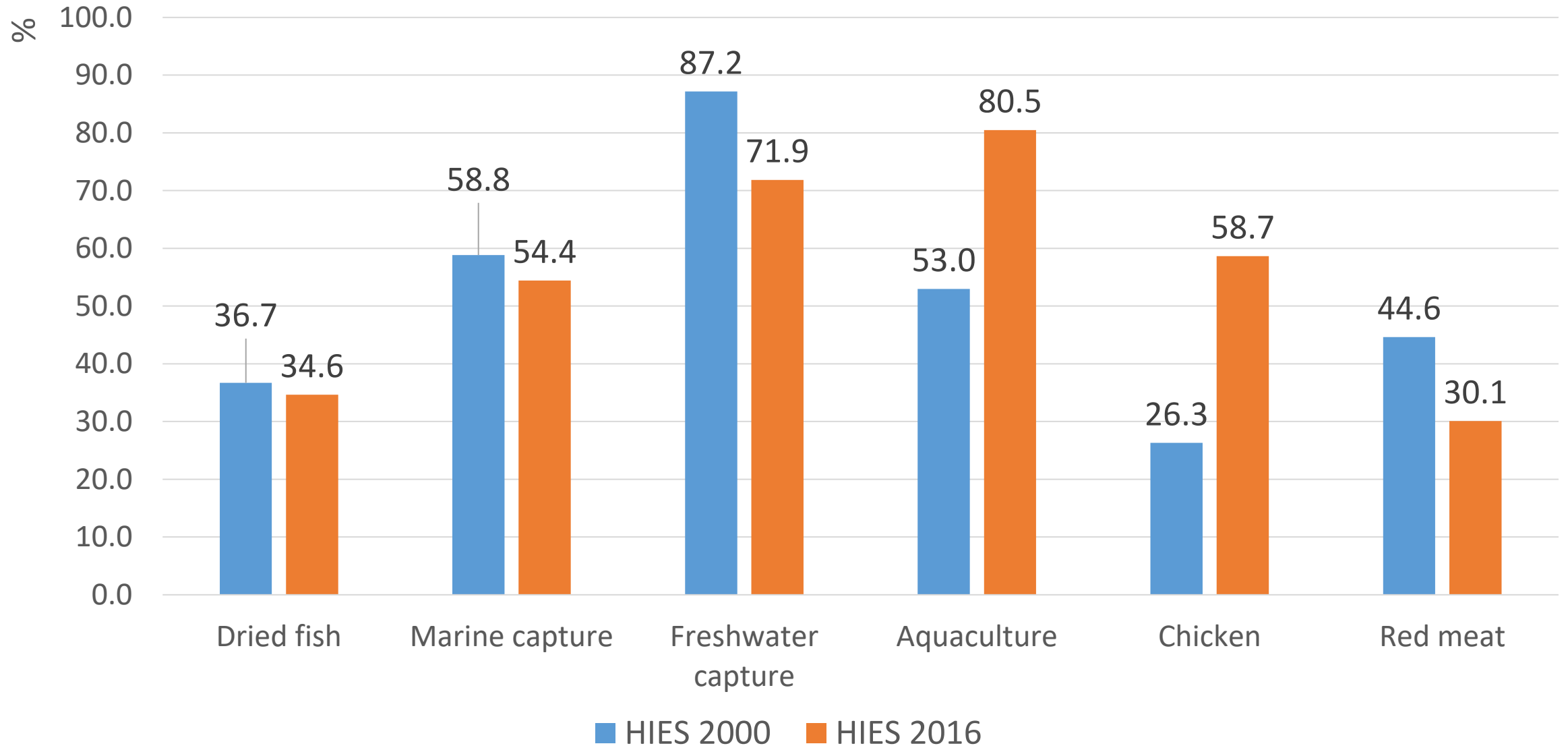
Annual per capita consumption- Non poor



Gap in per capita annual consumption between non-poor and poor (%)

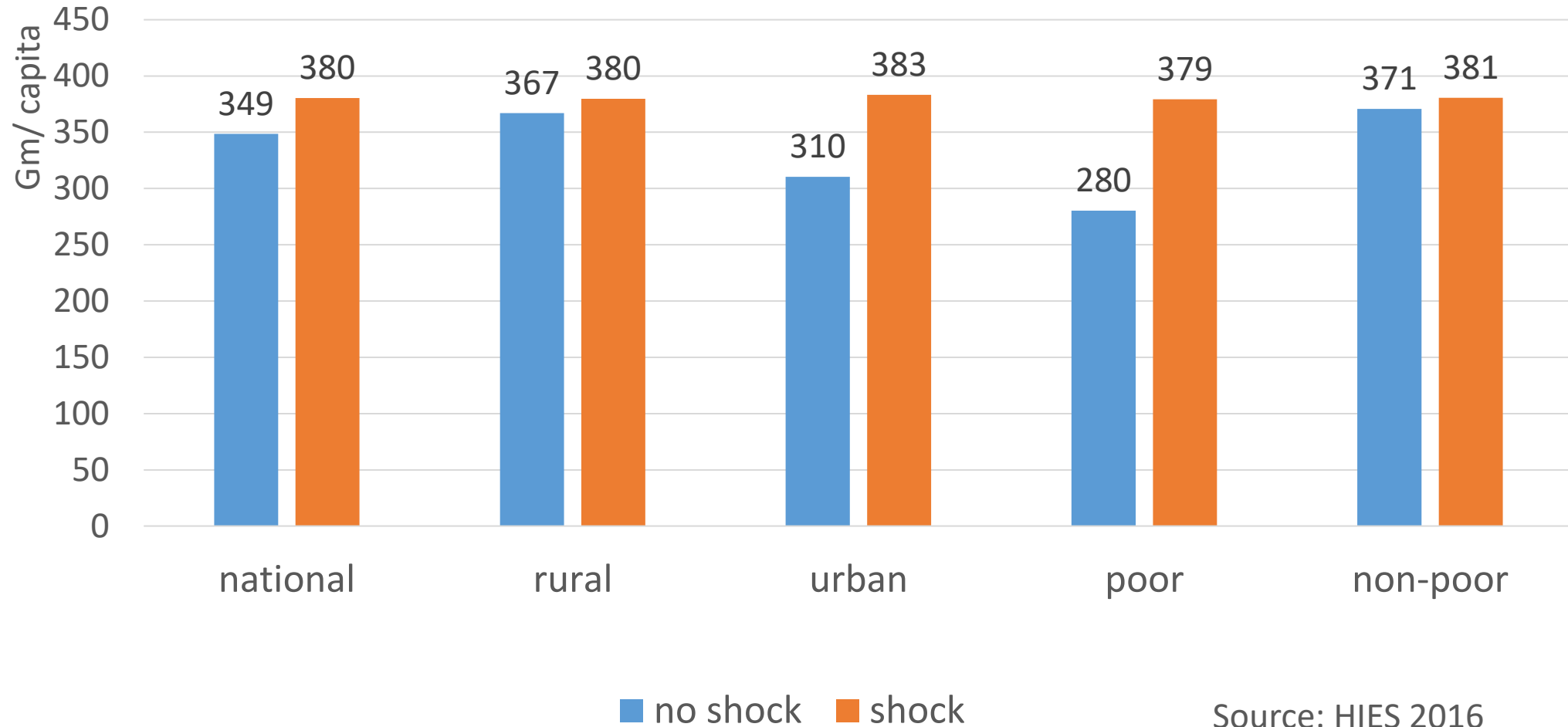


% of Households reporting consumption during the survey periods



Dried fish consumption during shocks and stresses.

Annual consumption of dried fish (gm/capita)- 2016



Source: HIES 2016

- Dried fish still play a role towards food and nutrition security during natural disasters and income shock, particularly for the poor.
- Income of 77% of households has decreased in Bangladesh, as per a recent research conducted by UN Women and New York University.

(Source: <https://www.banqlanews24.com/economics-business/news/bd/865054.details>)

The policy dimension

- **Nutrition related policies**
 - National Food and Nutrition Security Policy of Bangladesh (NFNSP)- 2020

Reference

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Osmani, S. R., Ahmed, A., Ahmed, T., Hossain, N., Huq, S., & Shahan, A. (2016). *Strategic Review of Food Security and Nutrition in Bangladesh*. WFP. <https://www.wfp.org/publications/2017-strategic-review-food-security-and-nutrition-bangladesh>

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Thank You



Image Source: <https://www.thedailystar.net/city/huge-potential-problems-untouched-1354771>