

Study of Nutritional Status and Diet in Adolescent Girls in Zambezia 2010

University of Helsinki, Finland

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Identification

SURVEY ID NUMBER

MOZ_2010_ZANE_v01_M_v01_A_OCS

TITLE

Study of Nutritional Status and Diet in Adolescent Girls in Zambezia 2010

COUNTRY/ECONOMY

Name	Country code
Mozambique	MOZ

STUDY TYPE

Other Household Survey [hh/oth]

ABSTRACT

To explore the diet and nutritional status of adolescent girls in Zambézia Province, Mozambique, in two seasons and in different types of communities.

KIND OF DATA

Sample survey data [ssd]

UNIT OF ANALYSIS

Individuals

Scope

NOTES

The survey collected information on:

- Subjects: information on the participants such as age, sex and geographical location.
- Consumption: information on all foods consumed by each participant in each survey day, including quantities and nutrient values. The population group covered in the survey was adolescent girls.

Coverage

GEOGRAPHIC COVERAGE

Sub-national coverage, both urban and rural areas.

Producers and sponsors

PRIMARY INVESTIGATORS

Name
University of Helsinki, Finland

Sampling

SAMPLING PROCEDURE

The sampling was carried out in five areas: (1) Quelimane City, (2) the district town of Maganja da Costa (Vila de Maganja da Costa), (3) rural villages in Maganja da Costa, (4) the district town of Morrumbala (Vila de Morrumbala), and (5) rural villages in Morrumbala. Villages located within a 45 to 60 minute drive from the study centers (health centers and hospitals) were considered. The sampling was carried out in two stages: the 1st stage involved selection of neighborhoods or villages, and

the 2nd stage involved the selection of households.

WEIGHTING

Post-stratification sampling weights based on the total population of 15- to 19-year-old girls in the five study areas have been created after the field work.

data_collection

DATES OF DATA COLLECTION

Start	End
2010-01-25	2010-06-06

DATA COLLECTION MODE

Face-to-face [f2f]

DATA COLLECTION NOTES

The primary dietary assessment method was individual quantitative 24-hour recall, covering both week days and weekends. For 109 subjects, 4 survey days were recalled. In addition, a short, non-validated, seven-day FFQ (FPQ) not asking portion sizes was designed for this study to capture food consumption patterns for the period of one week. FFQ available at: <http://urn.fi/URN:ISBN:978-951-51-1899-8>

Access policy

CONTACTS

Name	Email
Food and Agriculture Organization	fao-who-gift@fao.org

CONFIDENTIALITY

The users shall not take any action with the purpose of identifying any individual entity (i.e. person, household, enterprise, etc.) in the micro dataset(s). If such a disclosure is made inadvertently, no use will be made of the information, and it will be reported immediately to FAO.

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- The micro dataset will only be used for statistical and/or research purposes;
- Any results derived from the micro dataset will be used solely for reporting aggregated information, and not for any specific individual entities or data subjects;
- The users shall not take any action with the purpose of identifying any individual entity (i.e. person, household, enterprise, etc.) in the micro dataset(s). If such a disclosure is made inadvertently, no use will be made of the information, and it will be reported immediately to FAO;
- The micro dataset cannot be re-disseminated by users or shared with anyone other than the individuals that are granted access to the micro dataset by FAO.

CITATION REQUIREMENTS

Study of Nutrition Status and Diet in Adolescent Girls in Zambezia (ZANE): Mozambique, 2010; Department of Food and Nutrition, University of Helsinki, Finland. Harmonized for the Global Dietary Database.

Disclaimer and copyrights

DISCLAIMER

The user of the data acknowledges that the original collector of the data, the authorized distributor of the data, and the relevant funding agency bear no responsibility for use of the data or for interpretations or inferences based upon such uses.

Metadata production

DDI DOCUMENT ID

DDI_MOZ_2010_ZANE_v01_M_v01_A_OCS

PRODUCERS

Name	Abbreviation	Affiliation	Role
Office of Chief Statistician	OCS	Food and Agriculture Organization	Metadata adapted for FAM
Development Economics Data Group	DECDG	The World Bank	Metadata adapted for World Bank Microdata Library

DATE OF METADATA PRODUCTION

2023-02-23

DDI DOCUMENT VERSION

Version 01 (February 2023): This metadata was downloaded from the FAO website (<https://microdata.fao.org/index.php/catalog>) and it is identical to FAO version (MOZ_2010_ZANE_v01_EN_M_v01_A_OCS). The following two metadata fields were edited - Document ID and Survey ID.

data_dictionary

Data file	Cases	variables
anon_consumption_user	0	45
anon_subject_user	0	23

Data file: anon_consumption_user

Cases: 0

variables: 45

variables

ID	Name	Label	Question
V1	SUBJECT	Subject identification	
V2	ROUND	Round	
V3	SURVEY_DAY	Day number	
V4	RESPONDER	Responder	
V5	CONSUMPTION_DAY	Day of consumption	
V6	CONSUMPTION_MONTH	Month of consumption	
V7	CONSUMPTION_YEAR	Year of consumption	
V8	WEEK_DAY	Week day of consumption	
V9	FOOD_TYPE	Type of the eating occasion	
V10	RECIPE_CODE	ID Recipe	
V11	RECIPE_DESCR_ENG	Recipe description in English	
V12	AMOUNT_RECIPE	Amount recipe consumed (g)	
V13	CODE_INGREDIENT	Original ingredient code	
V14	INGREDIENT_ENG	Food item or Ingredient description in English	
V15	FOODEX2 INGR_CODE	FoodEx2 ingredient code	
V16	FOODEX2 INGR_DESCR	FoodEx2 ingredient description	
V17	FOOD_AMOUNT_UNPROC	Food amount (edible) before processing/cooking (raw amount) (g)	
V18	FOOD_AMOUNT_REPORTED	Food amount (edible) as reported in the survey (g)	
V19	ENERGY_kcal	Energy (kcal)	
V20	PROTEIN_g	Protein (g)	
V21	CARBOH_g	Carbohydrates (g)	
V22	FIBTG_g	Fibre total dietary (g)	
V23	FAT_g	Fat (g)	
V24	SAT_FAT_g	Saturated fat (g)	
V25	MUFA_g	Monounsaturated fat (g)	
V26	PUFA_g	Poly-unsaturated fat (g)	
V27	CALC_mg	Calcium (mg)	
V28	IRON_mg	Iron (mg)	
V29	ZINC_mg	Zinc (mg)	
V30	MG_mg	Magnesium (mg)	
V31	PHOS_mg	Phosphorus (mg)	
V32	POTA_mg	Potassium (mg)	
V33	NA_mg	Sodium (mg)	
V34	VITC_mg	Vitamin C (mg)	
V35	THIA_mg	Thiamine (mg)	
V36	RIBO_mg	Riboflavin (mg)	
V37	NIAC_mg	Niacin (mg)	
V38	VITB6_mg	Vitamin B6 (mg)	

ID	Name	Label	Question
V39	FOLDFE_mcg	Folate (µg/mcg DFE)	
V40	VITB12_mcg	Vitamin B12 (µg/mcg)	
V41	VITA_RAE_mcg	Vitamin A (µg/mcg RAE)	
V42	BCAROT_mcg	Beta-carotene (µg/mcg)	
V43	VITE_mg	Vitamin E, alpha-tocopherol equivalents (mg)	
V44	EPA_DHA_g	Eicosapentaenoic acid + Docosahexaenoic acid (g)	
V45	VERSION	Version	

total: 45

Data file: anon_subject_user

Cases:	0
variables:	23

variables

ID	Name	Label	Question
V46	ADM0_NAME	Country	
V47	ADM1_NAME	Region	
V48	ADM2_NAME	Subregion	
V49	WEIGHTING_FACTOR	Weight factor	
V50	AREA_TYPE	Area	
V51	HOUSEHOLD	ID Household	
V52	SUBJECT	ID Subject	
V53	ROUND	Round	
V54	SEX	Sex	
V55	AGE_YEAR	Age (years)	
V56	ANT_DAY	Day of measurement	
V57	ANT_MONTH	Month of measurement	
V58	ANT_YEAR	Year of measurement	
V59	WEIGHT	Weight (kg)	
V60	HEIGHT	Height (cm)	
V61	METHOD_WEIGHT	Method for body weight measurement	
V62	METHOD_HEIGHT	Method for height measurement	
V63	SPECIAL_DIET	Special diet	
V64	PREG_LACT	Pregnant/lactating	
V65	BREASTFEEDING	Breastfeeding	
V66	UNOVERREP	Under/over reporters for energy	
V67	ACTIVITY	PAL	
V68	VERSION	Version	

total: 23

SUBJECT: Subject identification**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

RECIPE_CODE: ID Recipe**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

ROUND: Round**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

SURVEY_DAY: Day number**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

RESPONDER: Responder**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: 1 - 7 Format: Numeric

Questions and instructions

CATEGORIES

Value	Category
1	Self
2	Person responsible for cooking
3	Parent/Guardian

4	Other relative
5	Nanny/Nurse/Friend/Neighbor
6	Proxy (unspecified)
7	Trained data collectors stayed with each participant recordi

CONSUMPTION_DAY: Day of consumption

Data file: anon_consumption_user

Overview

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

CONSUMPTION_MONTH: Month of consumption

Data file: anon_consumption_user

Overview

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

CONSUMPTION_YEAR: Year of consumption

Data file: anon_consumption_user

Overview

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

WEEK_DAY: Week day of consumption

Data file: anon_consumption_user

Overview

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: 1 - 7 Format: Numeric

Questions and instructions

CATEGORIES

Value	Category
1	Sunday
2	Monday
3	Tuesday

4	Wednesday
5	Thursday
6	Friday
7	Saturday

FOOD_TYPE: Type of the eating occasion

Data file: anon_consumption_user

Overview

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: 1 - 5 Format: Numeric

Questions and instructions

CATEGORIES

Value	Category
1	Simple food item (including food supplements, etc)
2	Reported disaggregated mixed dish/recipe
3	Standard disaggregated mixed dish/recipe
4	Non-disaggregated mixed dish/recipe
5	Disaggregated mixed dish/recipe, unspecified if reported or

RECIPE_DESCR_ENG: Recipe description in English

Data file: anon_consumption_user

Overview

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

AMOUNT_RECIPE: Amount recipe consumed (g)

Data file: anon_consumption_user

Overview

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

CODE_INGREDIENT: Original ingredient code

Data file: anon_consumption_user

Overview

Valid: 0 Invalid: 0
 Type: Continuous Decimal: 0 Range: - Format: Numeric

INGREDIENT_ENG: Food item or Ingredient description in English

Data file: anon_consumption_user

Overview

Valid: 0 Invalid: 0
 Type: Continuous Decimal: 0 Range: - Format: Numeric

FOODEX2_INGR_CODE: FoodEx2 ingredient code

Data file: anon_consumption_user

Overview

Valid: 0 Invalid: 0
 Type: Continuous Decimal: 0 Range: - Format: Numeric

FOODEX2_INGR_DESCR: FoodEx2 ingredient description

Data file: anon_consumption_user

Overview

Valid: 0 Invalid: 0
 Type: Discrete Width: 8 Range: - Format: character

FOOD_AMOUNT_UNPROC: Food amount (edible) before processing/cooking (raw amount) (g)

Data file: anon_consumption_user

Overview

Valid: 0 Invalid: 0
 Type: Continuous Decimal: 2 Range: - Format: Numeric

FOOD_AMOUNT_REPORTED: Food amount (edible) as reported in the survey (g)

Data file: anon_consumption_user

Overview

Valid: 0 Invalid: 0
 Type: Continuous Decimal: 2 Range: - Format: Numeric

ENERGY_KCAL: Energy (kcal)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

PROTEIN_G: Protein (g)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

CARBOH_G: Carbohydrates (g)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

FIBTG_G: Fibre total dietary (g)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

FAT_G: Fat (g)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

SAT_FAT_G: Saturated fat (g)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

MUFA_G: Monounsaturated fat (g)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

PUFA_G: Poly-unsaturated fat (g)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

CALC_MG: Calcium (mg)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

IRON_MG: Iron (mg)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

ZINC_MG: Zinc (mg)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

MG_MG: Magnesium (mg)**Data file:** anon_consumption_user

Overview

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

PHOS_MG: Phosphorus (mg)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

POTA_MG: Potassium (mg)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

NA_MG: Sodium (mg)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

VITC_MG: Vitamin C (mg)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

THIA_MG: Thiamine (mg)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

RIBO_MG: Riboflavin (mg)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

NIAC_MG: Niacin (mg)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

VITB6_MG: Vitamin B6 (mg)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

FOLDFE_MCG: Folate (µg/mcg DFE)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

VITB12_MCG: Vitamin B12 (µg/mcg)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

VITA_RAE_MCG: Vitamin A (µg/mcg RAE)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

BCAROT_MCG: Beta-carotene (µg/mcg)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

VITE_MG: Vitamin E, alpha-tocopherol equivalents (mg)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

EPA_DHA_G: Eicosapentaenoic acid + Docosaheptaenoic acid (g)**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

VERSION: Version**Data file:** anon_consumption_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

ADM0_NAME: Country**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Discrete Width: 8 Range: - Format: character

ADM1_NAME: Region**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Discrete Width: 8 Range: - Format: character

ADM2_NAME: Subregion**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Discrete Width: 8 Range: - Format: character

WEIGHTING_FACTOR: Weight factor**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

AREA_TYPE: Area**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

HOUSEHOLD: ID Household**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

SUBJECT: ID Subject**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

ROUND: Round**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

SEX: Sex**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: 1 - 2 Format: Numeric

Questions and instructions

CATEGORIES

Value	Category
1	Male
2	Female

AGE_YEAR: Age (years)**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

ANT_DAY: Day of measurement**Data file:** anon_subject_user

Overview

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

ANT_MONTH: Month of measurement**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

ANT_YEAR: Year of measurement**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 0 Range: - Format: Numeric

WEIGHT: Weight (kg)**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

HEIGHT: Height (cm)**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: - Format: Numeric

METHOD_WEIGHT: Method for body weight measurement**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: 1 - 2 Format: Numeric

Questions and instructions

CATEGORIES

Value	Category
1	Measured
2	Self-reported

METHOD_HEIGHT: Method for height measurement**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: 1 - 2 Format: Numeric

Questions and instructions

CATEGORIES

Value	Category
1	Measured
2	Self-reported

SPECIAL_DIET: Special diet**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: 1 - 5 Format: Numeric

Questions and instructions

CATEGORIES

Value	Category
1	Normal diet
2	Vegetarian diet
3	Slimming diet
4	Diet influenced by other conditions not previously mentioned
5	Other

PREG_LACT: Pregnant/lactating**Data file:** anon_subject_user

Overview

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: 1 - 4 Format: Numeric

Questions and instructions

CATEGORIES

Value	Category
1	Non-pregnant non-lactating
2	Pregnant
3	Lactating
4	Pregnant and lactating

BREASTFEEDING: Breastfeeding

Data file: anon_subject_user

Overview

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: 1 - 4 Format: Numeric

Questions and instructions

CATEGORIES

Value	Category
1	No
2	Partially breastfeeding
3	Exclusively breastfeeding
4	Breastfeeding (unspecified if partially or exclusively)

UNOVERREP: Under/over reporters for energy

Data file: anon_subject_user

Overview

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: 1 - 4 Format: Numeric

Questions and instructions

CATEGORIES

Value	Category
1	Under-reporter

2	Normal
3	Over-reporter
4	Cannot be estimated

ACTIVITY: PAL**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Continuous Decimal: 2 Range: 1 - 4 Format: Numeric

Questions and instructions

CATEGORIES

Value	Category
1	Sedentary
2	Moderately active
3	Vigorously active
4	Extremely active

VERSION: Version**Data file:** anon_subject_user**Overview**

Valid: 0 Invalid: 0

Type: Discrete Width: 8 Range: - Format: character

study_resources

technical_documents

Study of Nutritional Status and Diet in Adolescent Girls in Zambezia 2010, Codebook

title Study of Nutritional Status and Diet in Adolescent Girls in Zambezia 2010, Codebook
country Mozambique
language English
filename fao_who_gift_code_book.xlsx
