The Conceptual Model of Food and Nutrition Security in Iran

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Abstract

Background and Objectives: Sustainable food security is a national and international concern; however, still there are many different ways to measure it. This study aimed to define a conceptual model with the ability to measure all aspects of food security within the country.

Material and Methods: This qualitative study was conducted in three phases. The conceptual models in the field of food and nutrition security were assessed, accordingly. Then, the experts and provincial nutrition community members were purposefully selected to share their ideas on how to provide a conceptual model. A one-day focused group discussion participated by above stakeholders was organized to deduce a conceptual model.

Results: This model is designed to show the factors affecting nutrition and food security. The “food basket” which is brought forward by the household is related with macro (culture) and micro (dietary habits and lifestyle) factors. The “household table”, also called «Sofreh» is formed in every particular family with respect to specific household environment and individuals within the home.

Conclusion: This model can be applied in different scenarios of food and nutrition including describing the situation, analyzing the causes, as well as planning and policy making to address the solutions. Also it can be employed to determine the role and duty of each responsible body within the country.

Keywords: Conceptual, Model, Food, Security, Iran