

# Prevalence and determinants of Low Dietary Diversity (LDD) among men in India: Evidence from a nationally representative survey.

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## Abstract

**Background:** Dietary Diversity is a growing concern across the states of India. There is scarcity of studies that stressed on diversity of diet in men. Therefore, this study investigates the socioeconomic and spatial disparities in Low Dietary Diversity (LDD) prevalence among men in India collecting data from the 5th round of the National Family Health Survey (NFHS-5), 2019-21.

**Method:** This study made use of data from the NFHS-5 and a sample of 0.1 million Indian men were taken into account. Bivariate statistics e.g., cross tabulation, Chi-squared test and multivariable logistic regression was performed to assess the inequalities in LDD prevalence among men and by their background characteristics.

**Result:** The analysis indicated significant socio-economic variations in LDD among men. Indian men of age group (45-54) (OR: 1.10, 95% CI, 0.99-1.22); Men who belong to the rural household of India (OR: 1.11, 95% CI, 1.02-1.21); men from Northern region (OR: 10.57; CI: 8.78- 12.72) and men who received no formal were more likely to have LDD. However, men with higher education (OR: 0.77; CI: 0.68- 0.86), "Others" category men (OR: 1.18, 95% CI, 1.07-1.29), and men from Southern region were less likely to have LDD.

**Conclusion:** Several sociodemographic, geographic and behavioural factors were associated with diet among Indian men. This study emphasized the importance of targeted public health interventions to cut the burden of LDD in men.

**keywords:** Dietary diversity score, Men, Socio-economic variation, low dietary diversity, India.

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