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AgriLAC Resiliente:
Sistemas de Innovación
Agroalimentaria Resilientes
en América Latina y el Caribe

Foto: Daniela Arce Gómez - Alianza Boversty y CIAT

DIGITAL MEDIA PUBLICATION

FOOD, GENDER, AND DIET QUALITY: REGIONAL EXPERIENCES, EVIDENCE, AND REFLECTIONS

21 - 24
October

9:00 a.m. Guatemala
10:00 a.m. Colombia

Virtual -
Zoom Transmission

Authors: Miguel Lizarazo, Gresia Ramos, Daniel Jiménez, Daniela Arce



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21
OCT

- Comparative experiences using the DQQ (Diet Quality Questionnaire).
- Presentation 1: Results and lessons learned from the application of the DQQ tool in a sample from Guatemala (**DTA y Alliance of Bioversity-CIAT**).

22
OCT

- Comparative experiences using the DQQ (Diet Quality Questionnaire).
- Presentation 1: Results and lessons learned from the application of the DQQ tool in a sample of university students in Colombia (**Universidad Autónoma de Occidente, Colombia**).

23
OCT

- Presentation 1: Consumption of sugary drinks and processed foods in Guatemala (**Institute of Nutrition of Central America and Panama - INCAP**).
- Presentation 2: The role of gender in household food practices in Guatemala: insights and challenges (**Institute of Nutrition of Central America and Panama - INCAP**).

24
OCT

- Food systems profile in Guatemala (**Universidad del Valle de Guatemala**).



YouTube Playlist

Account of the Alliance of Bioversity and CIAT



- 1 **Comprendiendo la calidad de la dieta en Guatemala: lecciones del uso del DQQ**
Alliance of Bioversity International and CIAT • 10 visualizaciones • hace 4 semanas
- 2 **Explorando la calidad de la dieta entre estudiantes universitarios en Colombia**
Alliance of Bioversity International and CIAT • 4 visualizaciones • hace 4 semanas
- 3 **Alimentación, Género y Calidad de la Dieta: Reflexiones en ALC**
Alliance of Bioversity International and CIAT • 3 visualizaciones • hace 4 semanas
- 4 **Perfil de los sistemas alimentarios en Guatemala: aportes para la política y la práctica**
Alliance of Bioversity International and CIAT • 1 visualización • hace 4 semanas

This blog recapitulates how, in Guatemala, diet quality monitoring is moving from paper-based surveys to digital tools such as mobile questionnaires and chatbots, enabling faster and more accessible data collection. Through the Diet Quality Questionnaire (DQQ), researchers and partners demonstrate how these approaches reduce costs and expand the reach of nutrition monitoring.

Framed within a four-day virtual seminar series, the blog brings together experiences from Guatemala, Colombia, and across Latin America to show how gender dynamics, food environments, and social contexts shape diet quality, highlighting digitalization as a key enabler for more equitable and sustainable food systems under CGIAR's Scaling for Impact and the AgriLAC Resiliente initiative, with support from NORAD.

Shared through the following channels

Alliance's Website SPN and ENG version

[Alimentación, Género y Calidad de la Dieta: Experiencias y Reflexiones Regionales](#)

Alliance's Social Media

LinkedIn



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Blog on Website

Account of the Alliance of Bioversity and CIAT



The article underscores how bringing scientific knowledge directly to the field accelerates the scaling of sustainable agricultural practices. By connecting research with farmers' day-to-day realities, the Alliance strengthens resilience, productivity, and local innovation. This approach empowers communities and institutions to build more robust food systems and advance long-term sustainable development in the region.

Shared through the following channels

Alliance's Website and ENG version

[From paper surveys to chatbots: Advancing digital monitoring of diet quality in Guatemala](#)

Alliance's Website and ESP version

[De encuestas en papel a chatbots: impulsando el monitoreo digital de la calidad de dieta en Guatemala](#)

MEMO: Diet Quality Questionnaire (DQQ) video

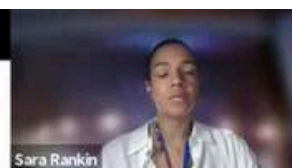
[Scorecard on diet quality in Guatemala, explained by MEMO](#)





YouTube Playlist

Account of the Alliance of Bioversity and CIAT



Shared through the following channels

Session 1

Comprendiendo la calidad de la dieta en Guatemala: lecciones del uso del DQQ

Main topics:

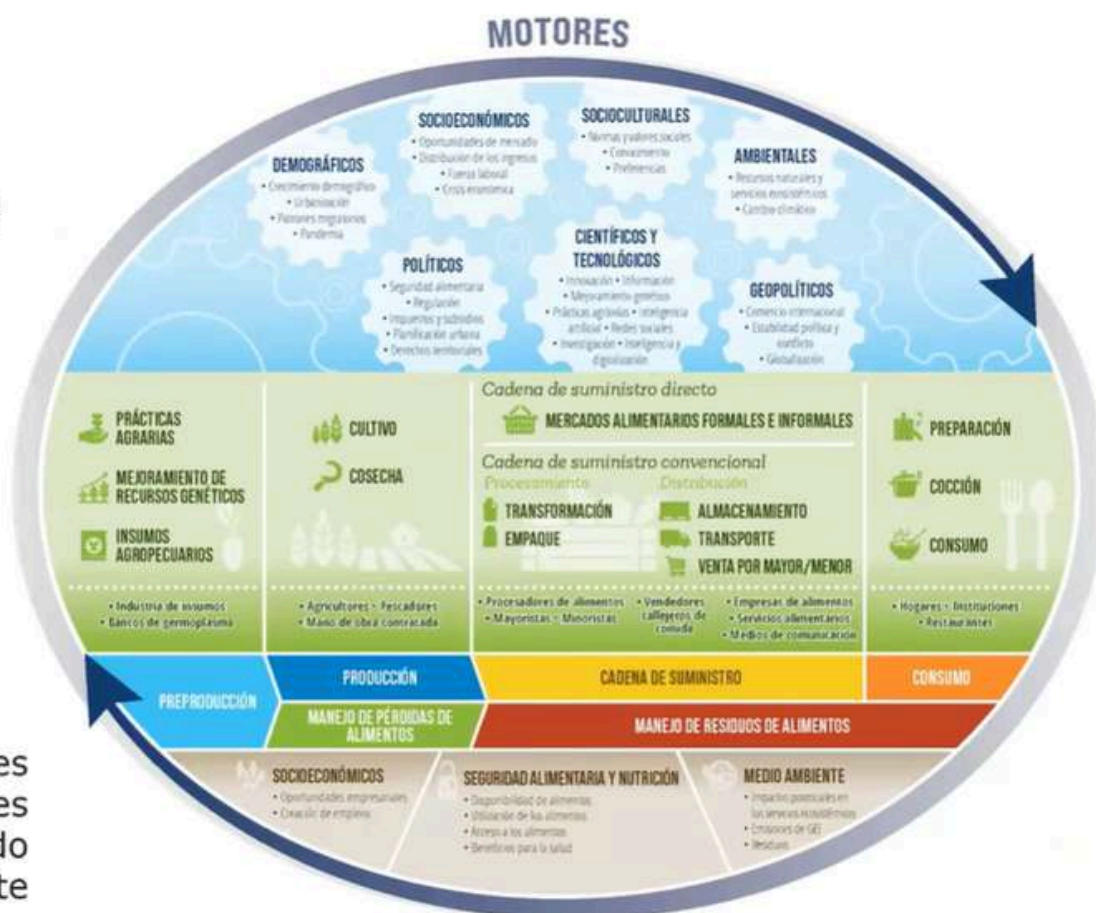
- Application of the Diet Quality Questionnaire (DQQ) in Guatemala
- Local dietary patterns and food access
- Gender factors affecting nutrition
- Use of standardized tools for evidence-based policy
- Promoting inclusive food and nutrition strategies

Webinar – October 21:

Total participants: 8



¿Qué es un sistema alimentario?



Múltiples componentes interactuando simultáneamente

This session presents insights from applying the Diet Quality Questionnaire (DQQ) to a Guatemalan population sample. Researchers from DTA and the Alliance of Bioversity International and CIAT share findings on local dietary patterns, food access, and gender-related factors influencing nutrition. The discussion emphasizes how standardized diet assessments can inform more inclusive and evidence-based food and nutrition policies.



YouTube Playlist

Account of the Alliance of Bioversity and CIAT



Led by the Universidad Autónoma de Occidente (Colombia), this seminar presents the results of applying the Diet Quality Questionnaire (DQQ) among university students. The analysis highlights key trends in food consumption, nutritional gaps, and health risks within the young population. The session also explores how social and academic environments shape dietary habits, providing valuable insights for designing health promotion strategies in educational institutions.

Shared through the following channels

Session 2

Explorando la calidad de la dieta entre estudiantes universitarios en Colombia

Main topics:

- Application of the Diet Quality Questionnaire (DQQ) in university students
- Key trends in food consumption and nutritional gaps
- Health risks among young adults
- Influence of social and academic environments on dietary habits
- Strategies for health promotion in educational settings

Webinar – October 22:

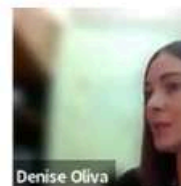
Total participants: 17

 2  15



YouTube Playlist

Account of the Alliance of Bioversity and CIAT



“Determinantes sociales del consumo de productos ultraprocesados y bebidas azucaradas en Guatemala” Resultados de SIVESNU 2022-2023

MSc. Denise Oliva
PhD. Fernanda Kroker



Researchers from the Institute of Nutrition of Central America and Panama (INCAP) lead a two-part session addressing interconnected topics: the consumption of sugar-sweetened beverages and processed foods in Guatemala, and the influence of gender roles on household eating practices. The discussion delves into the cultural and economic factors shaping dietary behaviors, highlighting opportunities to promote healthier and more equitable food environments.

Shared through the following channels

Session 3

Alimentación, Género y Calidad de la Dieta: Reflexiones en ALC

Main topics:

- Consumption of sugar-sweetened beverages and processed foods in Guatemala
- Influence of gender roles on household food practices
- Cultural and economic determinants of dietary behaviors
- Opportunities for creating healthier and more equitable food environments

Webinar – October 23:

Total participants: 20

 5  15



YouTube Playlist

Account of the Alliance of Bioversity and CIAT

The screenshot shows a YouTube video player with a presentation slide. The slide title is "Nutrición y sistemas alimentarios en Guatemala". Below the title, it says "Basado en: FAO, UE y CIRAD (2022) Contribuciones: FAO, CIRAD, UVG, UE." The slide content includes logos for the Organization of Economic Co-operation and Development (OECD), the European Union, and CIRAD. The main title of the slide is "PERFIL DE SISTEMAS ALIMENTARIOS: GUATEMALA" with the subtitle "Catalizar la transformación sostenible e inclusiva de nuestros sistemas alimentarios". The slide features a globe with a red leaf and a red circle. In the bottom right corner of the video player, there is a small video feed of a woman, Lilia Elena García, with her name written below it. At the bottom of the video player, there is a name tag for "MSc Lilia García" with her email "legarcia@uvg.edu.gt" and affiliation "Observatorio Económico Sostenible, Departamento de Nutrición, Universidad del Valle de Guatemala". Logos for UVG (Universidad del Valle de Guatemala) and the Observatorio Económico Sostenible (OES) are also visible at the bottom left.

In the closing session, the Universidad del Valle de Guatemala presents the national profile of food systems, integrating recent evidence on diet quality, gender, and sustainability. The discussion reflects on key challenges and opportunities to strengthen local food systems through informed, multisectoral actions aimed at improving nutrition, equity, and resilience.

Shared through the following channels

Session 4

Perfil de los sistemas alimentarios en Guatemala: aportes para la política y la práctica

Main topics:

- National profile of food systems in Guatemala
- Evidence on diet quality, gender, and sustainability
- Key challenges and opportunities for local food systems
- Multisectoral approaches to improve nutrition, equity, and resilience

Webinar – October 24:

Total participants: 30

11 19