

Table 1. Male dietary diversity score by Poisson regression

Variables	Layyah			Bhakkar			Khushab		
	B	Std. error	Sig	B	Std. error	Sig	B	Std. error	Sig
Age	.005	.0084	.515	.002	.0080	.842	-.009	.0076	.237
Farming experience	.012	.0063	.049**	-.003	.0078	.737	.008	.0080	.295
Family size	-.058	.0295	.048**	.005	.0287	.848	-.025	.0272	0.095**
Farm size	-.023	.0135	.161	.003	.0118	.827	-.098	.0803	.224
Family structure 1.single 2.Joint	-.013	.0071	.072**	.020	.0826	.806	-.001	.0055	.043**
Distance from city	-.014	.0153	.360	-.028	.0155	.070**	-.027	.0156	.087**
Distance from main road	-.019	.0286	.506	-.016	.0303	.606	-.095	.0373	.002***
Distance from input/output market	-.024	.0114	.038***	.004	.0167	.827	.038	.0161	.018**
Local market in the village 1. Yes 2. No.	-.186	.1452	.200	-.161	.1920	.401	.319	.1717	.063**
Drinkable water available within 60 minutes in walk	.132	.2251	.559	-.084	.1984	.672	.033	.1778	.853
Road to village. 1.Yes2. No	.174	.1161	.135	.246	.2065	.234	.029	.1774	.871
Crop diversity Index	.794	1.073	.038***	1.438	1.8365	.078**	.558	.2937	.057**
Income diversity index	.629	.370	.089**	.086	.2970	.772	.580	.2968	.050**
Family education index	-.022	.255	.930	.273	.2755	.322	.324	.2109	.124
Cash crop group	.018	.0131	.067**	.011	.0067	.099**	-.008	.0066	.234
Pulses crop group	-.014	.0199	.480	-.046	.0195	.019***	.015	.0191	.430
Vegetables and fruits group	.005	.0239	.826	-.054	.0224	.015***	-.028	.0215	.193

Table2. Women DDS by poisson regression

Variables	Layyah			Bhakkar			Khushab		
	B	Std. error	Sig	B	Std. error	Sig	B	Std. error	Sig
Age	.006	.0085	.487	-.012	.0081	.122	.001	.0079	.906
Farming experience	.012	.0064	.062**	.014	.0078	.074**	.000	.0083	.959
Family size	-.064	.0299	.031***	.003	.0290	.913	-.012	.0287	.676
Farm size	-.013	.0069	.054**	-.003	.0042	.521	.014	.0060	.017***
Family structure 1.single 2.Joint	-.035	.0782	.652	.002	.0822	.984	-.064	.0854	.457
Distance from city	-.013	.0155	.406	.011	.0191	.567	-.028	.0158	.080**
Distance from main road	-.023	.0287	.422	.027	.0299	.368	.003	.0375	.939
Distance from input/output market	-.019	.0116	.097*	-.010	.0196	.614	.024	.0163	.135
Local market in the village 1. Yes 2. No.	-.224	.1446	.121	.045	.2100	.832	.137	.1923	.476
Drinkable water available within 60 minutes in walk	.047	.2206	.830	-.023	.2056	.911	-.016	.1883	.932
Road to village. 1.Yes2. No	.187	.1177	.112	-.103	.1765	.560	-.383	.2196	.081**
Crop diversity Index	.967	1.1298	.392	-.759	.4359	.082**	2.543	1.0557	.016***
Income diversity index	-.670	.3665	.173	-.297	.2985	.320	-.206	.3245	.525
Family education index	.493	.2479	.047**				-.129	.2294	.573
Cash crop group	.018	.0132	.068**	.013	.0064	.041**	.002	.0067	.724
Pulses crop group	-.009	.0190	.628	-.023	.0194	.228	.028	.0204	.176
Vegetables and fruits group	.014	.0241	.572	-.014	.0225	.531	-.027	.0228	.244

Table 3. Adolescents DDS results by poisson regression

Variables	Layyah			Bhakkar			Khushab		
	B	Std. error	Sig	B	Std. error	Sig	B	Std. error	Sig
Age	.016	.0088	.071**	.014	.0082	.099*	.001	.0076	.873
Farming experience	.004	.0063	.557	-.007	.0080	.378	-.003	.0111	.776
Family size	.013	.0301	.660	-.014	.0289	.617	.057	.0271	.137
Farm size	.011	.0066	.091*	.008	.0043	.065**	.007	.0058	.229
Family structure 1.single 2.Joint	.021	.0788	.795	-.101	.0810	.211	-.144	.0834	.084*
Distance from city	.006	.0146	.673	-.002	.0180	.929	.023	.0189	.217
Distance from main road	-.077	.0313	.013***	.025	.0304	.412	.047	.0374	.211
Distance from input/output market	.001	.0113	.921	.023	.0185	.215	-.023	.0189	.230
Local market in the village 1. Yes 2. No.	.315	.1710	.065**	-.042	.1894	.823	-.104	.1930	.589
Drinkable water available within 60 minutes in walk	.051	.2498	.060**	-.104	.2014	.604	.182	.1718	.055**
Road to village. 1.Yes2. No	.159	.1131	.160	-.158	.1755	.367	.312	.1629	.289
Crop diversity Index	-.346	.9159	.706	.441	.4905	.369	1.613	.9597	.093*
Income diversity index	.587	.3818	.124	-.206	.0965	.086*	-.065	.3206	.840
Family education index				.569	.3154	.279	-.334	.5189	.519
Cash crop group	-.008	.0122	.487	-.015	.0070	.027**	.010	.0066	.146
Pulses crop group	-.026	.0189	.164	.021	.0196	.071**	-.011	.0206	.594
Vegetables and fruits group	.000	.0250	.984	.013	.0225	.050**	-.052	.0222	.019***

Table 4. Children DDS results of poisson regression

Variables	Layyah			Bhakkar			Khushab		
	B	Std. error	Sig	B	Std. error	Sig	B	Std. error	Sig
Age	-.005	.0100	.095	.004	.0088	.646	-.006	.0082	.432
Farming experience	.002	.0074	.739	.000	.0086	.954	.008	.0119	.492
Family size	.009	.0350	.087	-.030	.0313	.334	.014	.0303	.638
Farm size	-.016	.0088	.064	.006	.0046	.185	-.010	.0058	.078
Family structure 1.single 2.Joint	-.073	.0915	.024	.161	.0914	.078	.009	.0899	.922
Distance from city	.028	.0164	.088	.012	.0209	.575	.014	.0194	.467
Distance from main road	-.031	.0362	.098	.027	.0323	.402	-.049	.0395	.216
Distance from input/output market	.004	.0131	.065	-.010	.0213	.648	-.008	.0197	.689
Local market in the village 1. Yes 2. No.	-.326	.1677	.052	-.066	.1995	.741	-.060	.2078	.772
Drinkable water available within 60 minutes in walk	-.111	.2378	.642	-.088	.2303	.701	.010	.1955	.961
Road to village. 1.Yes2. No	.084	.1268	.008	-.159	.1927	.408	.216	.1956	.270
Crop diversity Index	- 1.172	1.0588	.268	.496	.5378	.357	- 2.079	1.0268	.043
Income diversity index	-.251	.0282	.028	.018	.3239	.057	.005	.3410	.989
Family education index	.0304	.1256	0.137	-.341	.0168	.083			
Cash crop group	.010	.0146	.086	-.006	.0073	.390	.003	.0072	.211
Pulses crop group	.014	.0223	.030	-.001	.0210	.965	1.468	.0220	.000
Vegetables and fruits group	-.008	.0288	.791	.041	.0245	.092	.024	.0235	1.014

Table 5: description of main food groups

Main food groups	Main items
Grains, white roots and tubers	Rice, wheat, corn products: bread, cereals, pasta, bran, wheat germ, pizza, pancakes
Pulses, beans, peas and lentils	kidney beans, pinto beans, white beans, black beans, lima beans, fava beans), dried peas (chickpeas, black-eyed peas, pigeon peas, split peas) and lentils
Nuts and seeds	Pulses, lima beans, peas, etc, soya beans, tofu, seeds, nuts, peanut butter
Dairy	Milk and milk products, yoghurt, cream, cheese
Meat, poultry and fish	Poultry, game, beef, sheep, processed meats, Fish, shellfish, shrimp, etc
Eggs	Eggs and egg products
Dark green leafy vegetables	Tomato · Carrots · Garlic · Bitter Gourd · Bottle Gourd · Cauliflower · Cucumber.
Other Vitamin A-rich fruits and vegetables	Tomato, carrots, mangoes, papaya, watermelon, and others locally available vitamin A-rich fruits and vegetables
Other vegetables	Lettuce, green pepper, red pepper, lady finger, cauliflower etc
Other fruits	Orange, banana, lemon, watermelon, guava

Table 6: description of socio-demographic variables

Variables	Mean	Std. Deviation
Age	45.4	9.67
Education	7.80	3.30
Farming experience	12.74	9.06
Family size	4.35	3.53
Family structure	1.57	1.01
Distance from the city	14.98	5.43
Distance from the main road	2.89	1.25
Distance from input/output market	12.59	5.36
Local market in the village	1.04	0.13
Drinkable water available in the village	1.01	0.08
Road to the village	1.02	0.11

Table 7: Livestock production of districts in Pakistan by administrative unit.

Districts	Cattle	buffalo	Sheep	Goats	Camels	Horses	Poultry
Layyah	581844	301270	505287	571446	16344	3830	914458
Bhakkar	538278	260788	459540	655774	19339	3615	1020182
Khushab	344971	168385	167262	529176	8594	4708	581427