

Module 2

Participatory Facilitation for Household Food Security

■ Module code: PHFS02L



TUTORIAL LETTER 302/2010
ANALYSIS GUIDE
DRAFT

Chris Hani District Municipality (DC13)

- Inxuba Yethemba Local Municipality (EC131)
- Tsolwana Local Municipality (EC132)
- Inkwanca Local Municipality (EC133)
- Lukanji Local Municipality (EC134)
- Intsika Yethu Local Municipality (EC135)
- Emalahleni Local Municipality (EC136)
- Engcobo Local Municipality (EC137)
- Sakhisizwe Local Municipality (EC138)

Ukhahlamba District Municipality (DC14)

- Elundini Local Municipality (EC141)
- Senqu Local Municipality (EC142)
- Maletswai Local Municipality (EC143)
- Gariep Local Municipality (EC144)

O.R.Tambo District Municipality (DC15)

- Mbizana Local Municipality (EC151)
- Ntabankulu Local Municipality (EC152)
- Ngquza Hill Local Municipality (EC153)
- Port St Johns Local Municipality (EC154)
- Nyandeni Local Municipality (EC155)
- Mhlontlo Local Municipality (EC156)
- King Sabata Dalindyebo Local Municipality (EC157)

Alfred Nzo District Municipality (DC44)

- Matatiele Local Municipality (EC441)
- Umzimvubu Local Municipality (EC442)

Metropolitan municipalities

- Nelson Mandela Bay Metropolitan Municipality (NMA)

Question 1 Household history and social capital

This activity may be done using a social map if you have time and drawing a map must be done in a focus group. More information on perceptions of food secure and food insecure households may be added. Also the locality of the clinic, school, shops, transport rank, streets and site of the household yard plot. Some of the household information below may be added on the map of your 10 households or the students learning groups households. The social map is not compulsory.

The questions below should be asked to the household head or main caregiver the household as a group.

- 1.1 Has the household always been staying in this community? Yes.....
If, No for how many years / months is the household staying in this house and community?
- 1.2 Do you or your household have any other family or related family in this community?
.....
What kind of relationship do you have with them?
.....
Do you may relationship with the neighbours ?
What is the nature of your relationship with the neighbours?
- 1.3 Where have the household / head of the household stayed before moving here?
Community.....Municipality.....
How long has the household been staying there? Years.....
- 1.4 Where were the head of household and wife / partner born and how long did you stay there?
HusbandYears
Wife.....Years.....
- 1.5 Do you still visit in the previous community/village? No.....If Yes, how often
Do people from home visit you? No..... If yes, how often?
Do they bring gifts No.....If yes, do they bring food and drinks ?
If yes, what kind
- 1.6 Do you belong to any community development /training group in this community?
If yes, which group (s)
- 1.7 Do you belong to any social or religious groups in this community?
If yes, which groups

1.8 Do you have any specific position or role in these groups?

.....

1.9 What skills do you have to offer the household and community?

.....

Question 2 Household composition living and eating in this household

You can also use the social map or a family tree to find out who in the community is family and related, for how long they are staying in the community, who supports each other and which resources and sources are shared.

2.1 Household composition and socio-demographic characteristics (social capital)

Request the socio- demographic and human capital information of each household member, those staying under one roof and or eating from the same hearth (fire).

2.1 Write the names so that you learn the names of family members if you will be working with the household.	2.2 Relation to HH	2.3 Age/ Yrs	2.4 M/F	2.5 Level Education Grade/Std	2.6 Full time employed / Part-time income / Grant	2.7 Contribute towards food – money or in kind
1						
2						
3						
4						
5						
6						
7						
Non-related members/orphans/ disabled /single mothers						
8						
9						
10						
Migrating sleep less than two nights or less per week.						
11						
12						

You may summarise the ages of the members in the following categories for analysis or a report. This is not compulsory for your purpose. Summarise the members into the categories from the list below: See table in Portfolio sheet.

Children Below 1-5 years

Children 1-9 Years

Children 10-17 years

Youth 18-25 years

Adults 25-39 years

Mature adults 40 to 59

Elderly above 60

Highlight orphans, single mothers and disabled, as well as migrating persons.

2.2 Household health

2.2.1 Are the household members healthy? Yes..... If no, what is the health problems, or any reason.....

2.2.2 If the household members are sick who or where do you go for help first?

2.2.3 Has anyone or is anyone in the household been taken to hospital for being malnourished? Who.....How old?

2.2.4 Has anyone in the household die in the past two years? Who.....
How old? Did the person earn an income
Did the person contribute of his/her income to buy food in the household
.....

2.2.5 In the past 4 weeks, was there ever no food of any kind in your house?

0 No If yes, how often did this happen?

1 Sometimes (1-9 times /less than 10 times)

2 Often (10 times or more)

2.2.6 In the past 4 weeks, did you or any household member go to sleep at night hungry because there was not enough to eat.

0 No If yes, how often did this happen?

1 Sometimes

2 Often

2.2.7 In the past 4 weeks, did you or any household member go a whole day and night without eating anything at all because there was not enough food?

0 No If yes, how often did this happen?

1 Sometimes

2 Often

Question 3 Household Diet Diversity Score and Food Variety Score

The day you select for the interview must be a weekday, in the morning. Don't mention the names of the meals. Start your question with what was the first food eaten yesterday. You may ask the household member for which specific time of the day the food was eaten if the household member does not state it.

Start by asking may we discuss the foods the family members ate yesterday, including the cultural foods. Please give the names of the foods (meals and snacks) that you ate yesterday during the day and night (the past 24 hours), whether at home or outside the home. Yesterday should not be a Saturday or Sunday.

Write down all the foods and drinks mentioned by the respondent and fill in the relevant column. When the respondent has finished, probe for meals and snacks that could be forgotten and not mentioned.

DO NOT READ A LIST OF FOODS TO THE PARTICIPANT. As they mention you write or mark the foods. You may only probe, eg What other food? What else? Did you had any food between meals?

The 24- hour recall

Breakfast	Snacks	Lunch	Snack	Dinner	Snacks

You can later complete Column 3 for the 24 hr recall in the Food table below. The grey Column 5 should be completed with for the 24 hr recall and HDDS using the data above.

Food Variety Score (FVS)

Ask the household member to recall the kind of foods eaten during the past seven days by the household. Draw a line through the type of food if mentioned. Do mark foods eaten as meals or snacks outside the home of the household, but do not count these foods. A detailed food list for each food group is given in the table below. The foods not listed can be added on the lined.

Could you please tell me when last did a member of your household eat each of the following food items prepared or served in the household? (Household members are those sleeping 4 or more nights per week in the house).

Check that you write in the correct column. The grey Column 3 should be completed by giving the isiXhosa name for the food item which are locally available or indigenous and those items or dishes not well-known. Indicate the main ingredients of mixed dishes where listed, such as samp and beans where more or less equal ingredients are used.

You can add foods marked as a sub-total for a food group and write in the last column. If all sub-totals for the food groups have been added then add the total for all food groups. The number of foods gives the food frequency for diet variety. The diet variety do only have more meaning if one look at the specific foods included as explained below in the example with Vitamin A and Iron. The more of these foods are included the better quality of the diet.

Column 1	2	3	4	5	6	7
Food groups	Food items Add food items in English	Code	Add the African language word for food items	No 0 or Yes 1 24 hr HDDS	Foot items eaten the past 7 days FVS	Food items eaten in the past 12 months or year
1 Cereals						
	Maize -porridge (pap) , cobs	1				
	Rice	2				
	Sorghum	3				
	Wheat- bread, scones	4				
	Vetkoek	5				
	Biscuits, cake	6				
	Millet	7				
	Macaroni, pasta	8				
	Any other grain foods Indicate if any other	9				
	10				
	<i>Insert also local or indigenous foods</i>	11	Ngali			
	12	Nshima			
	13				
	14				
2 Vitamin A rich vegetables and tubers						
	Pumpkin, other types	15				
					
					
	Butternut	16				
	Carrots	17				

	Squash	18				
	Orange-flesh sweet potatoes	19				
	Other foods orange-flesh inside	20				
	21				
	22				
	23				
	<i>Insert other local available Vitamin A rich vegetables (dark yellow and orange)</i>	24				
	25				
	26				
3 White tubers and roots						
	White potatoes	27				
	White sweet potatoes	28				
	Radishes	29				
	White carrots	30				
	31				
	32				
	33				
	<i>Insert also local foods made from roots or tubers Africa potato</i>	34	Madumbe			
	35				
	36				
4 Dark green leafy vegetables and tubers						
	Dark green leafy vegetables	37				
	Spinach	38				
	Chinese spinach	39				
	Green beans	40				
	Beetroot leaves	41				
	42				
	43				
	<i>Insert locally available indigenous wild crops</i>	44				
	<i>Sweet potato leaves</i>	45				
	<i>Bean leaves</i>	46				
	<i>Pumpkin leaves</i>	47				
	<i>African cabbage</i>	48				
	49	Amaranth			
	50				
5 Other vegetables						
	Cabbage	51				
	Cauliflower	52				
	Tomato	53				
	Onion	54				
	Garlic	55				
	Mushrooms	56				
	Eggplant	57				
	Sweet peppers	58				
	59				
	60				
	<i>Insert also wild vegetables, mostly white or light yellow</i>	61				
	<i>African cucumber</i>	62				
	63				
	64				

6 Vitamin A rich fruits						
	Ripe peaches (fresh or dried)	65				
	Apricots	66				
	Mangoes, achar	67				
	Papayas	68				
	Oranges	69				
	70				
	71				
		72				
	<i>Insert local available food vitamin A rich fruits Orange berries</i>	73				
	74				
	75				
7 Other fruits						
	Bananas	76				
	Apples	77				
	Strawberries	78				
	Pineapples	79				
	Watermelon	80				
	Melons	81				
	Other fruit with noy yellow flesh	82				
	83				
	<i>Insert local available Wild or veld fruit</i>	83				
	84				
	85				
8 Organ meat (Iron rich)						
	Liver	86				
	Kidney	87				
	Heart	89				
	Organ meat	90				
	Blood-based foods	91				
	92				
	93				
	<i>Insert local available food from animal origin</i>	94				
	95				
	96				
9 Flesh meat						
	Flesh meat from Chicken	97				
	Beef, Sausages, Biltong	98				
	Lamb	99				
	Chicken	100				
	Pork , sausages	101				
	Goat	102				
	Duck	103				
	104				
	105				
	<i>Insert also food available from Rabbit</i>	106				
	Wild game	107				
	Wild birds	108				

10 Eggs						
	Chicken	109				
	Duck	110				
	Geese	111				
	112				
	113				
	114				
	<i>Insert local available food Guinea hen</i>	115				
	<i>other eggs from wild birds Doves</i>	116				
	117				
	118				
	119				
11 Fish						
	Fish, fresh or dried	120				
	Shellfish such as Mussels	121				
	Oysters	122				
	Tinned fish	123				
	124				
	125				
	<i>Insert local available food Reptile</i>	126				
	Crabs	127				
	Insects.....	128				
	129				
	Mopanie worms.....	130				
	131				
	132				
	133				
12 Legumes, nuts and seeds						
	Peas	134				
	Lentils	135				
	Pumpkin seeds	136				
	Peanuts	137				
	Dried beans, sugar beans	138				
	Other beans	139				
	140				
	141				
	142				
	<i>Insert any local food available</i>	143				
	Cowpeas	144				
	Bambara nuts	145				
	Marula, other seeds from trees	146				
	147				
13 Milk and Milk products						
	Milk	148				
	Cheese	149				
	Yoghurt	150				
	Condensed milk	151				
	Milk powder	152				
	Milk creamer / Cremora	153				
	Milk products from beef, goat	154				
	<i>Include local available food</i>	155				
	156	Amazi / Inkomasi			
	157				

14 Oils and fats						
	Sunflower oils	158				
	Fish Oil	159				
	Margarine	160				
	Butter	161				
	Fat	162				
	Any added to food or used for cooking	163				
	164				
	165				
15 Sweets and sugar						
	Sugar (also in tea or coffee)	166				
	Honey	167				
	Sweetened soda	168				
	Sweetened cooldrink	169				
	Sugary foods / Iced cakes,	170				
	Home-made sweets	171				
	172				
	173				
	Insert local available food	174				
	Jam	175				
	176				
16 Spices condiments, beverages						
	Spices (black pepper)	177				
	Salt	178				
	Condiments (Soy sauce, hot sauce)	179				
	Coffee	180				
	Tea	181				
	Alcoholic beverages	182				
	183				
	184				
	Insert local available HoneyBush	185				
	186				
					
	Insert medicinal.....	188				
	189				
	190				
Individual Only	Did you eat anything (meal or snack) OUTSIDE of the home yesterday) See Table one and mark	191 - 200				
Household level only	Did you or any one in your households eat anything (meal or snack) OUTSIDE of the home yester day?	201- 210				

For this instrument we use a breakdown of the five food groups into 12 groups. Some researchers also use nine food groups. Sweets and spices are not applicable as they do not contain essential nutrients. Add the groups as in the table and calculate for each household the HDDS, A score of **less than 4 (< 4)** indicates a proxy of food insecurity and low access to food by the household. The diet is less diverse and usually is inadequate for good nutrition and enough food may not be consumed.

Example of a HDDS = 3 low diet diversity

Food groups	Group numbers	Yes=1 No=0
Cereals	[1]	1
White roots and tubers	[3]	0
Vitamin A rich Vegetables	[2 and 4] (any one of the two score 1)	1
Other vegetables	[5]	0
Vitamin A rich Fruits	[6]	0
Other fruit	[7]	0
Meat	[8 and 9] (any one of the three score 1)	0
Eggs	[10]	0
Fish and other seafood	[11]	0
Pulses, legumes and nuts	[12]	0
Milk and milk products	[13]	0
Oils and fats	[14]	1
Sweets	[15]	NA
Spices	[16]	NA
Total HDDS		3

Refer back to the table and if the households have eaten any of the groups the diet would be having more diverse diet and richer in nutrients. One may only be able to conclude that the diet is low in micro-nutrients in terms of diet composition. Further if percentages are calculated of households taking these food groups one may know the percentage of people with an insufficient diet and nutrients one can assess whether a diet / nutrition intervention is needed.

One may therefore then use this score for targeting beneficiaries or describe the food security access position of households in need of help. This information must be triangulated with other information. It is therefore necessary that your Portfolio activity 2.5. These can really not be used for individual diet assessment, it is only an indication or proxy for rapid assessment of food access and diet diversity for households.

Vitamin A **Plant –based food groups**
 Vitamin A rich vegetables or tubers [2]
 Dark green vegetables [4]
 Vitamin A rich fruits [6]

Animal-based food groups
 Organ meat [8]
 Eggs [10]
 Milk and milk products [13]

Iron **Animal based food groups**
 Organ meat [8]
 Flesh meat [9]
 Fish [9]

An example from Mozambique: An areas very fertile and wild field crops high in Vitamin A and with a sub-tropical climate and good seasonal rains.

Lowest diet diversity	Medium dietary diversity	High dietary diversity
Less than 3 groups	4 and 5 food groups	More than 6 food groups
Cereals	Cereals	Cereals
Green leafy vegetables	Green leafy vegetables	Green leafy vegetables
Other vegetables	Vitamin A rich fruit	Vitamin A rich fruit
	Oil	Oil
		Other vegetables
		Fish
		Legumes, nuts and seeds

As a care learning group students you can add all your data for the same areas and identify the HDSS categories as above and also the percentages of households in each category. One may go further and calculate the percentages of households consuming each of the twelve groups of the specific Vitamin A and Iron food groups.

$$\frac{\text{Sum of households in a category / food group}}{\text{Total number of households}} \times 100 = ?? \%$$

The answer will indicate the percentage of households in each category of diet diversity or percentage of household consuming each or specific food groups. The HDDS will differ for different households according tot the environment, the soil and water quality and climate. We indicate in Unit 1 that hunger and malnutrition is present in pockets in South Africa In South Africa, and cannot be generalized, then the hungry and poor will be overlooked. It has been found that poor households consume mainly starch and tea and may be vegetables once or more a week. You need to be aware of households not consuming food groups containing foods with Vitamin A and Iron.

Question 4: Coping strategy Index

How are the household coping? In the past 7 days, have there been times when you did not have enough food or money to buy food. Complete by use the ranking scale below:

All the time which will be every day. [5]

Pretty often which will be 3-6 days a week. [4]

Once in a while which will be 1-2 days a week. [3]

Hardly at all which will not be every week. [2]

Only at the end of the month, which maybe the last week or so. [1]

Never which not in any week. [0]

In the past 7 days, if there have been times when you did not have enough food or money to buy food, how many days has your household had to:	Code	How many days/times Tick one block for strategies used, according to lables and ranking explanations above						
		All the time	Pretty often	Once in a while	Hardly at all	Only at the end of month	Never	Not in my culture
Coping Strategies		5	4	3	2	1	0	6
Rely on less preferred and less expensive foods?	1							
Borrow food, or rely on help from a friend or relative?	2							
Purchase food on credit?	3							
Gather wild food, hunt, or harvest immature crops?	4							
Consume seed stock held for next season?	5							
Send household members to eat elsewhere?	6							
Send household members to beg?	7							
Limit portion size at mealtimes?	8							
Restrict consumption by adults in order for small children to eat?	9							
Feed working members of HH at the expense of non-working	10							
Reduce number of meals eaten in a day?	11							
Skip entire days without eating?	12							
Receive a food parcel / food aid ?	13							
Send members to the soup kitchen?	14							
Send children to school for school feeding?	15							

Analysis

The questions usually have to be weighted for a specific area. We are going to use the shorter version which can be used universally and compared across areas.

We will use five questions a, b, h, i and k. as the standard coping strategies which can be used to calculate a reduced score for the CSI of a household. The answers you receive from the households in terms of the seven days will be raw scores for the five questions. The score is the times or frequency (raw score column) when the household had to make a plan to have food in the past seven days. For each answer to the five questions a universal weight has been established and this weight can be used to calculate the score for the different strategies of households in any community and compared. The answer from the households for each question or raw score for the standard coping strategy result has to be multi-plied by the factor given between 1-3 in the universal severity weight column below.

- eating less-preferred foods [1]
- borrowing food/money from friends and relatives [2]
- limiting portions at mealtime [1]
- limiting adult intake [3]
- reducing the number of meals per day [1]

For the other questions one has to have focus groups discussions to identify the weight for the specific community, eg, not all households will use wild foods, or not all households will send a child to stay with family. These will in your case for the portfolio give qualitative indications of other strategies used, and will not be used to calculate the score. Therefore the full CSI cannot be used to compare households across areas or communities.

Example of a calculated Reduced Household Coping Strategy Index (CSI) score as follows:

<i>In the past 7 days, if there have been times when you did not have enough food or money to buy food, how often has your household had to:</i>	<i>Relative frequency score (raw score)</i>	<i>Universal severity weight</i>	<i>Weighted Score (Frequency X Weight)</i>
<i>Rely on less preferred and less expensive food?</i>	5	1	5
<i>Borrow food, or rely on help from a friend or relative?</i>	2	2	4
<i>Limit the portion size at meal times?</i>	7	1	7
<i>Restrict consumption by adults in order for small children to eat?</i>	2	3	6
<i>Reduce number of meals eaten each day?</i>	5	1	5
TOTAL household score – Reduced CSI	Add the weighted scores		28

There is no cut-off point for the CSI score. The CSI score can also not be used on its own. The higher the score the more distress is the household in not coping. The score must be used with other scores such as the Household Hunger Scale and the HDDS in triangulation for a valid indication of the household food security status.

The household information of Portfolio Activity 2.3 should be gathered on a household information sheet for each household visit in the next Portfolio Activity 2.4 and will also be used in activity 2.5.

Question 5 Sources for acquiring food

5.1 In the past seven days how often has the food in each food group been sourced / ways of obtaining food, purchased or received from where? Transfer from above and mark only those food groups in the table below **eaten** in seven days, not those in the household. Give a rating between 0 and 5 for the days foods in this group has been acquired using the different resources in the columns. You can rate more than one source per group.

All the time which will be every day. [5]

Pretty often which will be 3-6 days a week. [4]

Once in a while which will be 1-2 days a week. [3]

Hardly at all which will not be every week [2]

Only at the end of the month which will the last week [1]

Never [0]

Example: Bread can be purchased rate [3] and maize meal can be from food aid [5] in the cereal group horizontal row.

Note the week (7days) in the month before the survey was done. First, second, third or fourth week.....of the month	Foods eaten past 7 days Yes 1 No 0	Sources and means used to provide food						
		Purchased at shop	Purchased local vendor / person	Grown in own field / garden / Own farm	Gifts from family/ friends / send from home / rural area	Borrowed, bartered, exchanged	Food parcel / Soup kitchen / Food Aid	Gathered wild foods/ Veld foods
Example Bread can be purchased rate [3] and maize meal can be from food aid [5] in the cereal group horizontal row.		3					5	
Example given above								
1 Cereals								
2 Vitamin A rich vegetables and tubers, dark yellow								
3 White tubers and roots								
4 Dark green leafy vegetables and tubers								
5 Other vegetables								
6 Vitamin A rich fruits								
7 Other fruits								
8 Organ meat)iron rich								
9 Flesh meat								
10 Eggs								
11 Fish								
12 Legumes, nuts and seeds								
13 Milk and milk products								
14 Oils and fats								
15 Sweets and sugar								
16 Spices, condiments, beverages								
Individual only outside								
Household level only outside								

Analysis

- 1 Calculate the food group score for the seven days. This score may be higher than the 24 hr HDDS score. This score is not an HDDS score.
- 2 Summarise the number of food groups obtained by each source.
- 3 Which sources are used for the Vitamin A rich and iron containing food groups.

5.2 How much money is spent on food weekly from the sources of income below? If income is received monthly indicate in separately.

Variable	Income	Yes=1	Do you have enough money in the first two weeks of the month	Are you short of money in the last two weeks of the month	Don't know
Income per week - Only those received per week eg Vending Piece job					
1	R0-R50				
2	R51-R100				
3	R101-150				
4	R151-200				
5	R201-250				
6	R251-300				
7	R301-R350				
8	R351-R400				
9	Over R400				
Income monthly – Only those received monthly-eg Monthly salary/ Grant					
10	R0-R200				
11	R201-R400				
12	R401-600				
13	R601-800				
14	R801-R1000				
15	R1000-R1200				
16	Other				

5.3 Which sources give you the above income?

Variable	Sources of income	Yes=1	Monthly	Sometimes
1	Wages and salaries from formal employment			
2	Self-employment including income generation			
3	Casual employment (agric and non agricultural/			
4	Sale of assets / equipment			
5	Rental of land, room, car lifts or equipment			
6	Grants: child, old age, disability			
7	Domestic work			
8	Remittances			
9	Contribution from children/ family / friends			
10	Any other.....			

5.4 Do read the whole list. Ask the questions as indicated. Answer true with Yes=1 and No =0 for the following questions (adapted from LSM[®] score: Updated AMPS 2008A).

Code	Question	Weighting	True	Tick if true	Code
1. Which equipment using power does the household own?					
	• TV set	0.122145	0.122145		1
	• VCR	0.106354	0.106354		2
	• DVD player	0.094933	0.094933		3
	• M-Net/DS TVsub scription	0.144010	0.144010		4
	• Hi-fi/music centre	0.061801	0.061801		5
	• Computer / Laptop	0.292790	0.292790		6
	• Vacuum cleaner/floor polisher	0.142924	0.142924		7
	• Dishwashing machine	0.160906	0.160906		8
	• Washing machine	0.150871	0.150871		9
	• Tumble dryer	0.155577	0.155577		10
	• Home telephone (excluding a cell)	0.090032	0.090032		11
	• Deep freezer	0.092228	0.092228		12
	• Fridge/freezer (combination)	0.117871	0.117871		13
	• Electric stove	0.152859	0.152859		14
	• Microwave oven	0.118531	0.118531		15
	• Built-in kitchen sink	0.131772	0.131772		16
	• Home security service	0.142023	0.142023		17
	• 3 or more cell phones in household	0.162906	0.162906		18
	• 2 cell phones in household	0.114391	0.114391		19
	• Home theatre system	0.096205	0.096205		20
2. Which amenities are in the home or on the plot?					
	• Tap water in house/on plot	0.129953	0.129953		21
	• Hot running water from a geyser	0.175948	0.175948		22
	• Flush toilet in/outside house	0.108169	0.108169		23
	3. Does the household have a motor vehicle ?	0.165298	0.165298		24
	4. Is the household a metropolitan dweller?	0.084234	0.084234		25
	5. Does the household live in a house, cluster or town house?	0.119211	0.119211		26
	ALL TRUE Total	3.433942			27
	6. Does the household live in a rural area outside Gauteng and the Western Cape?	-0.121163	-0.121163		28
	7. Are there no radios, or only one radio (excluding car radios) in the household?	-0.249135	-0.249135		29
	8. Is there no domestic workers or household helpers in the household (both live-in & part time)?	-0.285068	-0.285068		30
	Final Total				

* Ignore the weights for now you will use it in the analysis.

Working out your LSM[®] score

Now carry over the weights of all questions that you have marked as "True" to the last blank column and add them up. If the number in this column is negative, be sure to subtract it from your total, rather than adding it.

Next, subtract the constant of **0.442690** from your total score, to find your final LSM[®] score.

Now determine the LSM[®] group:

LSM [®] Group	Total Weight
1	Less than -1.070720
2	-1.070720 to -0.855601
3	-0.855600 to -0.625001
4	-0.625000 to -0.295001
5	-0.295000 to 0.109999
6	0.110000 to 0.759999
7	0.760000 to 1.159999
7 - Low	0.760000 to 0.955033
7 - High	0.955034 to 1.159999
8	1.160000 to 1.499999
8 - Low	1.160000 to 1.326049
8 - High	1.326050 to 1.499999
9	1.500000 to 1.996939
9 - Low	1.500000 to 1.723087
9 - High	1.723088 to 1.996939
10	More than -- 1.996939
10 - Low	1.996940 to 2.275307
10 - High	2.275308 and more

Outcome = LSM

Thank you for participating in the project !!!