

How did Nutrition Links participation affect household's food security status?

“Food security exists when all people, at all times, have physical and economic access to sufficient, safe, and nutritious food that meets their dietary needs and food preferences for an active and healthy life” (World Food Summit, 1996)

How was food security assessed in Nutrition Links?

The following 15 questions were asked and the affirmative responses were summed up (1 point per affirmative response):

Because of lack of money or other resources to get food during the last month....

- 1 were you worried that your household would run out of food?
- 2 did your household run out of food?
- 3 did your household lack enough money or other resource to get healthy and nutritious food?
- 4 did you or any adult in your household have to consume a diet based on only few kinds of foods?
- 5 did you or any adult in your household not eat breakfast, lunch or dinner [or skip a meal]?
- 6 did you or any adult in your household eat less than you thought you should?
- 7 did you or any adult in your household feel hungry but did not eat?
- 8 did you or any adult in your household eat only one meal in a day or go without eating for a whole day?
- 9 did any child, aged 5 or younger, in your household not eat healthy foods?
- 10 did any child, aged 5 or younger, in your household have to consume a diet based on only few kinds of foods?
- 11 did any child aged 5 or younger in your household not eat breakfast, lunch or dinner?
- 12 did any child, aged 5 or younger, in your household eat less than you thought he/she should?
- 13 did you have to serve less food to any child aged 5 or younger in your household?
- 14 did any child aged 5 or younger in your household feel hungry but did not eat?
- 15 did any child aged 5 or younger in your household eat only one meal in a day or go without eating for a whole day?

The resulting score was then used to create the following four food security categories:

	Food secure 0
	Mildly food insecure 1 to 5
	Moderately food insecure 6 to 10
	Severely food insecure 11 to 15

Voices of women who participated in the Nutrition Links infant intervention

I remember one market day that I went to the market and there was nothing in the house. My husband and the children cooked food, they eat it like that because there was nothing in the house that they could use to prepare the pepper. But since we are rearing the chicken, even if there is no fish, they get eggs to prepare some stew then they eat



Because of [the garden] we did not eat only one-way food. Mmm [smiling] like eating banku every day, eating banku everyday, we don't eat like that. [smiling] I said the way I have grown slim at first, now am no more like that again

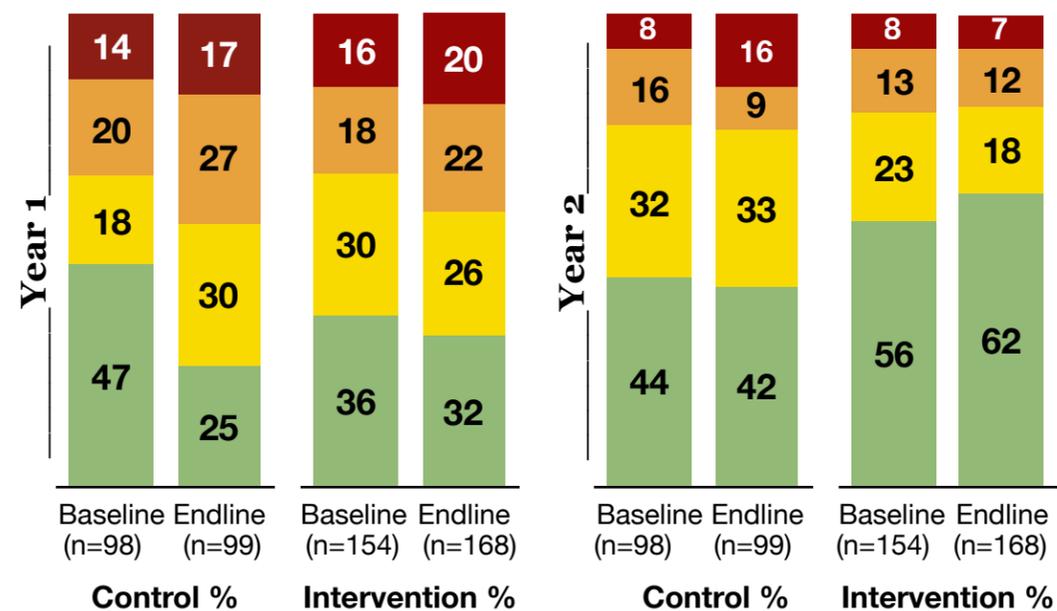


Truly I can see that a lot of things worried me until the time I started rearing this fowl [...] like food to eat. In this a village that we live sometimes even if you have money you will not get fish to buy. So, at times when you get one egg you will use it to prepare food [...] Now [...] I know that even I get kontomire to cook



- There was a lower prevalence of food insecurity in the second year in both control and intervention groups.
- There was an effect of the intervention on severe food insecurity in the second year.
- Qualitative data shows some women diversified their diet, had money for market, and did not worry as much as before their participation in Nutrition Links.

Food Security prevalence by intervention group and year



Notes