

# BUILDING CAPACITY FOR SUSTAINABLE LIVES IN GHANA



The University of Ghana, McGill University, and World Vision are working with the local District Assembly, the Ministry of Food and Agriculture (MOFA), Ghana Health Service, and the Ghana Education Service in the Upper Manya Krobo District (UMKD) of Ghana to strengthen local resources and services that will help improve health, nutrition, economic well-being, and food security in rural communities.

SEPTEMBER 2015

## NUTRITION LINKS

### FOOD SECURITY

- Food security is *everyone's* right.
- Food security exists when all people at all times have access to sufficient, safe, and nutritious food to maintain a healthy and active life.<sup>1</sup>
- Ghana achieved the Millenium Development Goal to reduce by half the proportion and the number of hungry people by 2015 nationwide.<sup>2</sup> However, there has been little improvement in reducing inequalities<sup>3</sup> and some population groups still face important *food insecurity* problems.
- *Being food insecure* means lacking money or other resources to buy or obtain food.
  - *Mild food insecurity* = reduced variety of foods consumed
  - *Moderate food insecurity* = reduced quantity of foods consumed
  - *Severe food insecurity* = reduced food intake and going hungry

References:

(1) Report of the World Food Summit. 1996 Food and Agriculture Organization (FAO) of the United Nations, Rome.

(2) FAO. 2015 Regional Overview of Food Insecurity. African Food Security Prospects. Brighter Than Ever.

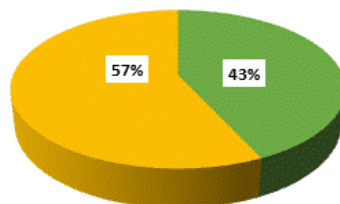
(3) Osei-Assibey, E. Inequalities Country Report-Ghana. Accra, 28-30th April, 2014.

### NEWS FROM THE FIELD

Among Upper Manya Krobo households (HH), how many are food insecure and where do they live?

Food security status among Upper Manya Krobo households

■ Food secure ■ Food insecure

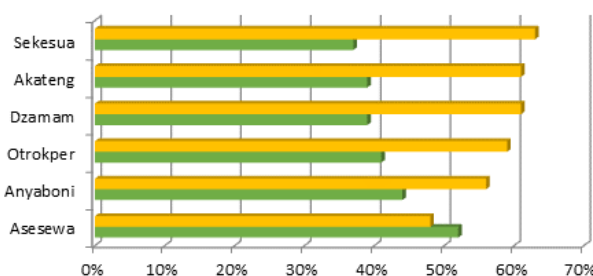


More than half of the households in the district were food insecure: 26% mild, 18% moderate, and 13% severe.

Sekesua was the subdistrict with the highest prevalence of food insecurity (63%). The subdistrict of Asesewa had the highest level of food security with 52% of households being food secure.

Prevalence of food security status by subdistrict

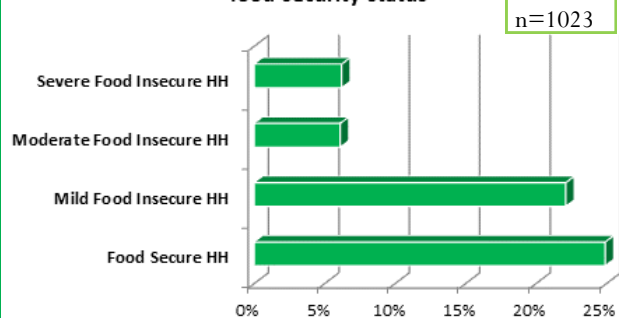
■ Food insecure ■ Food secure



Data source: Baseline Infant Cohort, 2013. n=1026

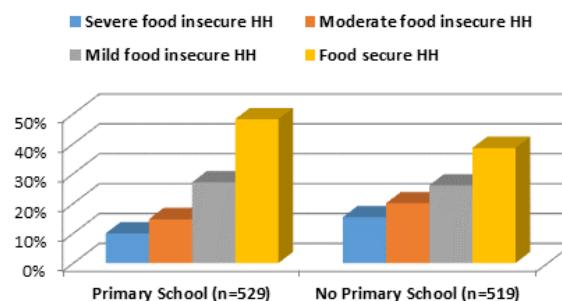
## NEWS FROM THE FIELD

Caregivers who consumed at least 4 food groups, by food security status



In severe food insecure households, only 6% of caregivers consumed 4 food groups, while in food secure households 25% of caregivers consumed 4 food groups ( $p < 0.0001$ ).

Caregiver's level of education and food security status



Households where the caregiver finished primary school were more food secure than households where the caregiver did not finish primary school ( $p < 0.01$ ).

Data source: Baseline Infant Cohort, 2013.



## PROJECT ACTIVITIES

The **Nutrition Links Project** has undertaken a number of intervention activities to improve food security for infants and young children and their families. Specific activities include the agricultural intervention for home gardens, poultry and honey production, contributing to greater diet diversity from home production and market purchases. Heifer-Ghana facilitated training on home garden site selection, seedbed preparation, compost preparation and use, best time for transplanting seedlings, and weed control. Families constructed poultry coops and high quality layer birds have been delivered for egg production, an income-generating activity for the families. Cooking demonstrations facilitated by the University of Ghana, Ministry of Food and Agriculture, and World Vision complement the agricultural activities. Beehives have been distributed and honey will be available next year. Routine project monitoring visits to communities continue to support the model of sustainable development.



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Foreign Affairs, Trade and Development Canada

Affaires étrangères, Commerce et Développement Canada



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McGill University, World Vision Canada, Population Council

Website:  
<http://www.mcgill.ca/cine/research/building-capacity-sustainable-livelihoods-and-health-ghana>

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