

Food insecurity among households with young children in rural Ghana

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Background

Routine rural services for Ghanaian communities exist in these sectors

- Child and maternal health clinics
- Agriculture extension
- Schools
- Micro-credit group meetings

Diverse sectors influence the well-being of vulnerable groups

- Health
 - Preventive & curative services
- Agriculture
 - Production of food for home consumption
 - In-kind/market sales → diversify diet
 - Risks (exposure, physical demand, time allocation)
- Education
 - School feeding program
 - School-based curriculum (direct [health], indirect [literacy])
- Finance
 - Micro-credit (women's self-efficacy, support, income, education)

ENAM intervention

Microcredit loans & savings



Weekly
meeting



Entrepreneurship
education



Nutrition
education

Project results

- Reduction in food insecurity
- Improved use of ASF/diets
- Improved nutrition knowledge
- Improved child nutritional indicators
 - + 0.28 SD weight-for-age
 - + 0.19 SD height-for-age
 - + 0.36 SD BMI-for-age

NUTRITION LINKS

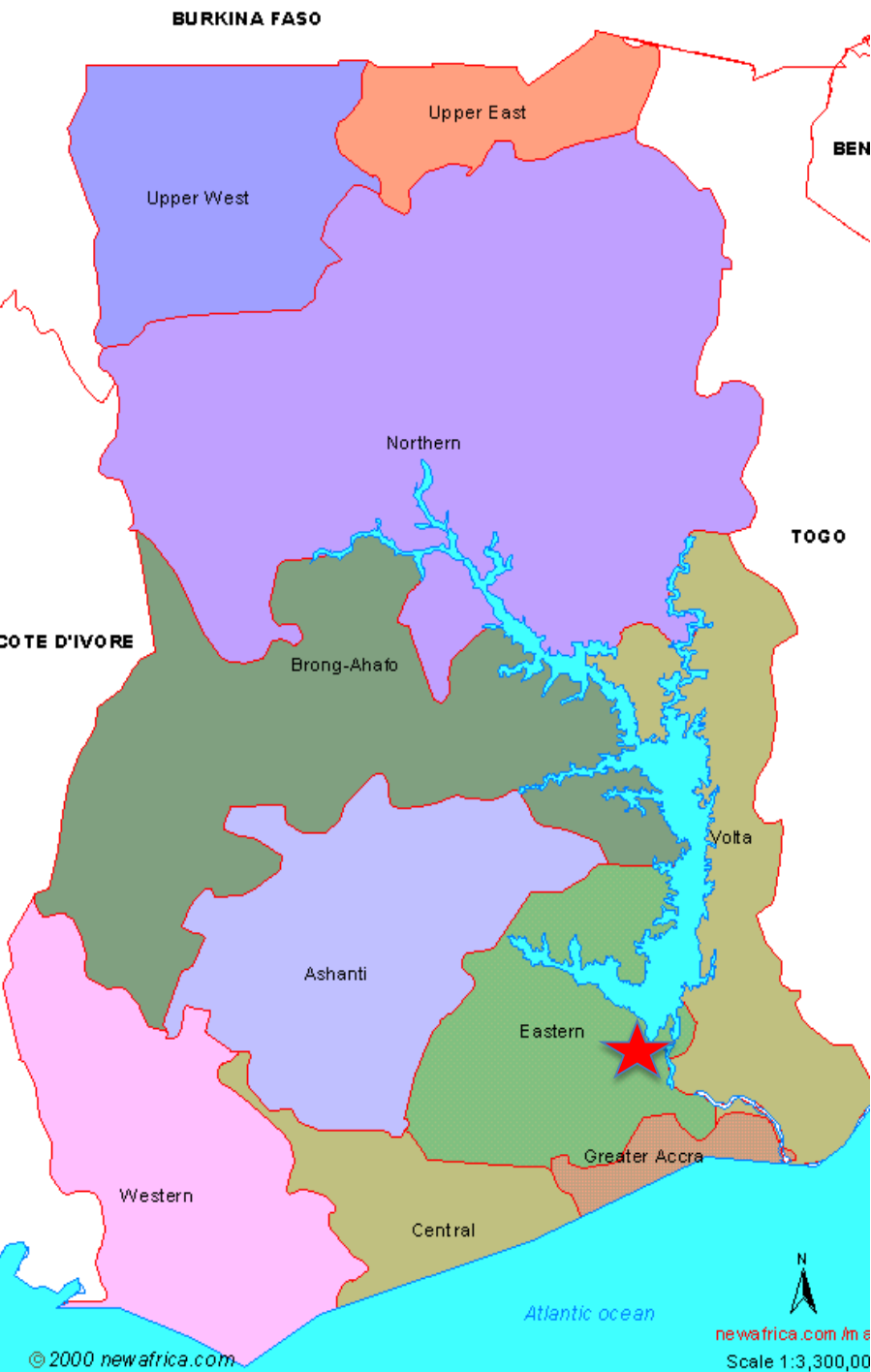
Collaborating researchers

Aboud FA, Aidam B, Aryeetey R Clark S, Colecraft EK, Gyorkos T,
Macdonald C

Institutional partners

Ghana: University of Ghana, World Vision Ghana, Heifer Ghana, Freedom from Hunger Ghana, Population Council Ghana, Ghana Health Services, Ministry of Food and Agriculture, Ghana Educational Services, Upper Manya Krobo District Assembly, rural banks

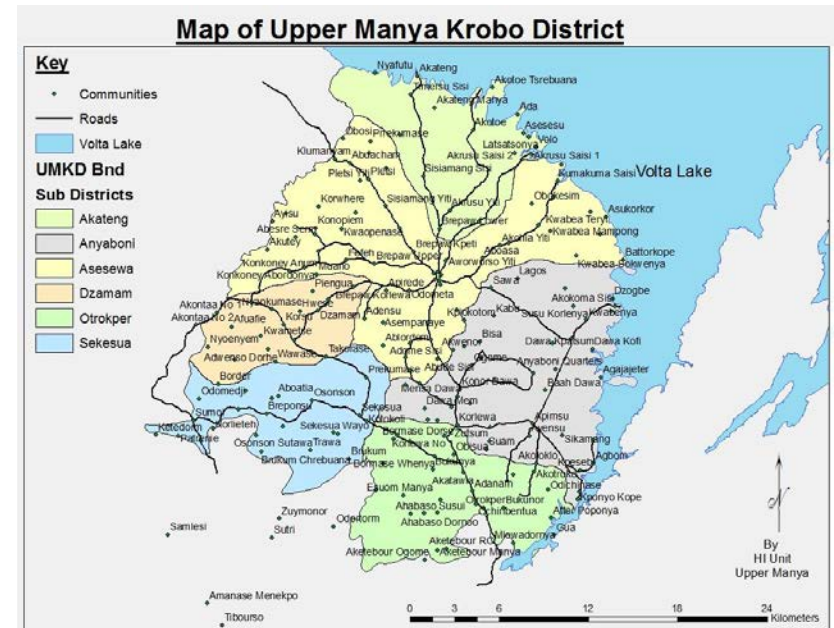
Canada/USA: McGill University, World Vision Canada, Nutrition Centre of Expertise/World Vision International



Nutrition Links project site

Upper Manya Krobo district, Eastern Region

- Rural, under-served district
- High prevalence child malnutrition
- High dropout of females ~ grade 4



Nutrition Links activities



Longitudinal data system for better planning

Integrated training of district staff & communities

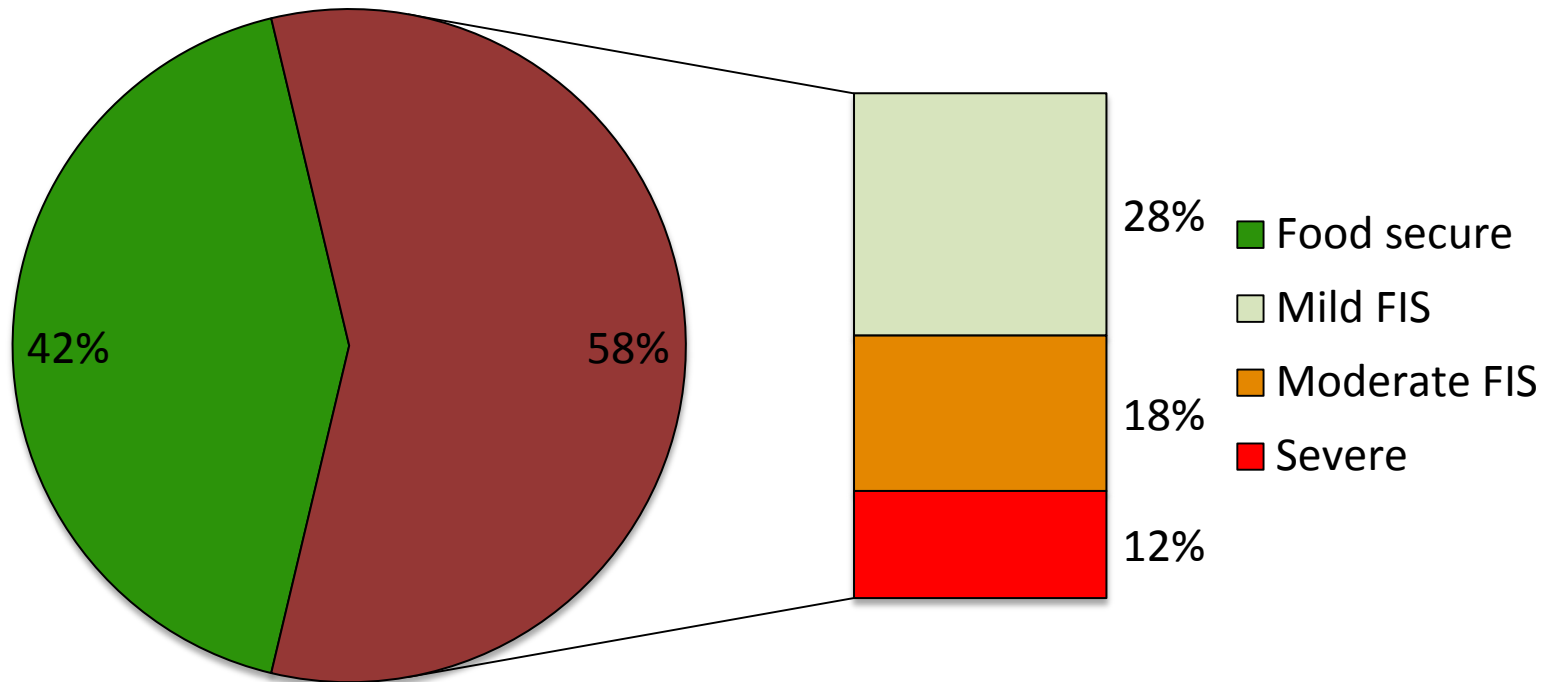
Integrated interventions:
(i) young children
(ii) early adolescents

Improve the economic, health/nutrition, and social well-being of the population in rural Upper Manya Krobo district, Ghana



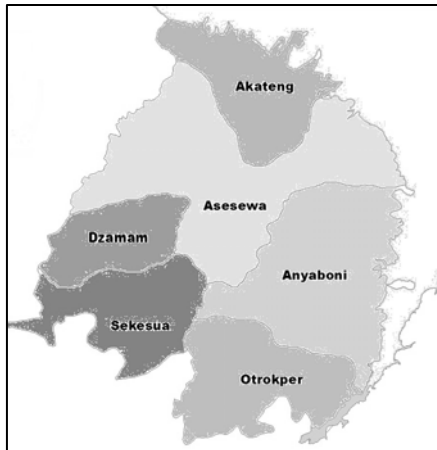
Baseline survey 2013-14: 1076 households with infants

Food security status among rural Ghanaian households with infants

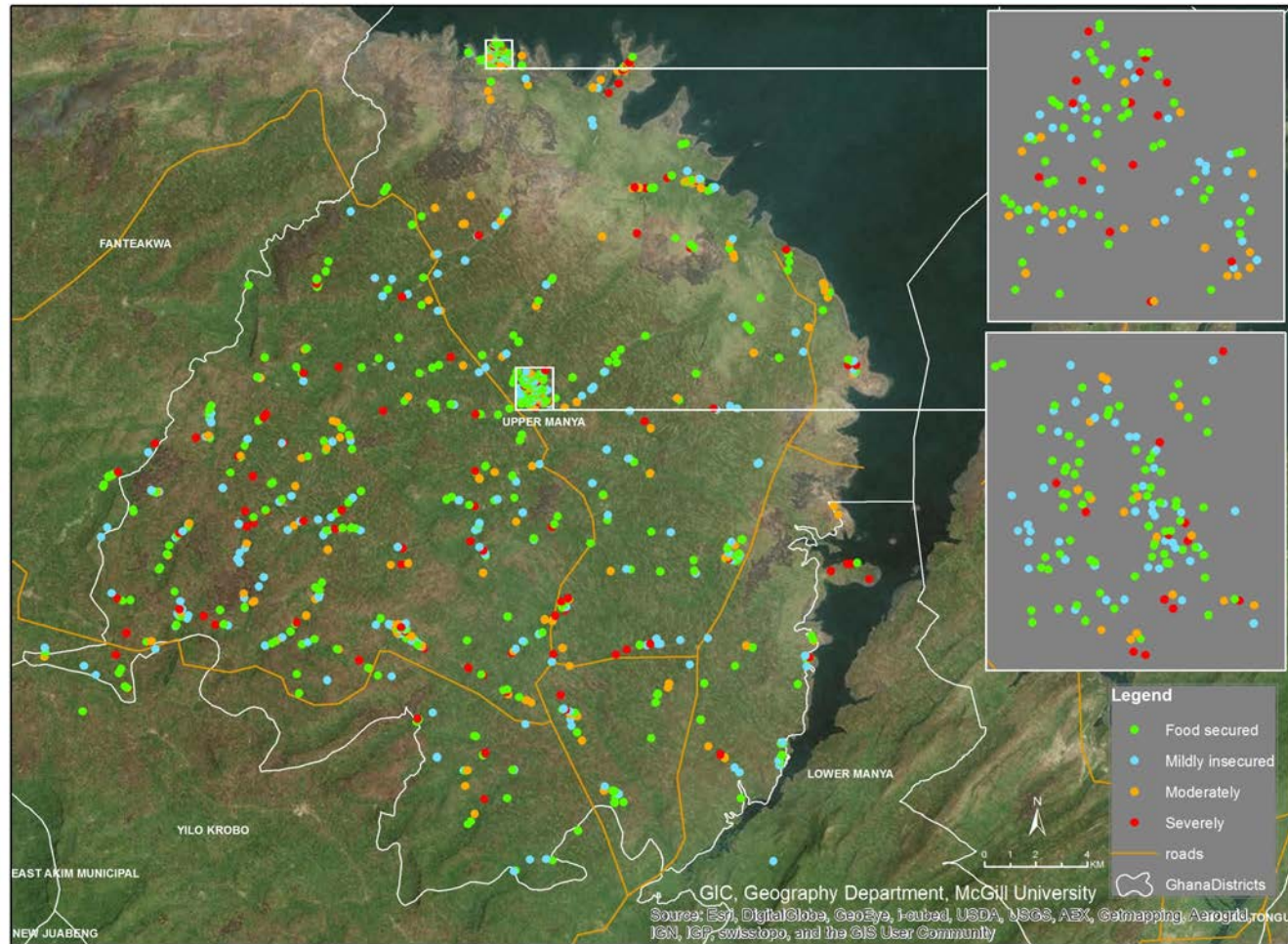


District

Food insecurity is dispersed throughout the district but tends to occur less frequently and be less severe in the district capital town of Asesewa ($p=0.06$).



Density of color reflects prevalence of food insecurity

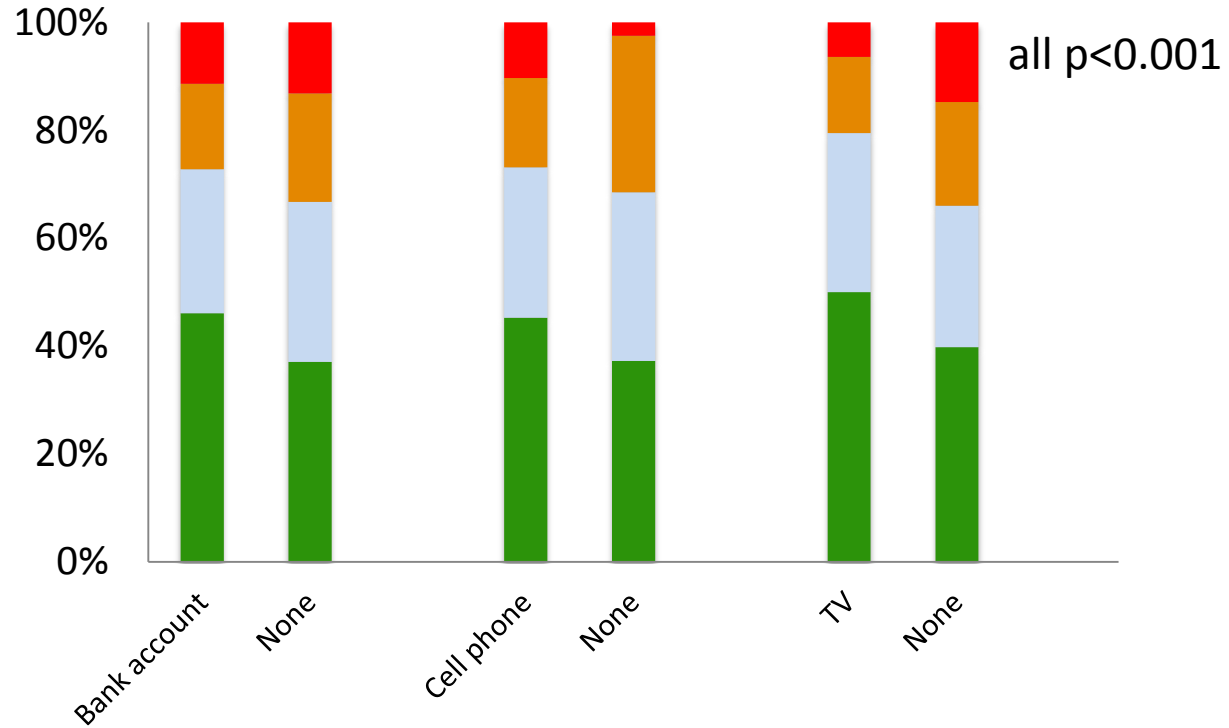
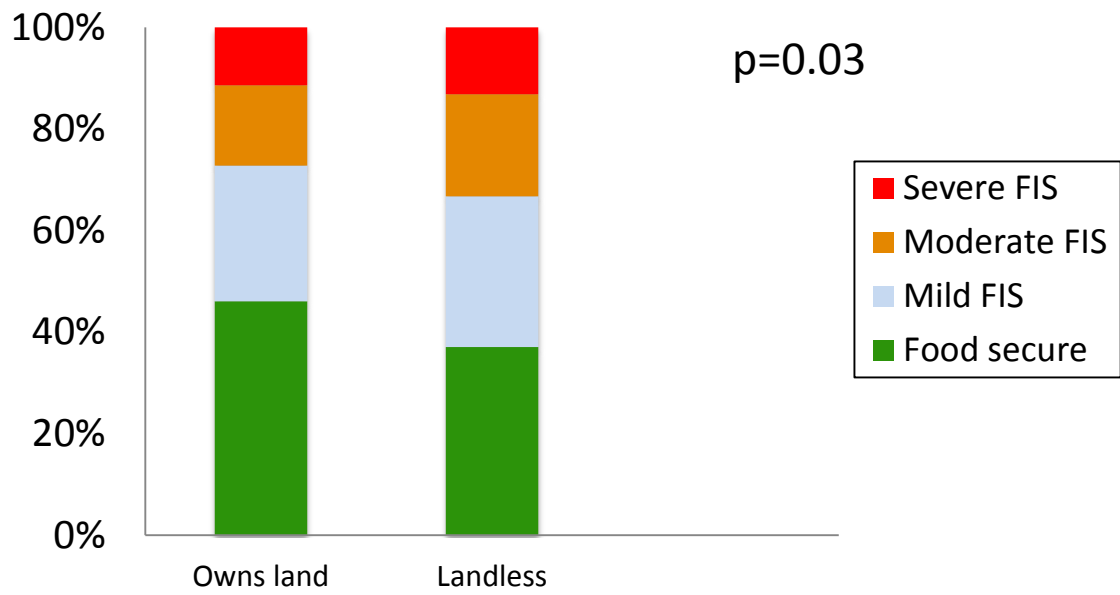


Baseline survey 2013-14: 1076 households with infants

Characteristics		Yes (%)	No (%)
Assets	Land ownership	57	43
	Bank account	39	61
	Mobile phone	84	16
	TV	31	69
Caregiver	Married	26	74
	Education, none	21	79
Child	Qualified birth attendant	59	41
	Use of nets	84	16
	Diarrhea last 7 d	28	72
	Fever last 7 d	20	80
	Cough last 7 d	24	76
	Diet diversity met	12	88
	Anemia	56	44

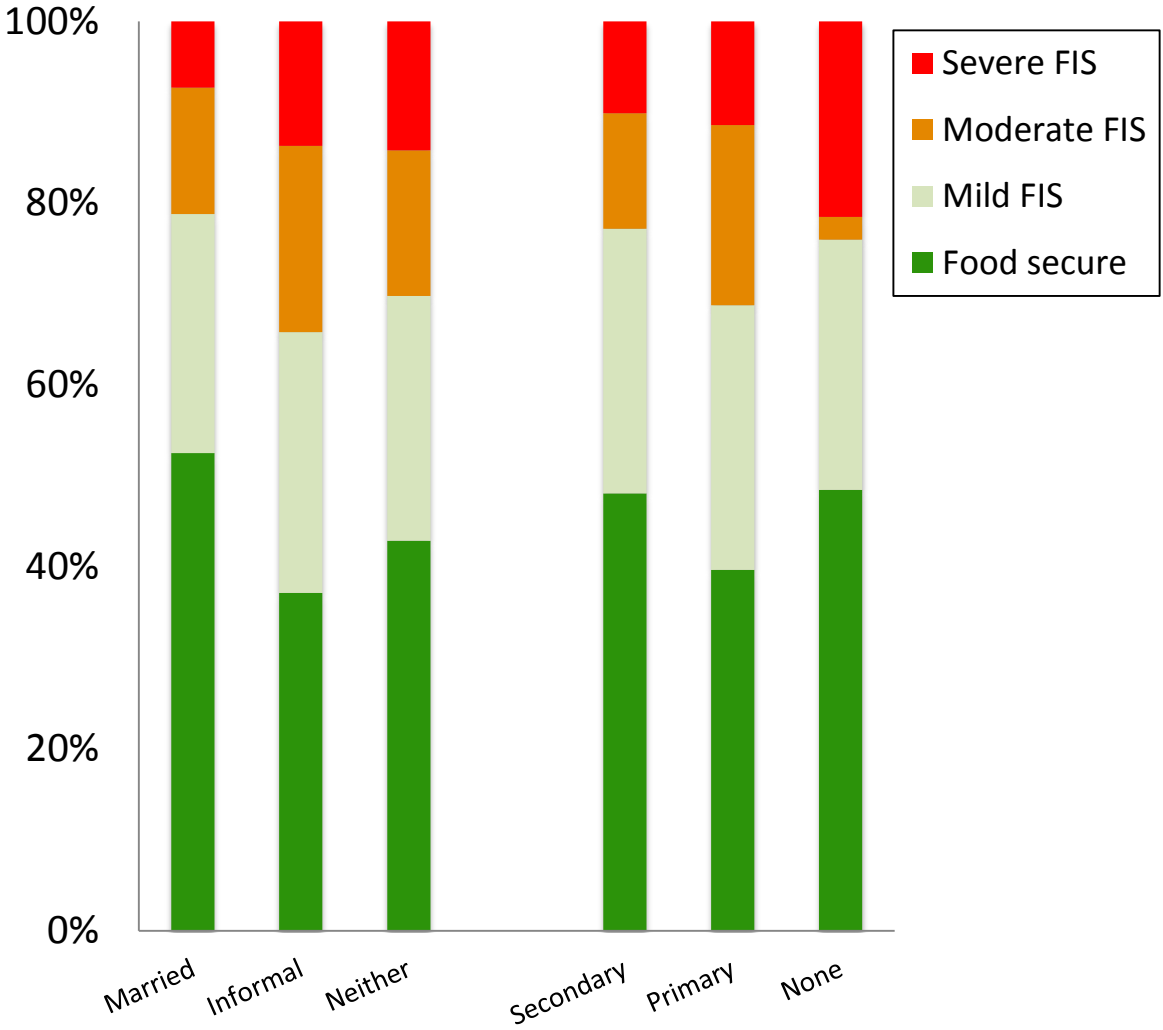
Household assets

Food insecure households reported fewer assets.

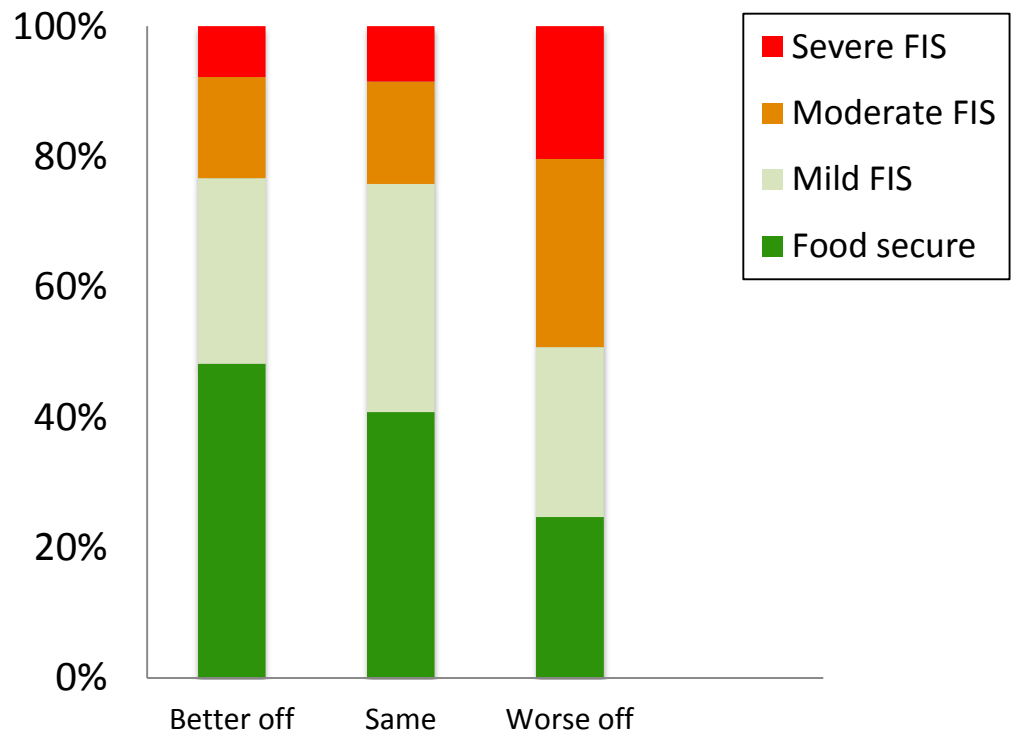


Caregiver characteristics

Food insecurity was more common among households with unmarried caregivers and those with low/no education (p=0.001).

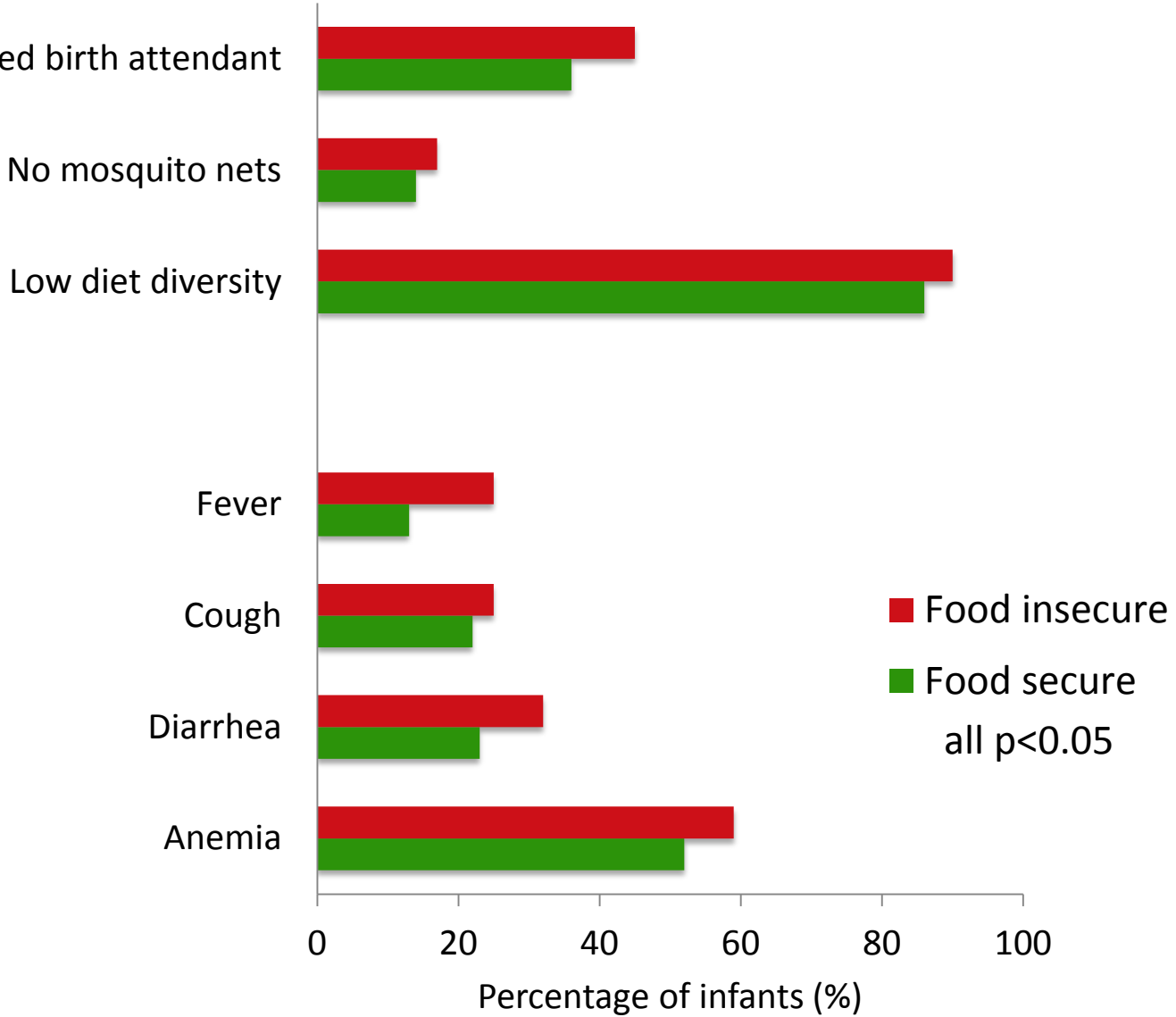


Caregivers' self-assessment within their community



Child health indicators

Food insecurity was associated with riskier health behaviors and poorer infant outcomes.



Next step ...

Improved and diversified incomes are needed to improve lives and households' ability to withstand fluctuations in economic demands.

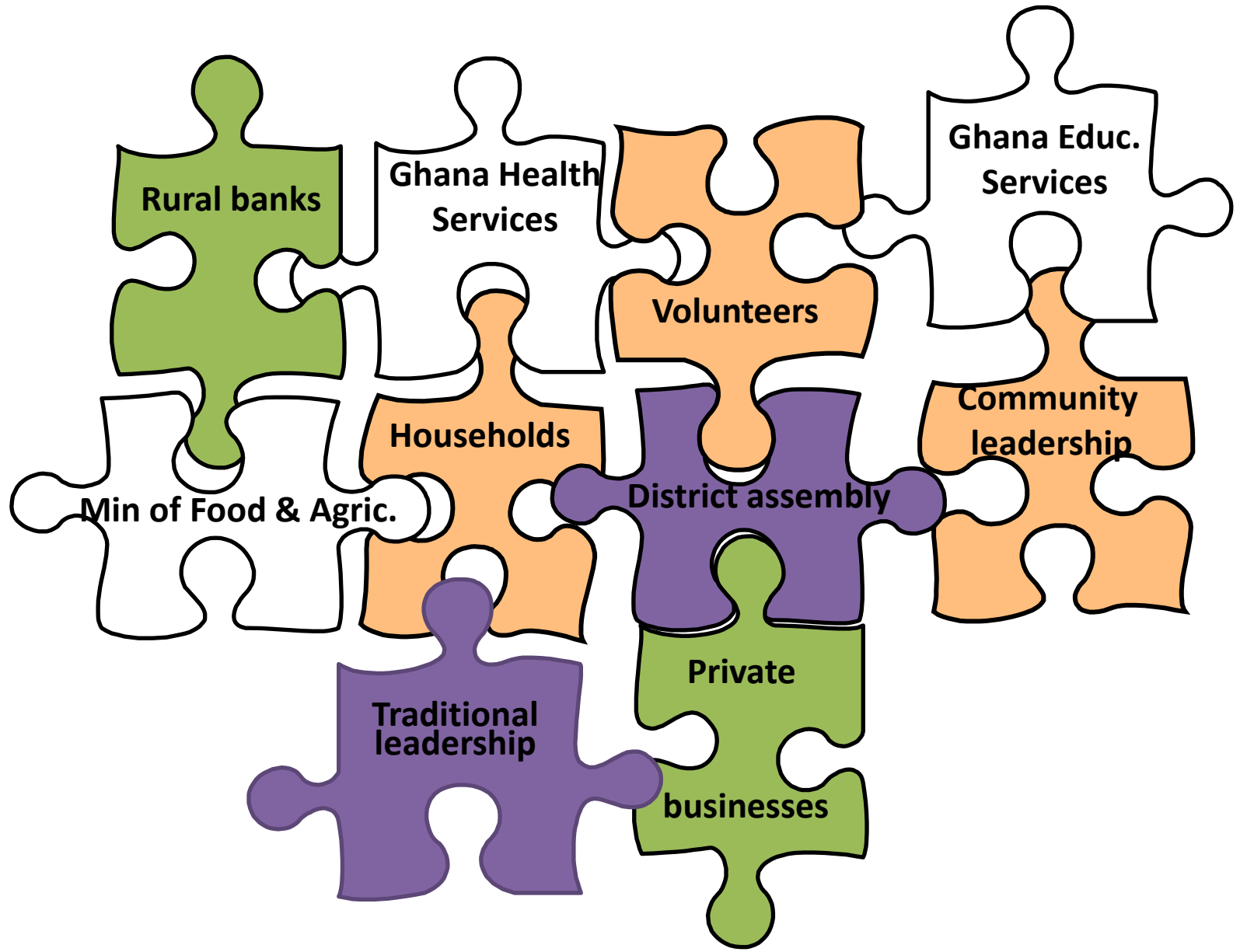
Improved conditions for women can help improve the household's situation.

More formal education and delayed age of first pregnancy can help.

Improved rural health services are needed.

Expanded agriculture and financial services for rural women are needed.

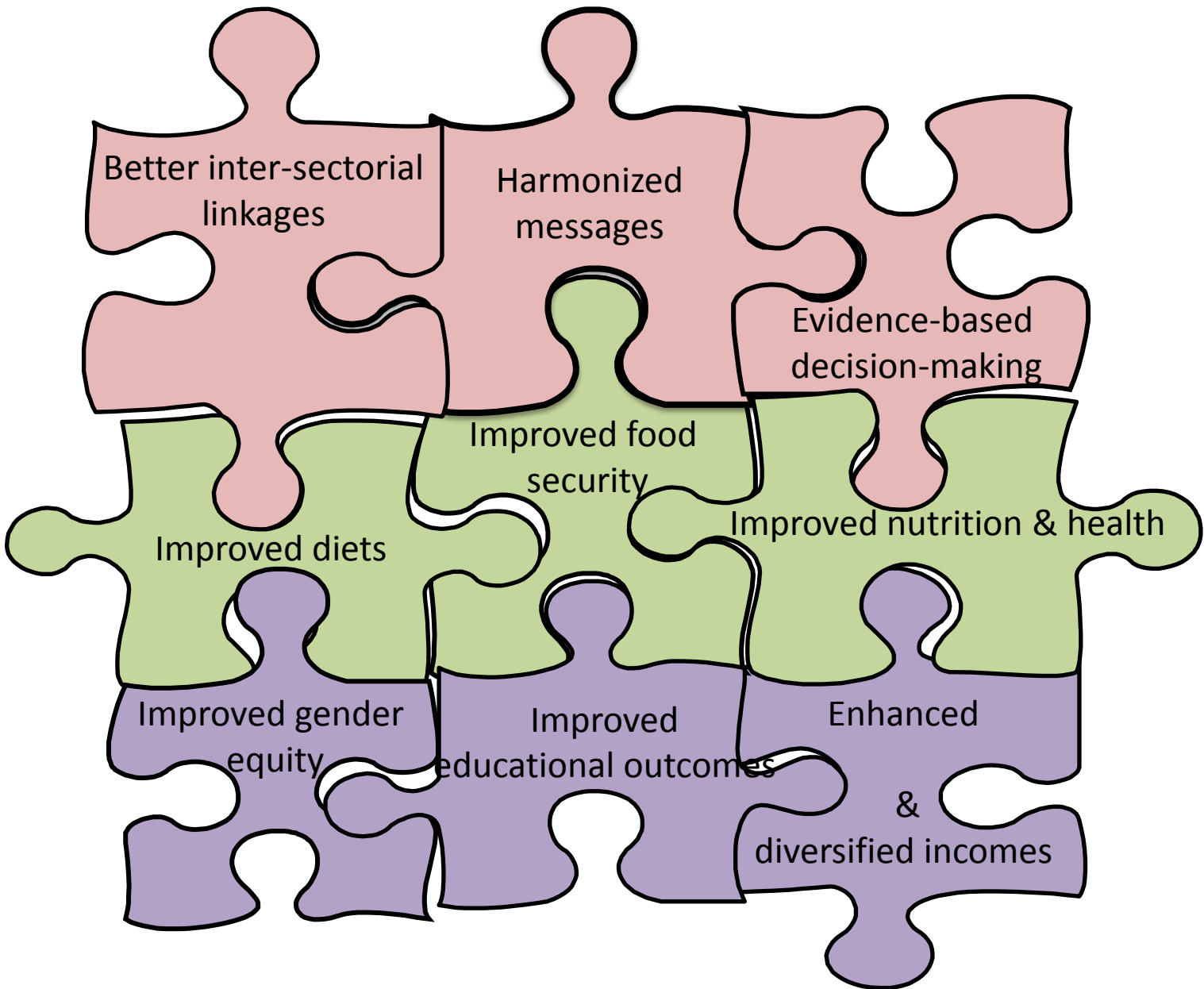
Project activities: Harmonization of activities, training, and programs of stakeholders



Project objectives: Increase capacity in related areas among all stakeholders



Project expected outcomes by 2018





Improve the economic, health/nutrition, and social well-being of the population in rural Upper Manya Krobo district, Ghana



Foreign Affairs, Trade and
Development Canada

Affaires étrangères, Commerce
et Développement Canada

Canada



McGill

World Vision

For Children. For Change. For Life.

The *Nutrition Links* Project is funded by the Government of Canada, through Foreign Affairs, Trade and Development Canada.

Additional funding is provided by:

McGill University

World Vision Canada

Population Council

