Gender and food insecurity: Looking within the agrarian household
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Methods
- Mixed-methods approach
- Community-level focus groups (n=12)
- Semi-structured interviews (n=40)
- Household survey (n=600)
- Intrahousehold approach
- Nuanced power dynamics
- Gender-sensitive approach highlighting women’s voices
- Aimed to ensure no one partner silences the other

Study Location

Study Context
- High levels of persistent, seasonal food insecurity
- Positivistic focus in the literature: nutrition and agricultural yields
- Current reports of food security rely primarily on male head of household (HOH)

Research Findings

Paper 1
- Food insecurity is shaped by rigid gender norms
- Men’s identities as breadwinners are tied to food and farming
- Women are frustrated with growing burden of labour
- Marital conflict and violence is exacerbated

Paper 2
- Physical, emotional and sexual intimate partner violence (IPV) is widespread
- Poor food production is associated with increased risk of IPV
- Pathway: stress, tension and marital conflict caused by poor food production

Paper 3
- Alcohol is being used as a coping mechanism
- Dual drivers: hunger and distress

Future Research
- Intrahousehold approaches
- Research on gender and food led by African feminist scholars
- Research asking ‘which men’ and ‘which women’?

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