

The challenges of food security access, food preference and dietary diversity in rural households in Nigeria

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Introduction

The United Nation's Committee on world food security (2012) defined food security as "the condition in which all people, at all times, have physical, social and economic access to sufficient safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life". Nigeria's Gross Domestic Products (GDP) fell from 6.5% in 2014 to less than 1.8% in 2018 increasing poverty and sever household food insecurity especially in the rural areas. Thus, households are faced with the challenges of food insecurity access. Nsukka LGA in Enugu State Nigeria recorded a poverty level of 69.2% (Ali and Agbiogwu, 2014) and 70% of Nsukka residents live below the poverty line of \$1.25 per day (Ataguba, Williams and Ichoku, 2011). The issue remains, how Nigeria will achieve zero hunger by 2030 as part of her SDG mandate. The aim of this research is to investigate household food security access and its challenging factors, food preference and household dietary diversity in Nsukka Local Government Area of Enugu State

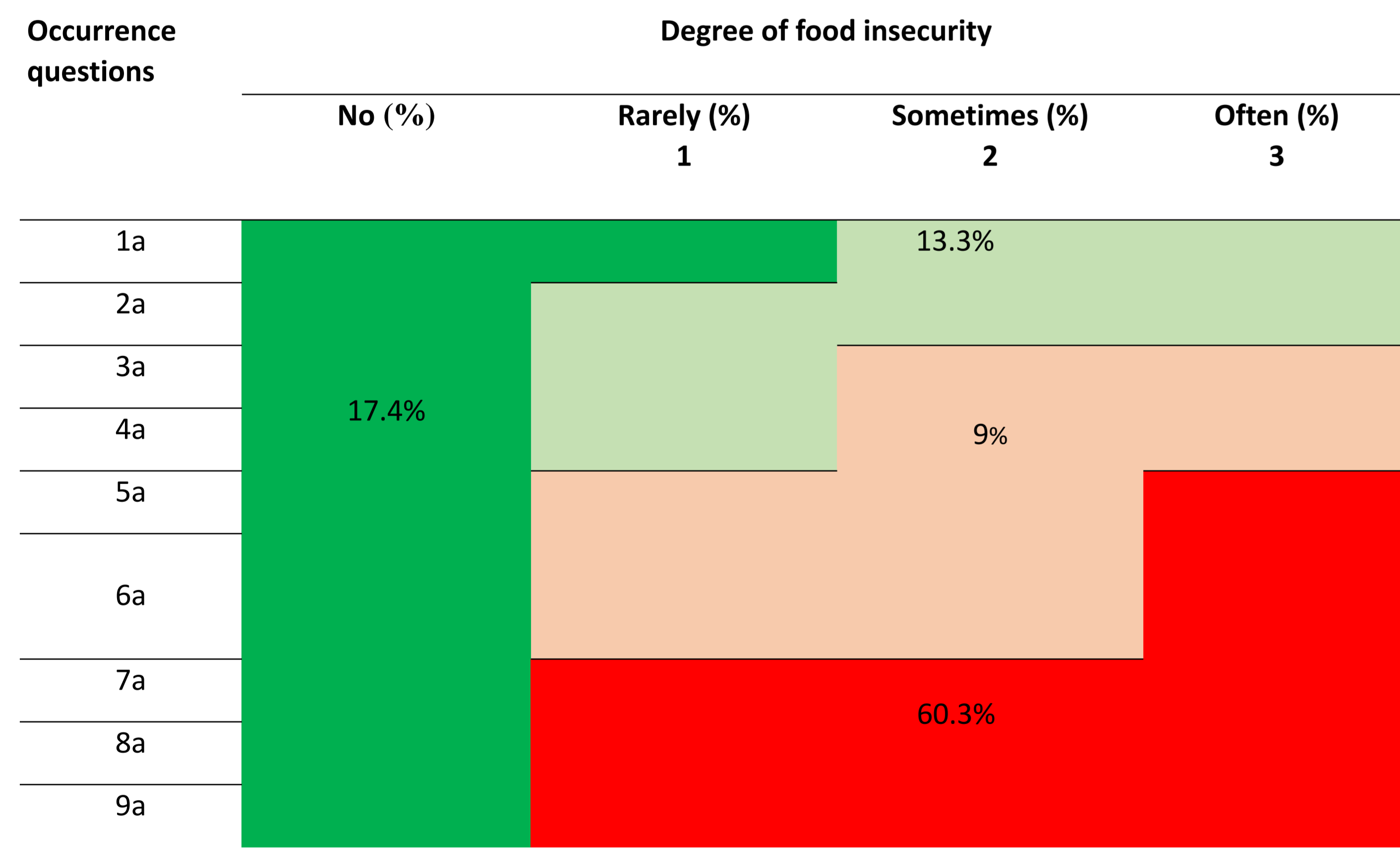
Research Objectives

- To measure the level of food security access in Nsukka LGA.
- To examine food security challenging factors
- To investigate household food preference and dietary diversity.

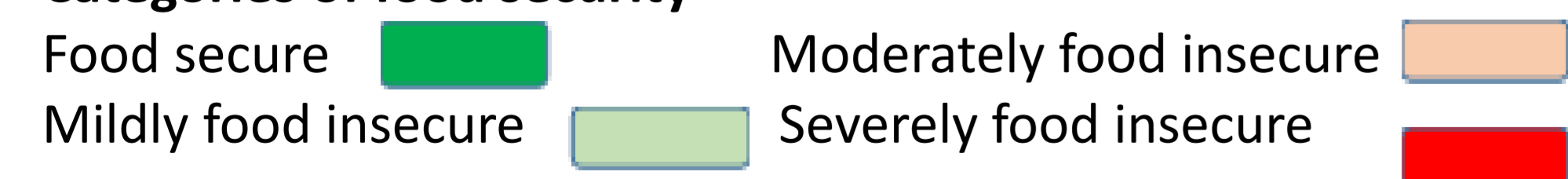
Method

- Adopting Yamane (1967) and Glenn (2013) sampling method three hundred and ninety women from the 20 local communities of Nsukka were randomly sampled and asked to complete a survey from which the Household Food Insecurity Access Scale (Kennedy, Barllard and Dop, 2010) and the Household Dietary Diversity Score (Swindale and Bilinsky, 2007) were determined.
- Data was analysed using household food insecurity access score and household dietary diversity score.
- Chi-squared and descriptive statistics (Veal, 2011) determined the factors challenging food security and food preference respectively.

Food security level in Nsukka



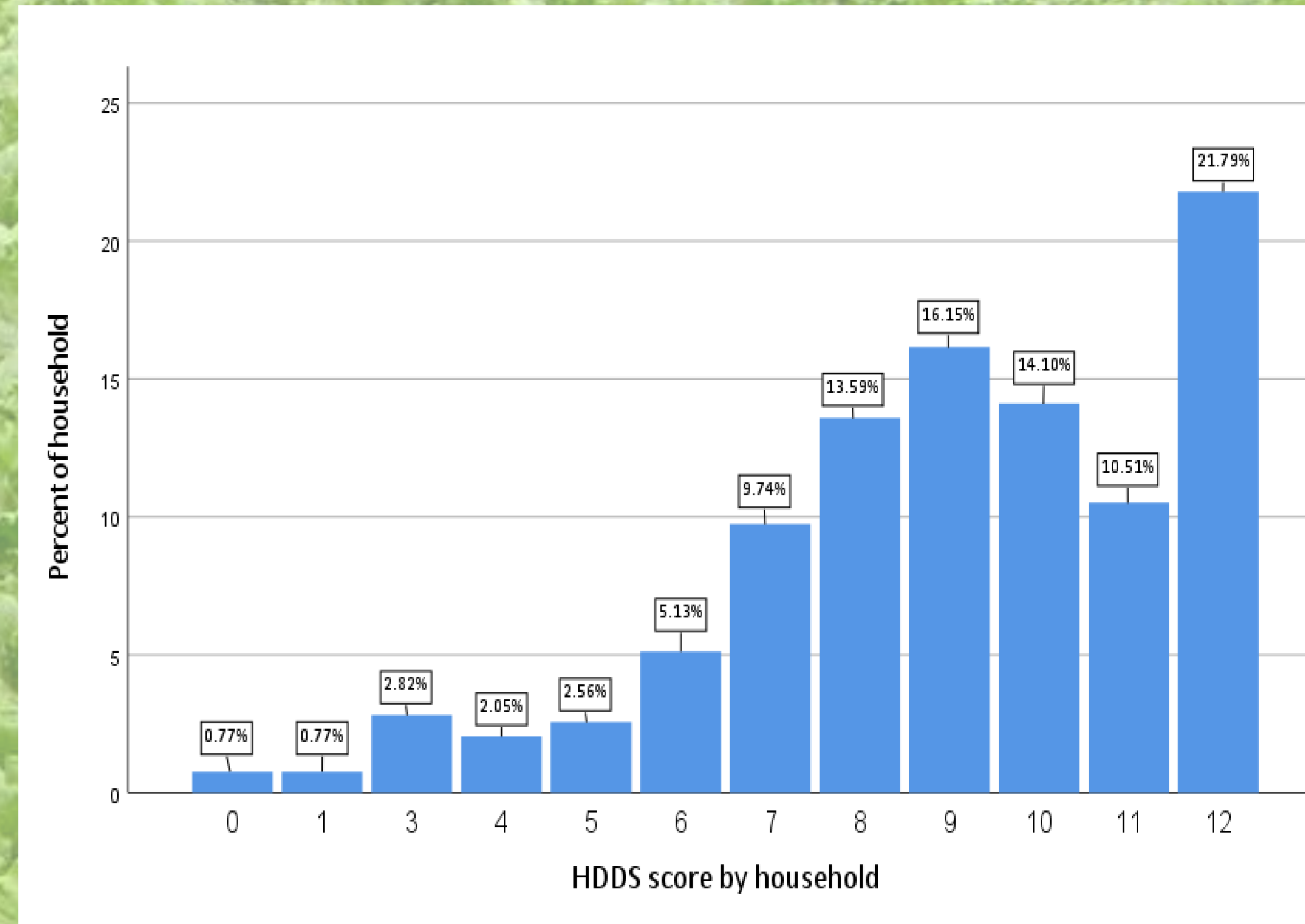
Categories of food security



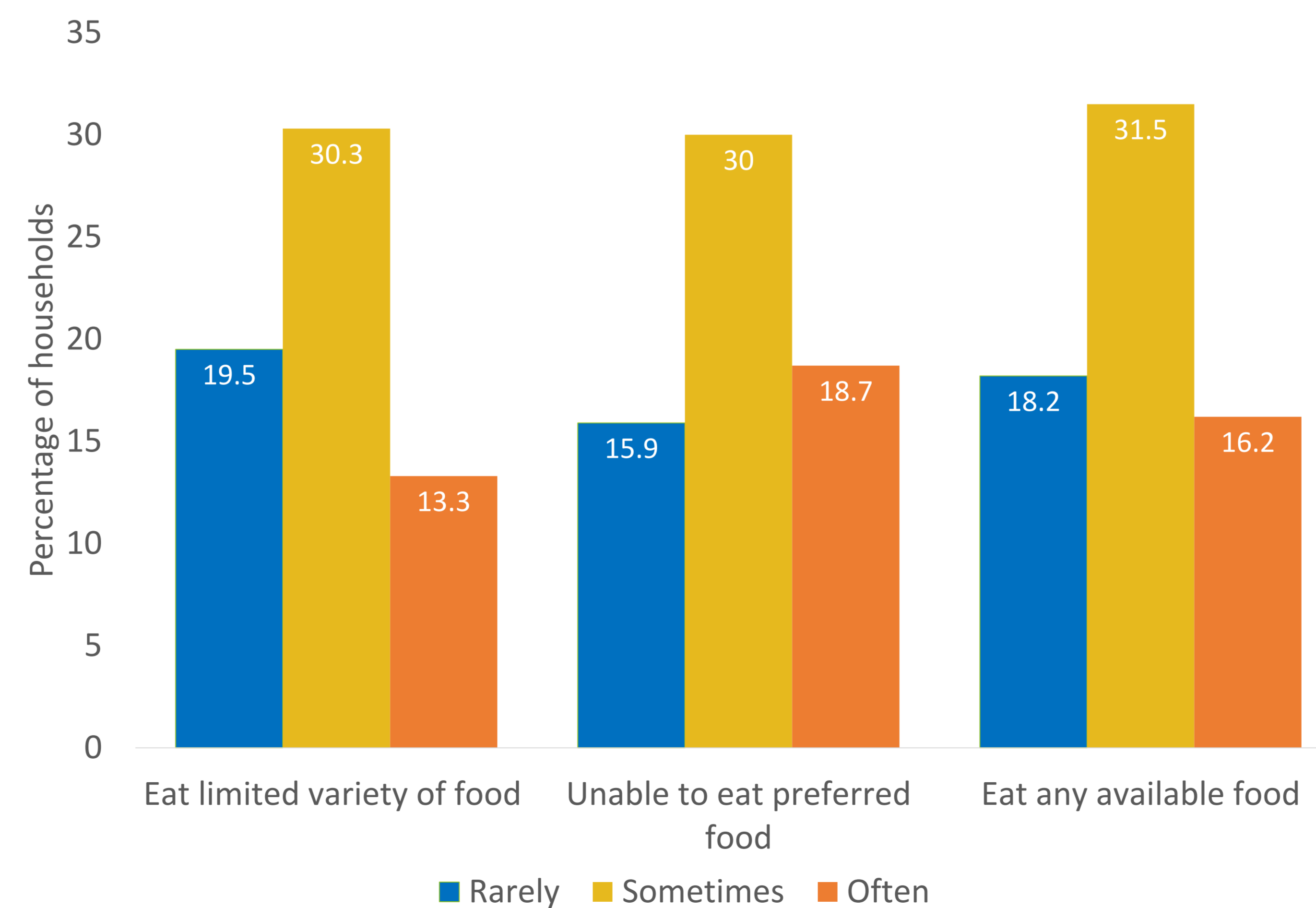
Factors challenging Food security

Factors	Implication at Sig. level (0.05) Pearson chi-square	Descriptive statistics
Age	FACTOR	20-30 years old women's household were more food insecure
Wife's education	FACTOR	Approx. 69% had some education
Husbands education level	FACTOR	About 76% had some form of education
Wife's work status	FACTOR	40% were farmers
Husband's work status	FACTOR	40.5% were farmers
Wife's income	FACTOR	51% earn ₦ 18,000 (£46) - below
Husband's income	FACTOR	49% earn ₦ 18,000 - below
Household size	NOT A FACTOR	52% had household 2-4 members
Gender of household head	NOT A FACTOR	71% had men as household heads
Marital status	NOT A FACTOR	71% were married

House hold dietary diversity score



Access to food preference



Conclusion

The food security access level in Nsukka LGA is low. This study confirms the high poverty level in the area. Although, some households had good dietary diversity, but the population lack access to enough food and choice of what to eat. Age, education, work status, and income were food security challenging factors. Household size, marital status and gender of household head were not factors challenging food security in Nsukka Local Government Area.

To achieve food security, this area needs interventions and support programs from international, non-governmental, government and private agencies.

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