

FOOD SECURITY AND NUTRITION OF SMALL HOLDER FARMING HOUSEHOLDS IN SOUTH EAST NIGERIA: EVIDENCE FROM IMO STATE

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INTRODUCTION

One of the greatest global challenge is secure sufficient, healthy, accessible and affordable food for all households at all times (FAO/IFAD/WFP, 2020). In developing countries, small holder farmers play a significant role as they are a major part of the agricultural workforce, providing food and fibre for the teeming populace. Inadequate access to nutritious and sufficient food puts them at risk of poor health which affects their productivity. In view of their significant position, this study was designed to assess the food security and nutrition of small holder farming households in South East Nigeria.

METHODOLOGY

We conducted a cross-sectional survey of small holder farming households in Imo State, Nigeria. A multistage sampling technique was adopted in the selection of 200 smallholder farming households. Data was successfully collected from 195 sampled farming households with the aid of a structured and carefully designed questionnaire.

Food consumption score was used to calculate the food security status, and the binary logistic regression model were employed to analyze data for the study.

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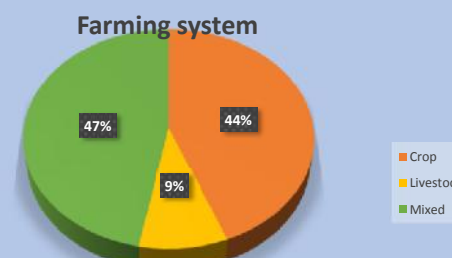
RESULTS AND DISCUSSION

Sources of food availability

Own production

Purchases

Gifts



Food security status of the farming households by gender of the HH Head

Gender of Head of Household	Male	Female	Pooled
Food secure	84 (48.8%)	13 (41.90%)	96 (49.23%)
Food insecure	80 (51.2%)	18 (58.10%)	101(50.77%)
Mean FCS	71.14	63.5	69.78
Number of farming households	164	31	195

CONCLUSION

Farming households rely on farm production and food purchases to meet their energy needs. Male headed households were more food secure than female headed households. These small holders engage in different livelihood portfolios and this contributes to their income and increases their purchase of diversified diets.