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Keagan Kakwasha, WorldFish Zambia

FISHFIRST! ZAMBIA: EXPLORING FOOD INSECURITY AMONG LAKE KARIBA FISHING FAMILIES – RESULTS FROM THE HOUSEHOLD HUNGER SCALE II

R. Kolbila¹ K. Ragsdale¹ N.M. Mudege² M.R. Read-Wahidi¹ L. Muzungaire² P. Marinda³ K. Kakwasha²

¹Mississippi State University, Social Science Research Center ²WorldFish Zambia ³University of Zambia

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We gratefully acknowledge and thank the United States Agency for International Development (USAID) and the Feed the Future Innovation Lab for Fish for their generous support, which makes our work possible

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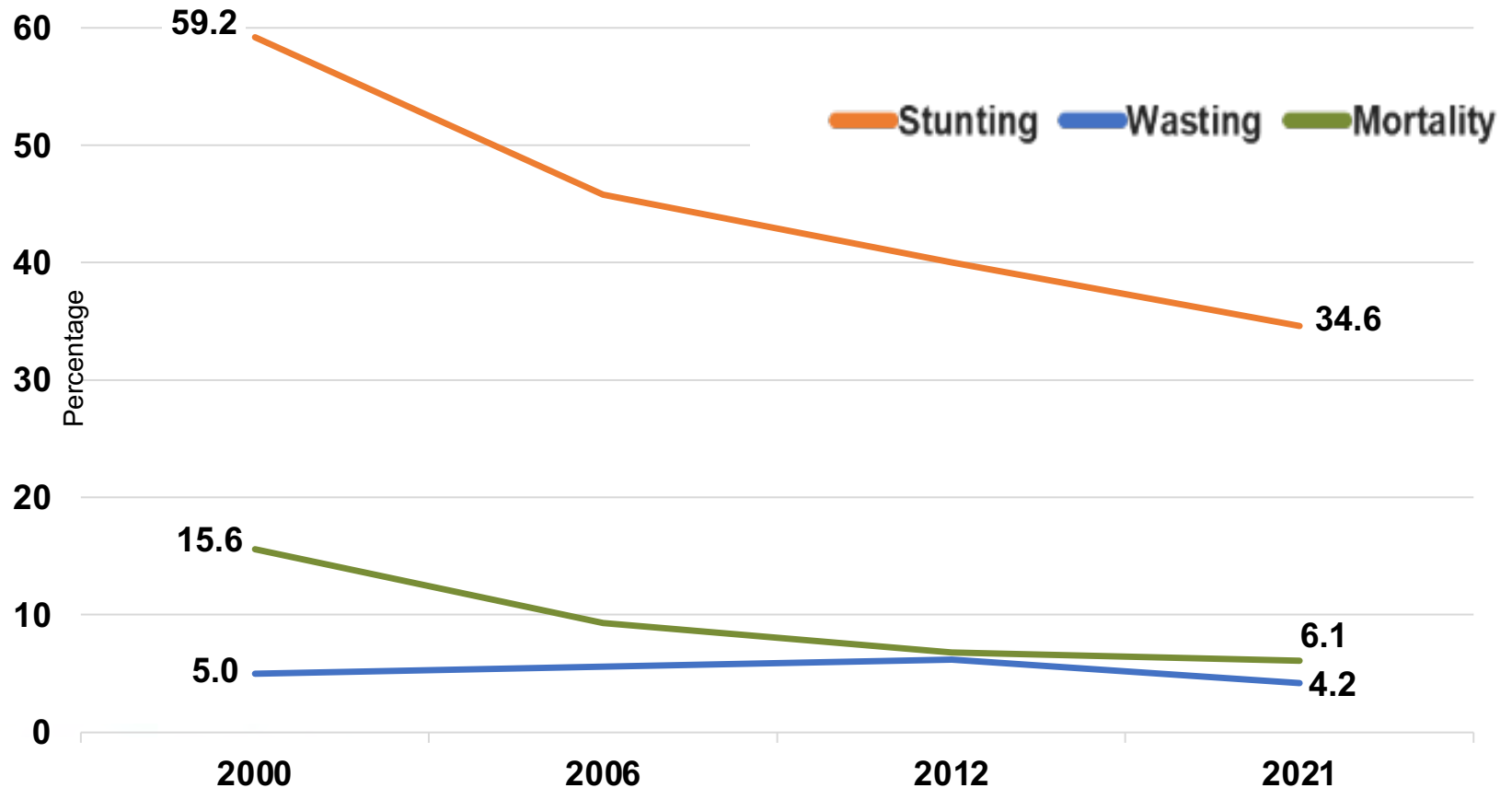
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GLOBAL HUNGER INDEX¹

Zambia: Percentage Change for Childhood Stunting, Wasting and Mortality from 2000 to 2021*



*Calculations for children under 5 years, based on data underlying Global Hunger Index (GHI) Scores (2000-2021)



GLOBAL HUNGER INDEX¹

- Despite progress, the GHI categorizes the hunger situation in Zambia as SERIOUS¹
- Poverty, food insecurity, and child malnutrition remain high in Zambia^{2,3}
- The rural poor are particularly vulnerable²
- Among Zambian children under five years:
 - Stunting = 34.6% [chronic or recurring malnutrition]^{1,2}
 - Wasting = 4.2% [acute malnutrition]^{1,2}



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- **As part of a larger survey, we administered the HOUSEHOLD HUNGER SCALE II to a random sample (N=484)**
 - **Men (n=185) and women (n=299) fishers, processors, fish traders at Lake Kariba**
- **Women of reproductive age were over-sampled to administer the:**
 - **MDD-W [Minimum Dietary Diversity for Women]**
 - **MDD-IYC [Minimum Dietary Diversity for Infant and Young Child]**





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NUTRITION INDICATORS

Indicators	Definitions
Stunting	Height-for-age $< -2SD$
Severe wasting	Weight for Height $< -3 SD$
Wasting	Weight for Height $< -2 SD$
Overweight	Weight for Height $> +2 SD$
Underweight	Weight-for-age $< -2SD$



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What did the Survey and Anthropometric Data show?



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DEMOGRAPHICS (N=484)

		% (n)
Gender:	Male	38 (185)
	Female*	62 (299)
Age:	18–29 yrs (M=31)	49 (235)
Married		93 (452)
Education:	0–2 yrs	12 (58)
	3–6 yrs (M=6)	30 (144)
HH Head:	M/F dyad	59 (283)
	Male	36 (173)
	Female	4 (19)
HH Size:	2–6 (M=6)	63 (306)
Meals/day:	3 (M=3)	72 (350)

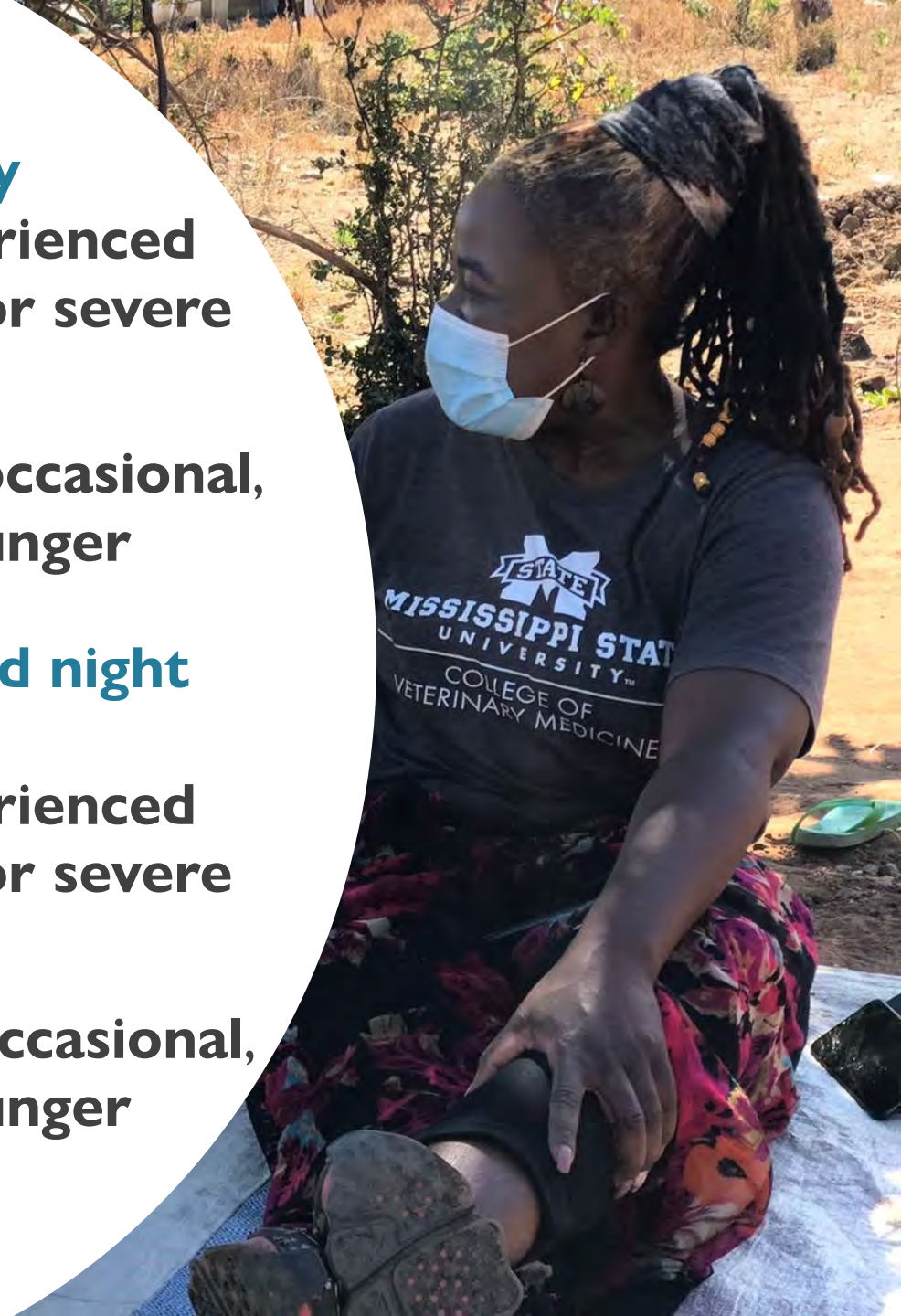
*Women were over-sampled in order to respond to the MDD-W and MDD-IYC

RESULTS: EXPERIENCE OF HUNGER AMONG INDIVIDUALS AND HOUSEHOLDS (HH) IN THE PAST 4 WEEKS

- **HE1: Missed regular meals**
 - 52%–Respondent experienced occasional, moderate, or severe hunger
 - 45%–HH experienced occasional, moderate, or severe hunger
- **HE2: No food in dwelling**
 - 37%–HH experienced occasional, moderate, or severe hunger



- **HE3: Went to sleep hungry**
 - 35%–Respondent experienced occasional, moderate, or severe hunger
 - 31%–HH experienced occasional, moderate, or severe hunger
- **HE4: Went a whole day and night without eating**
 - 13%–Respondent experienced occasional, moderate, or severe hunger
 - 11%–HH experienced occasional, moderate, or severe hunger





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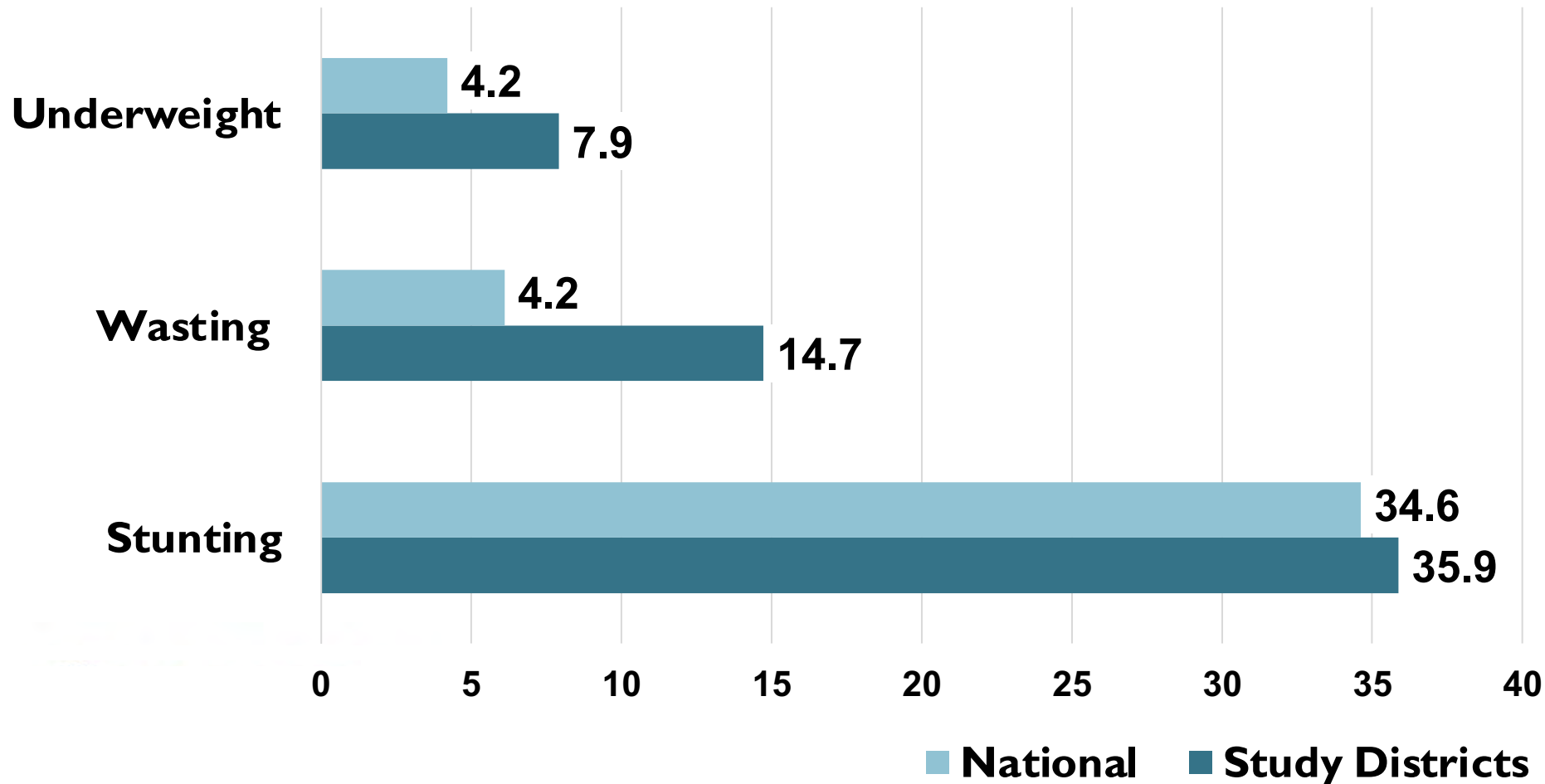
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What does 'household hunger' mean for the health and wellbeing of infants and children?

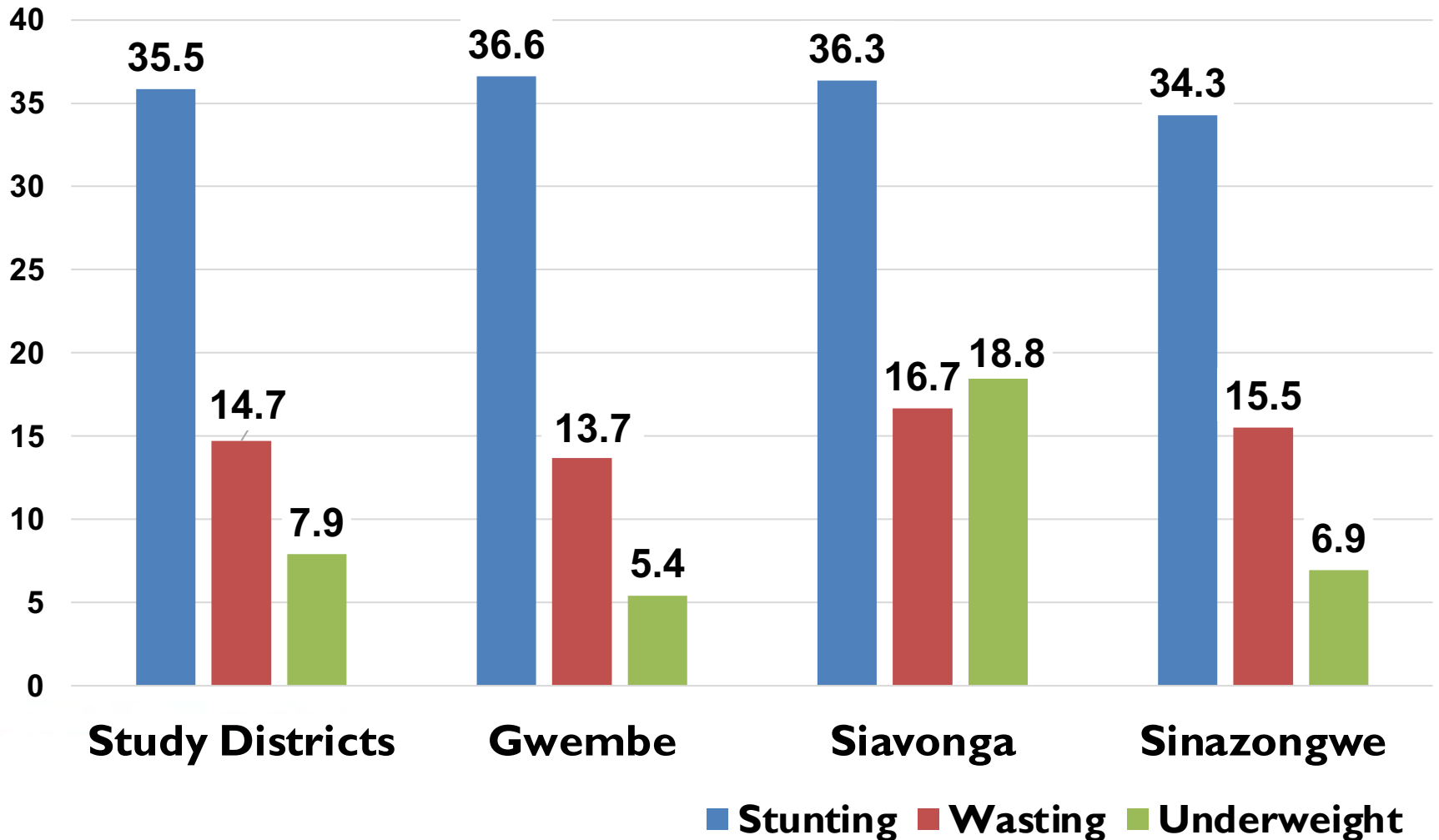
MALNUTRITION PREVALENCE:

COMPARING THE NATIONAL RATE TO STUDY DISTRICTS' COMBINED RATE

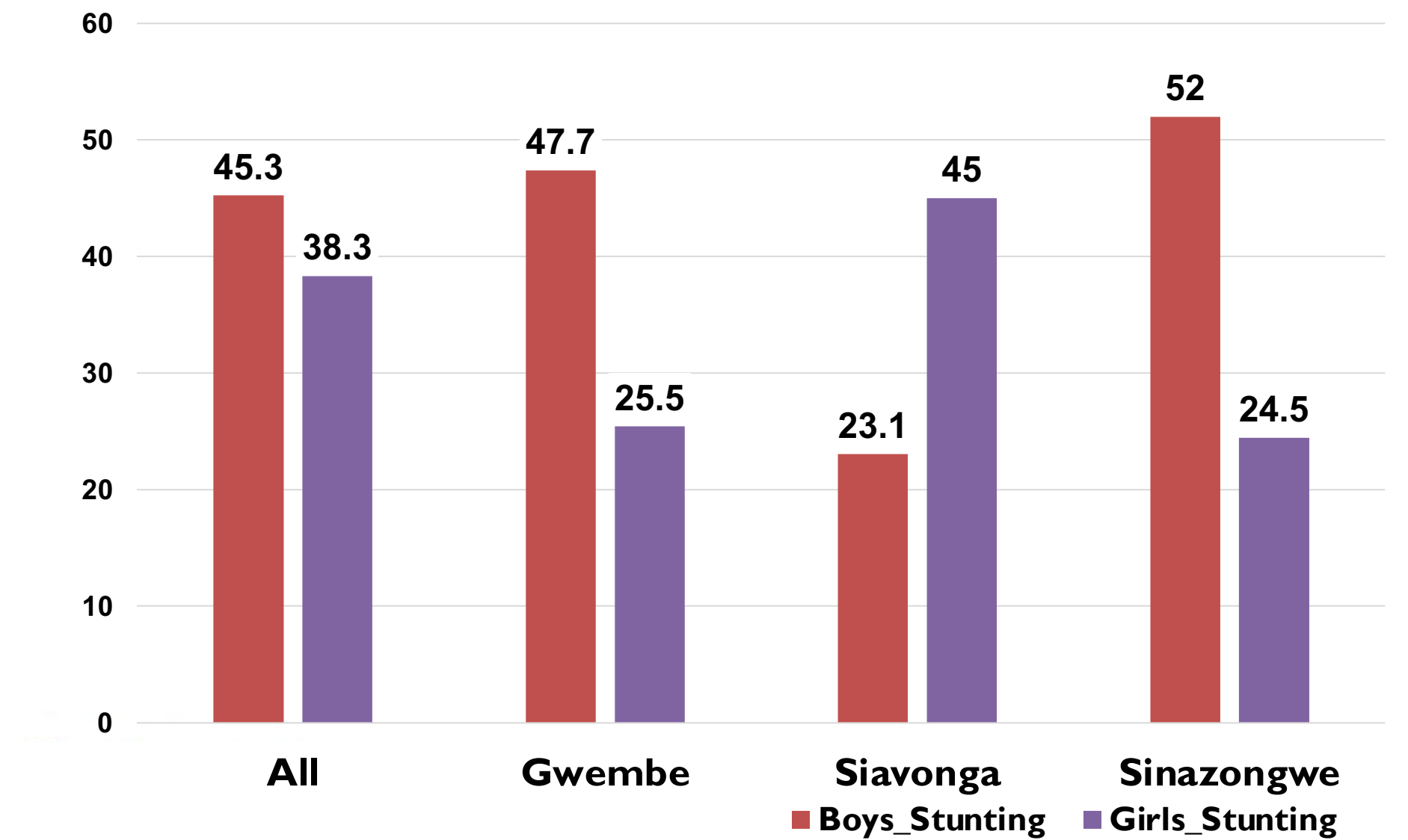


MALNUTRITION PREVALENCE:

COMPARING RATES ACROSS THE STUDY DISTRICTS



STUNTING PREVALENCE BY GENDER: COMPARING THE 3 STUDY DISTRICTS





HOUSEHOLD HUNGER SCALE II: UTILITY

- Household Hunger Scale II allows researchers to SEPARATELY measure four Hunger Events at the individual- and household-levels
- **NEXT STEP:** Disaggregate the data by **GENDER** to compare:
 - Response concordance among husband-wife dyads
 - How men's and women's response differ
- Such results can provide a better picture of how food insecurity is experienced differently



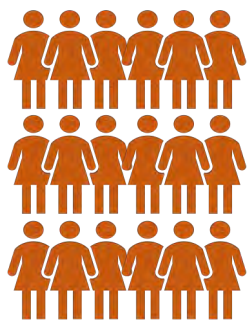
In nearly two thirds of countries

women are more likely than men to face food insecurity

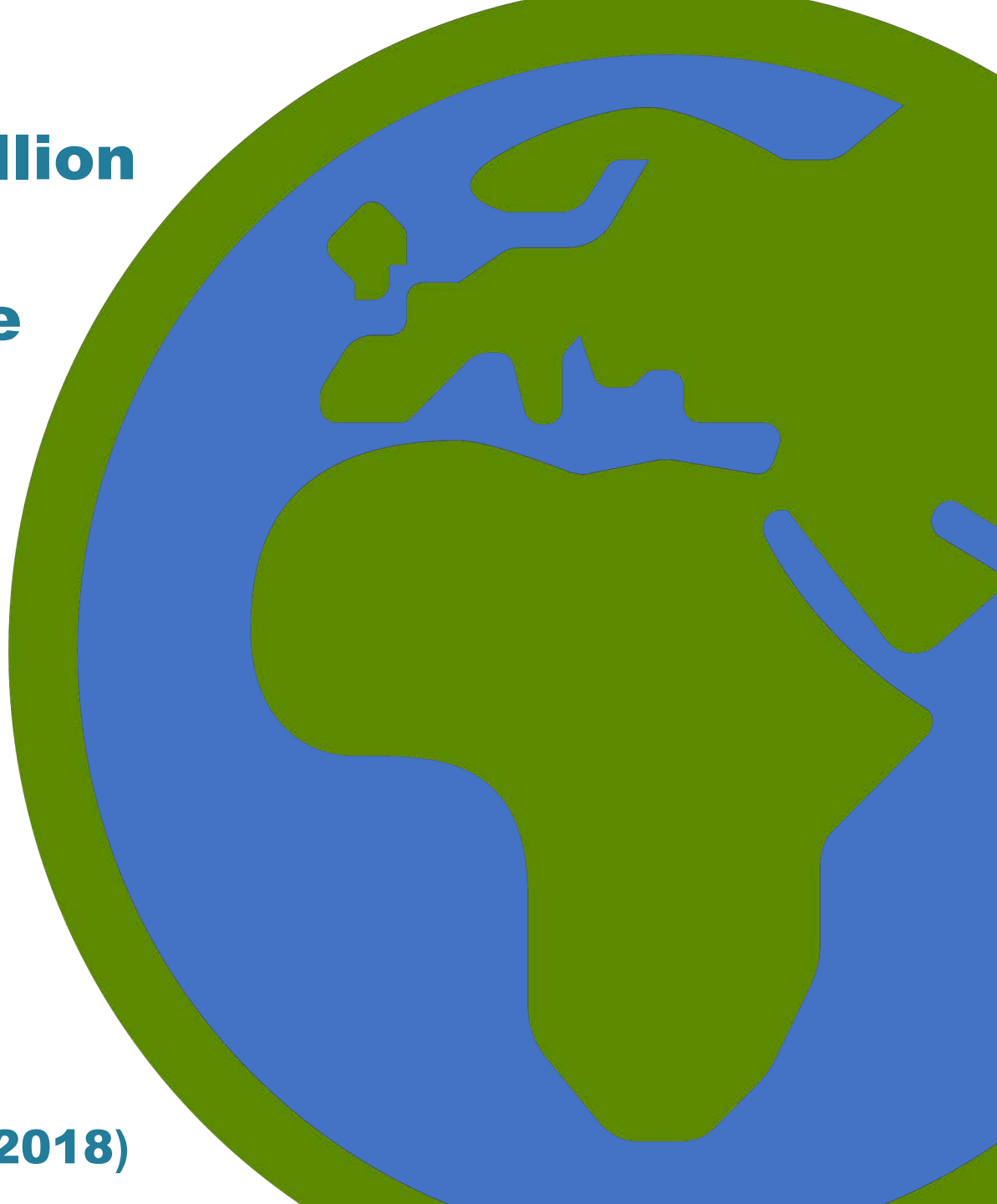
HOUSEHOLD HUNGER IS GENDERED

- **Why is tracking gender differences in food insecurity critical?**
- **Women and girls are disproportionately impacted by unequal distribution of food within households**
- **Conflict, climate, and Covid have intensified these disparities**

**In 2018, 18 million
more women
than men were
food insecure⁵**

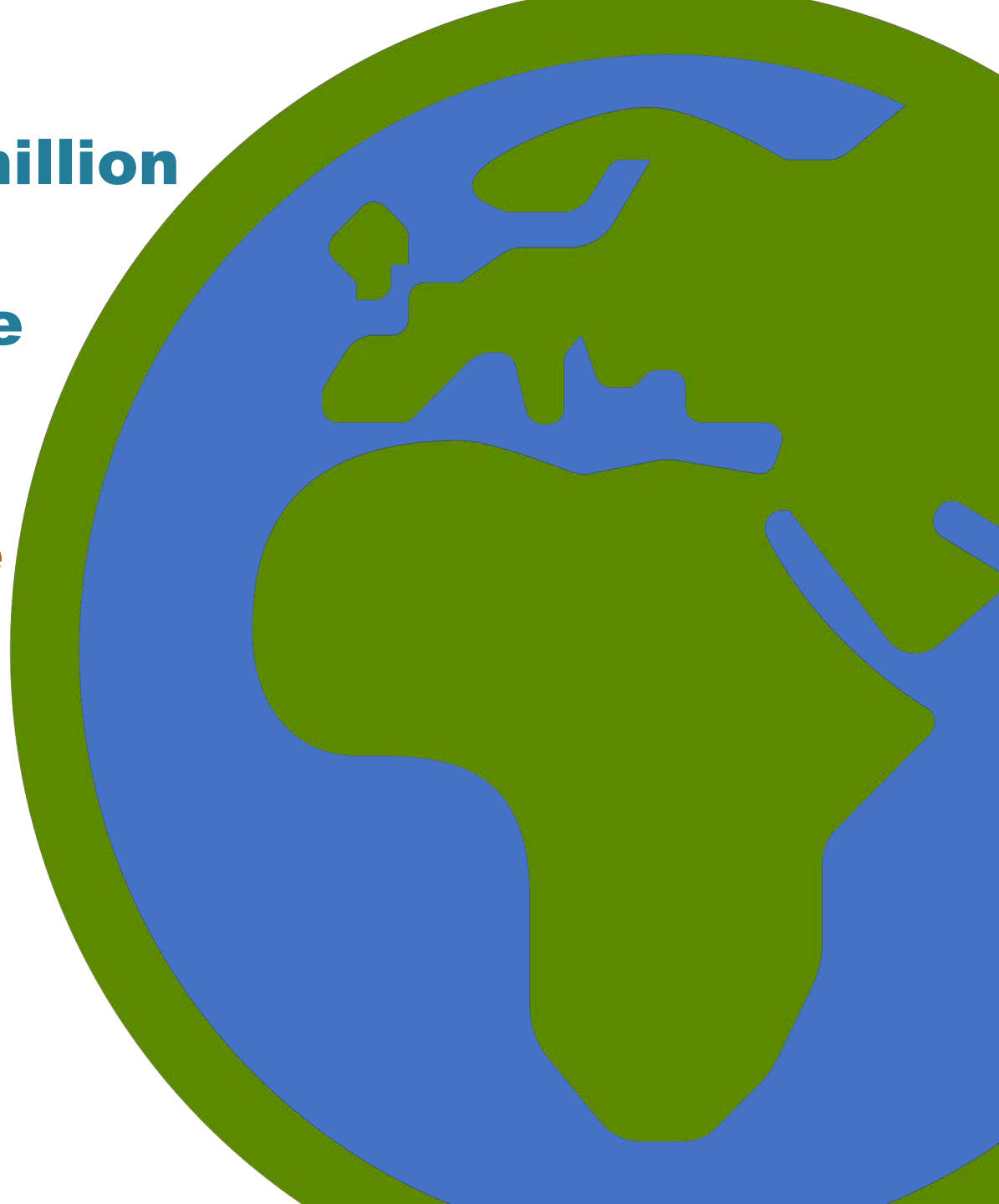


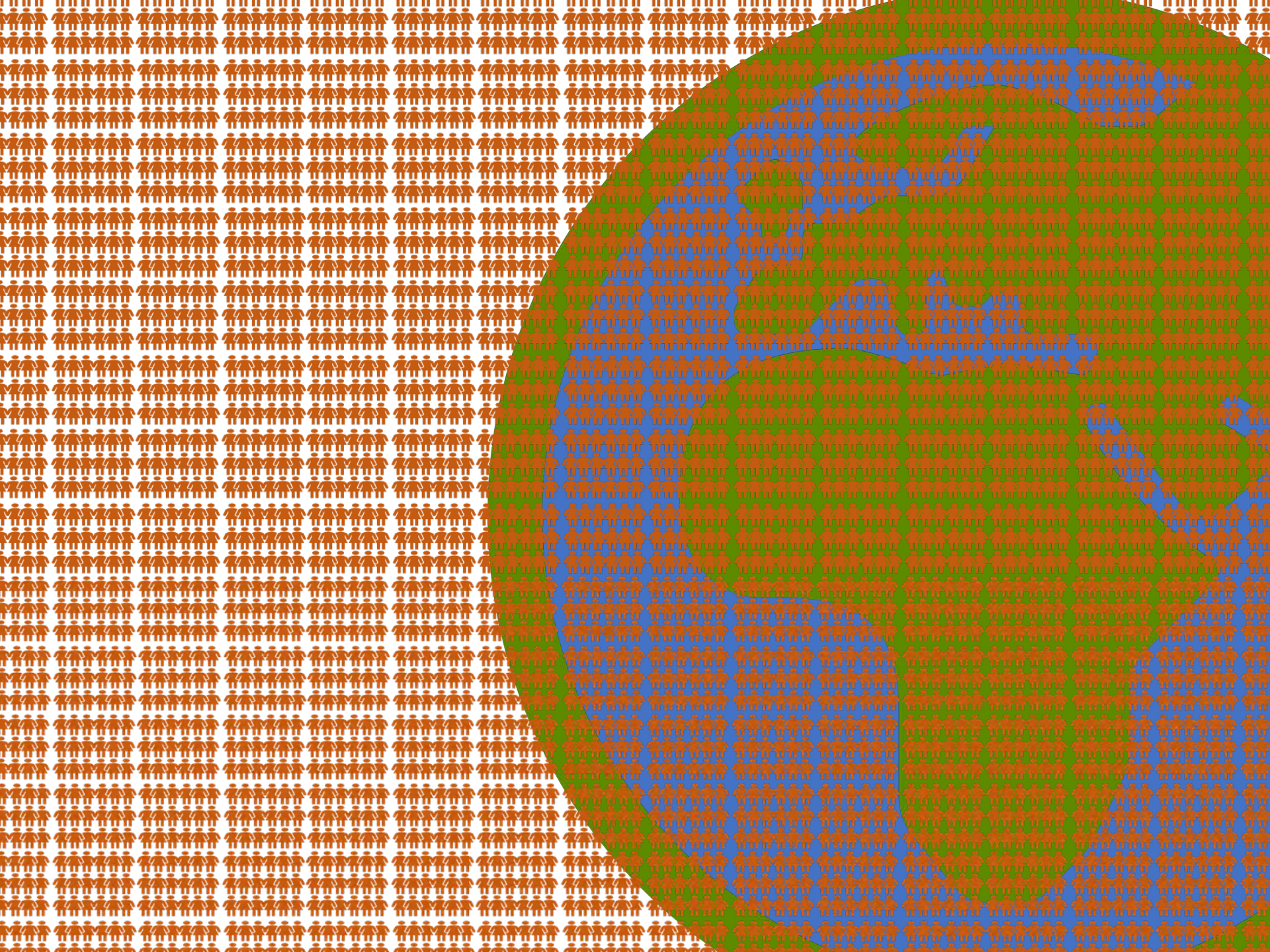
18 million women (2018)



**In 2021, 150 million
more women
than men were
food insecure⁵**

**Percent change
of 733% in
three years**







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FishFirst! Zambia

Kathleen Ragsdale PhD

Research Professor
Social Science Research Center
Mississippi State University
Kathleen.Ragsdale@ssrc.msstate.edu

Mary Read-Wahidi PhD

Assistant Research Professor
Social Science Research Center
Mississippi State University
Mary.Read-Wahidi@ssrc.msstate.edu

Robert Kolbila PhD candidate

Graduate Research Assistant
Social Science Research Center
Mississippi State University
Robert.Kolbila@ssrc.msstate.edu

Netsayi Mudege PhD

Senior Scientist
Socio-Economic Science
WorldFish Zambia
N.Mudege@cgiar.org

Pamela Marinda PhD

Senior Lecturer & Department Head
Dept of Food Science and Nutrition
University of Zambia
Pamela.Marinda@unza.zm

Keagan Kakwasha

Coordinator
Monitoring, Evaluation & Learning
WorldFish Zambia
K.Kakwasha@cgiar.org

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Netsayi Mudege, WorldFish Zambia



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