

# DOWNLOAD PDF FOOD SECURITY AND CHILD NUTRITION STATUS AMONG URBAN POOR HOUSEHOLDS IN UGANDA

## Chapter 1 : The relationship between household income and dietary intakes of year old urban Malaysian

*Food security and child nutrition status among urban poor households in Uganda: Implications for poverty alleviation* By Sarah Nakabo-Ssewanyana Institute of Statistics and Applied Economics.

Growing crops or raising livestock in backyards or on undeveloped plots of land improves food sources and offers many urban poor a viable income. And this type of agriculture is also being practiced in new ways in an increasing variety of locations, and often by the poorest of the poor. In Dar es Salaam, Tanzania, urban gardens in some communities resemble those found in the rural areas of Tanzania from which migrants emigrated. An urban garden might resemble a traditional garden made by the Haya ethnic group from northwestern Tanzania—a garden close to the house that includes bananas mixed with coffee or other fruit trees. In Lusaka, Zambia, over half of residents practice urban agriculture to grow their own food. Within cities, small plots are located along roadsides and rivers, under power lines, and on land occupied by educational and administrative institutions. A railroad company in Dar es Salaam long ago gave urban residents permission to plant crops on unused land. Yet after 30 years, the railroad unexpectedly sold part of the cultivated land to a private investor, taking that land away from the farmers and calling into question the future of the rest of that plot. Urban agriculture improves food security by providing healthy and plentiful substitutes for purchased food, especially for poor households. Households that practice urban agriculture are also more likely to have access to a wider variety of nutritious foods such as vegetables and animal products. In Kampala, Uganda, urban agriculture has been linked with improved nutritional status in children. Income from urban agriculture is particularly high in many African cities. In Bamako, Mali, and Dar es Salaam, the economic return to urban farmers has been estimated to be comparable to the income of unskilled construction workers. For example, during the dry season in Yaounde, Cameroon, farmers using wastewater irrigation can sell vegetables at more than double the wet-season price, and urban agriculture incomes were estimated to be 50 percent above minimum wage. Cities have more fresh produce and fewer perishable agricultural products coming from rural areas. For example, in Cameroon, almost all the leafy vegetables consumed by poor urban residents in Yaounde are grown in the valleys surrounding the city. Livestock in Yaounde produce more than 20, tons of manure per year, two-thirds of which is used as fertilizer by farms. Often, land cultivation is ignored by officials, although land tenure remains a major challenge for urban farmers. Farmers lack legal rights and thus have less incentive to make costly improvements. For example, instead of installing costly irrigation, farmers often use wastewater irrigation that, if polluted, can pose health risks to consumers. Urban livestock production raises different concerns. In Dar es Salaam, the government is worried about transmission of tetanus from livestock waste, improper disposal of animal corpses, and chemical contamination from the overuse of antibiotics and pesticides. To address these issues, policies must specify the permissible numbers of livestock in specific locations based on human population density and animal type. Michelle Beach is a Ph.D. The Revision New York:

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## Chapter 2 : Uganda: Nutrition Profile | U.S. Agency for International Development

*Food security and child nutrition status among urban poor households in Uganda implications for poverty alleviation / Contributor Names Nakabo-Ssewanyana, Sarah.*

Holding Find articles by Penny A. Ezeh Find articles by Alex C. Kahurani Find articles by Elizabeth N. Zulu Find articles by Eliya M. Abstract The study examines the relationship between orphanhood status and nutritional status and food security among children living in the rapidly growing and uniquely vulnerable slum settlements in Nairobi, Kenya. Data on food security were collected through separate interviews with children and their caregivers, and used to generate a composite food security score. Multiple regression analysis was done to determine factors related to vulnerability with regards to food security and nutritional outcomes. The results show that orphans were more vulnerable to food insecurity than non-orphans and that paternal orphans were the most vulnerable orphan group. However, these effects were not significant for nutritional status, which measures long-term food deficiencies. The results also show that the most vulnerable children are boys, those living in households with lowest socioeconomic status, with many dependants, and female-headed and headed by adults with low human capital low education. This study provides useful insights to inform policies and practice to identify target groups and intervention programs to improve the welfare of orphans and vulnerable children living in urban poor communities. Orphans, Vulnerable children, Urban poor, Food security, Nutritional outcomes, Kenya, Sub-Saharan Africa Introduction Despite being highlighted as one of the priority development issues under the Millennium Development Goals framework, malnutrition remains an important public health concern in the developing world. While weather conditions are a very important factor in determining food insecurity in the agricultural-based rural setting in most of sub-Saharan Africa, lack of stable and well-paying livelihood opportunities is a bigger factor in the cash-based urban setting. These can broadly be classified into child characteristics e. Despite this, little evidence exists regarding food security issues and nutritional outcomes of children growing in these settlements. There is need to identify characteristics of the most vulnerable children living in these urban slums in order to devise proper targeting systems. This study seeks to explore the relative vulnerability with regards to food security and nutritional outcomes of vulnerable children and orphans living in urban poor settlements, and to explore the determinants of this vulnerability. We examine both nutritional status and food security so as to ascertain the current situation as well as possible long-term effects of orphanhood. The NUHDSS, in which the study was nested, involves a systematic quarterly recording of vital demographic events including births, deaths and migrations occurring among household residents. The NUHDSS also regularly collects data on other health and socioeconomic issues such as household assets and amenities, morbidity, and cause of death, using verbal autopsies and education. The two slum areas that comprise the study site Korogocho and Viwandani are densely populated 63, and 52, inhabitants per square kilometer, respectively and are also characterized by poor housing, high unemployment rates, lack of water supply and sanitation services, high levels of violence and general insecurity and poor health indicators. The OVC study, which was carried out between January and June , investigated various domains of child welfare. This paper uses data on nutritional status and food security among orphans and non-orphans. The target minimum sample size calculated for the study was 2, Hence, the target sample was 2, children. In addition, verbal assent was obtained from the child. Study Variables Dependent Variables Child nutritional status was derived from anthropometric measurements taken from all the children. All measurements were carried out using standard procedures. Nutritional outcomes included height-for-age score, weight-for-age score, stunting and underweight. Food security was measured through complementary interviews with both the caregiver and the index child separately. Questions asked sought to assess perceived hunger, regularity of meals, food access and food shortage. Cases with missing information on any of the food security variables were not included in the generation of the composite score a total of 63 cases. Such missing information was mainly due to questions with reference to a specific date, e.

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## Chapter 3 : USDA ERS - Key Statistics & Graphics

*The urgent need for in-depth analyses of the patterns and determinants of food and nutrition insecurity in urban areas in Uganda cannot be overemphasized.*

As part of her primary degree in Public and International Affairs, she researched community-based malnutrition initiatives in developing countries and volunteered at a malnutrition centre in Cape Town. The authors would like to acknowledge the contributions of the following to the project in Uganda: This commitment to community-driven development has helped the organisation win the trust and confidence of community partners. Plan works in four districts in Uganda Kampala, Luwero, Kamuli and Tororo , primarily located in the central and eastern regions of the country. It is difficult for families to raise enough food for survival on this land, let alone additional food to create an income basis. Children suffer the effects of this poverty, as food insecurity leads to deficient diets and malnutrition. Plan strives to achieve lasting improvements in the quality of life of deprived children in developing countries through a process that unites people across cultures and adds meaning and value to their lives by: It is equity-based and requires a change in relationships between and among individuals and institutions at all levels - children and adults, the poor and the elite, females and males. CCCD emphasises inclusiveness, respect, shared learning and the importance of actively engaging children and adults in matters that affect them. Plan has begun and will continue to shift its programme approach away from one based upon traditional top-down delivery of services, towards one that is more child-centred, participatory, and community-based. The pandemic has resulted in the death and illness of men and women in their prime ages, thus reducing the productive labour force that is engaged in agricultural production and also creating a large number of orphans in Uganda. To make ends meet, many families are selling off livestock, crops their children should be consuming, and household assets. Higher value food crops, such as coffee and vanilla, also will be promoted to improve nutrition and income-generating activities. It began in January and is projected to end in December The project was created through funding by the Douwe Egberts Foundation. The overall project objectives include: To enhance awareness of coffee as a cash crop and improve coffee quality through training and support to small coffee farmers, utilising technologies for pre- and post-harvesting, with particular emphasis on female farmers. To create and retain community participation through enabling families to make enhanced productivity agricultural investments, to sustain efforts for environmental conservation, and to properly manage natural resources. To facilitate uptake of thorough farm management practices through the introduction of intensive farming techniques and income-generating activities. To maintain an outreach programme in schools to enable school children to improve their knowledge and skills in agriculture, environmental conservation and natural resources management. This category of people has difficulty participating in community-managed projects. Studies have shown that targeted transfers of agricultural inputs can increase the livelihoods of the poor, particularly if they utilise the transfers for investment and improved productivity. This group could potentially benefit from different interventions, such as micro-credit programmes, training in modern farming techniques, and capacity enhancing activities. Community participation After raising awareness in communities about the project, over 1, farm families were identified by their communities through the SLA. These participants received training on project structure, management, documentation and objectives. In this project, Plan is adopting a community-managed project approach for certain components, such as animal provision. The project has embraced the concept of farmer-to-farmer extension, in which model farmers voluntarily support approximately five other farmers. The model farmers receive special training in topics such as coffee agronomy, post-harvest handling, soil and water conservation, and internal control systems. They are also provided with necessary tools. Project impact By the end of the first year of the project January , a number of outputs and impacts have been realised: Over 1, farmers chronically poor and economically vulnerable were trained in coffee agronomy, post-harvest handling, and soil and water conservation techniques. One example

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of a coffee improvement intervention was the provision of drying materials so that farmers could dry their coffee off the ground, thus improving coffee quality. Twenty farmer promoters six women were trained in skills that could be transferred to their fellow farmers. Farmer groups were then formed around these promoters. Fifteen demonstration gardens, that are well located and easily accessible, have been established. Over 30, coffee seedlings were distributed to farmers chronically poor to replace the old coffee trees that had been affected by coffee wilt disease. A major focus is placed on linking farmers to appropriate market channels. The implementing partner, Ibero Ltd, bought all the coffee from the participants at a premium price. Eight communities developed proposals for agricultural training. The training included improved chicken rearing practices, horticultural training, and livestock management. Additionally, some chronically poor households received chickens, goats, and piglets. Horticultural training was also conducted. Nearly chronically poor households received direct inputs, such as vegetable seeds, fruit seedlings, and orange sweet potatoes. Out of these, community nutritional trainers were identified and supported. Informational materials about child nutrition also were developed and distributed to the communities. The future Coffee plantation support group Key issues identified throughout the project will be addressed in the upcoming years. Seasonal changes and unreliable weather conditions have proved a particular challenge, since this delayed crop planting and so influenced the timing of seasonal harvesting. More attention is needed on the gender aspect of the project. Community awareness sessions could address the involvement of women in coffee production and the production of other cash crops - particularly in the case of AIDS widows who are supporting their children. Additionally, more interventions are needed specifically to target and involve child-headed households in cash crop production. Coffee production alone will not guarantee improved food security in households. For farmers with limited resources, food crop production for consumption and income generation remains vital for attaining food security. For further information, contact Moses Kalyebara, email:

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## Chapter 4 : USDA ERS - Food Security in the U.S.

*Using cross-sectional data, this study explores the key determinants of the food security and child nutrition status among poor households in Kampala. First, raising the incomes of the urban poor may turn out to be an effective means of reducing the food insecurity problem and child malnutrition.*

Show Context Citation Context The PSLSD survey data makes it possible to identify a number of activities from which rural households in South Africa are able to generate income. Acknowledgments I owe special thanks to Prof. Rieder generously welcomed me within his Department and supported me throughout the work. This study would not have taken place without his patience and understanding. I am also very thankful to Prof. Abdulai for his most helpful assistance and guidance, Abdulai for his most helpful assistance and guidance, and whose expertise has critically contributed to shaping my research and who acted as Co-examiner. I am indebted to U. Egger for his sustained interest and his constructive suggestions. I wish to express my gratitude to Prof. Reardon, from the Department of Agricultural Economics in Michigan State University, who offered me extremely valuable comments and encouragement wherever I was located. He generously inspired me through his commanding knowledge of the African rural economy and gave me invaluable guidance throughout the writing process of this text. Therefore, when analysing the way households face risk, even though food security and food consumption smoothing might be the ultimate objective, all means of dealing with food uncertainties are to Food security policies in developing countries generally focus on calorie intake, which is not sufficient to tackle the triple burden of malnutrition: Consumption of a diverse diet is important to lessen the burden and is constrained by different factors. This paper using nationally representative dataset from India, analyzes the determinants of dietary diversity, which is measured using the Entropy Index. Heterogeneous dietary diversity profile across adjoining regions highlights the persistence of uneven development in terms of consumption and health indicators. Quantile regression analysis is used to identify the impact of determinants at different parts of the intake distribution. As one moves away from towns dietary diversity improves. Large size landholders need not necessarily consume a diverse diet as Show Context Citation Context This is a very important reason as to why the developingscountries are home to a large proportion of malnourished population Pinstrup-Andersen,

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## Chapter 5 : Urban Agriculture Increases Food Security for Poor People in Africa – Population Reference

*"The urgent need for in-depth analyses of the patterns and determinants of food and nutrition insecurity in urban areas in Uganda cannot be overemphasized. Using cross-sectional data, this study explores the key determinants of the food security and child nutrition status among poor households in Kampala.*

Among preschoolers, more low income children had inadequate intakes of energy. Similar to preschoolers, higher proportions of low income school children did not have adequate intakes of energy. Inadequate income, an indicator of lower SES, puts individuals at risk of developing unhealthy dietary patterns that could contribute to inadequate or excess intakes of energy and nutrients [ 19 ]. While children from poor households are at risk of having inadequate diets that could compromise physical growth [ 7 , 9 , 10 ], socioeconomic disadvantage during childhood i. In our study, toddlers years old in all income groups had similar energy and nutrient intakes and similar percentages meeting the recommended nutrient intakes. However, low income preschoolers years old and school age children years old had lowest intakes for most nutrients and highest percentages that did not meet energy and nutrient recommendations. Meat, fruits and vegetables were not consumed regularly by these young children. Iron intake was significantly different across tertiles of wealth index with higher intake in the highest than lowest tertile groups. Among year old Hispanic and American young children enrolled in the Special Supplemental Nutrition Program for Women, Infants and children WIC , majority had higher than recommended intakes for saturated fat and sodium but inadequate intakes of dietary fiber, whole grains, vegetables and milk and dairy products [ 9 ]. Studies also reported that older children as compared to younger children, regardless of income status, tend to have poorer diet quality characterized by foods that are low nutrient dense and high in fats, sodium and added sugar and inadequate dietary fiber [ 7 , 8 , 10 ]. There are several plausible explanations to the observed relationship between household income and dietary intakes of children. Higher income could mean a stronger purchasing power for better quality foods while limited income restricts access to nutrient-dense foods [ 19 ]. Food insecurity which could be experienced by low income households is associated with lower food expenditure. This could translate into the purchase of higher energy but lower nutrient dense foods which are more affordable as compared to fruits, vegetables, lean meats and fish. In addition, the high palatability of foods high in sugar and fat could reinforce the liking for such high energy dense foods, particularly among children [ 21 ]. Food environment, particularly home and community, could also play a predominant role in influencing food choices of children. Exposure, availability and accessibility to foods at home could affect taste preference and intake of children [ 22 , 23 ]. Given that the energy cost is much lower less expensive for high energy dense foods, children in low-income households could be more exposed to high energy than high nutrient dense foods for meals and snacks at home. The shared home food environment could as well contribute to the parent-child dietary resemblance [ 24 ]. Differences in access to grocery stores or food prices, quality and selection could possibly explain these dietary disparities. Maternal education is another important factor underlying income differences in dietary intake of children. In Dutch INPACT Study [ 25 ], children of mothers with high education level consumed more fruits and vegetables per day and were more likely to have breakfast daily than children of low-educated mothers. Other studies have shown that children of educated mothers were less likely to be stunted, anemic or iron deficient [ 26 , 27 ]. The relatively high total fat and saturated fat intakes and low carbohydrate intake as percentage of energy intake observed among children of various age groups in these studies could be attributed to higher consumption of high-fat foods and lower intakes of whole grains, fruits and vegetables. We showed that the mean protein intake of children in all age groups exceeded the age-specific recommendation and that almost all children met the RNI for protein intake. Several other studies in Malaysia have reported similar findings [ 31 , 32 ]. The amount and types of protein consumed in infancy and childhood could increase the risk of adiposity in later childhood. Although the cross-sectional design of this study did not allow any inference of causal relationship for protein intake and adiposity in children, in light of increasing

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overweight and obesity among Malaysian children and adults, it is worthwhile to further investigate the contribution of protein intake to BMI trajectory of Malaysian children that could explain overweight and obesity later in adulthood. Despite the importance of fruits and vegetables for prevention of diet related chronic diseases, mean fruit and vegetable intakes of children and adults in many populations were lower than recommendations [ 36 ]. Several other studies also showed that children did not consume adequate servings of fruits and vegetables daily [ 38 , 39 ]. The low intake of dietary fiber observed among children in this study is concomitant to their low consumption of fruits, vegetables and legumes. Although we did not determine intake of whole grain foods, it is highly possible that intake of these foods was low which could be partly due to limited availability of whole grain products in Malaysia. The main sources of dietary fiber may vary by populations due to different cultural diets and availability of the fiber foods which may influence food preference and consequently intake of dietary fiber. We showed that more than half of the older children did not meet the recommendations for calcium and vitamin D. A nationwide dietary survey of children in Malaysia [ 32 ] also reported that the percentage of children not achieving the recommended calcium intake was higher in older years than younger children 6 months-3 years. The low intake of calcium could be attributed to the low intake of milk and dairy products among older children. Although milk consumption is positively associated with nutrient intakes or nutrient dense diets in children and adolescents [ 43 ], excessive consumption of milk could displace the intake of important nutrients from foods in young children. As children grow older, the gradual decline in milk intake and increase consumption of less nutritious beverages e. Low vitamin D status among Malaysian children is a rising concern in Malaysia. A recent nationwide study [ 32 ] showed that As Malaysian children are less likely to be exposed to the sun as they tend to spend more time for indoor than outdoor activities, good dietary sources of vitamin D in the diets of children are lacking and vitamin D fortified food products are limited in the markets, Malaysian children are at risk for poor vitamin D status. Studies have highlighted excessive consumption of sodium and sugar among children [ 30 , 38 , 46 , 47 ]. We showed that although the mean sodium intake of each age group was within the recommended amount, the mean sodium intakes of preschoolers and school age children were at the higher end of the recommended range. In many developing countries undergoing nutrition transition, urbanization and globalization are associated with changes in activity and eating patterns of populations towards sedentary lifestyle and higher intakes of processed foods, ready-to-eat meals and snacks and hawker, fast food and restaurant meals that are relatively high in energy, total fats, sugars and sodium [ 48 ]. For growing children, intake of high energy and low nutrient dense foods can displace the essential nutrients required for growth and development which could put them at risk of either under- or overnutrition. While informative, this study has several limitations that must be acknowledged. First, the findings are generalizable to only children living in urban communities that are similar to the selected study areas of Wilayah Persekutuan and Selangor. Nevertheless, the inclusion of children of various age groups and income levels could provide useful dietary information of children living in urban households. Second, the use of two days of diet recall and record might not reflect the usual food intakes of children and could be subjected to under- and over-reporting by parents, caregivers or older children. To ensure data quality, we carried out quality checks at various time points i. For example, if there was a suspect that food was inadequately or excessively consumed, the information was verified again with parents, caregivers or children. Third, the analysis of energy, nutrients and food groups did not include breastmilk and dietary supplements which could lead to underestimation of reported values. Based on food recalls and records, breastfeeding occurred mostly at night in home setting while growing up milks or other milks e. UHT milk were given during the day on both weekend and weekday. Fourth, children in the age groups of years and years were recruited from child care centers and kindergartens, respectively. The dietary intakes of these children could be different from children of the same age groups being cared by parents or other caregivers in a home setting. In addition, the receipt of food assistance programs which was not examined in the study e. Finally, data on sodium and sugar intake could be under or over-estimated. However, it is more likely that the data were underestimated as we included minimal amount of sodium and sugar in

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these mixed dishes and beverages. Despite the limitations, this study highlights nutritional concerns among urban toddlers, preschoolers and school age children that are similar to those reported elsewhere. High intakes of total fat, saturated fats, sodium and low intake of calcium, dietary fiber and food group servings fruits, vegetables, milk and dairy products are of particular concerns among older children. Dietary guidance to parents or caregivers of children less than 10 years old should address quality foods. There is a need for the involvement of various parties parents, caregivers, schools, health professionals, relevant ministries and food industry to ensure children, particularly those from low income households, meet the recommended amounts of nutrients, thus enabling the attainment of optimum growth and minimizing the risk of chronic diseases in adult life. The existing provision of national food assistance programs to children from low income households and promotion of breast-feeding could be among the many strategies that could improve health and nutrition of these children. World Health Organization; Global prevalence and trends of overweight and obesity among preschool children. *Am J Clin Nutr*. Ministry of Health Malaysia; Child feeding practices, food habits, anthropometric indicators and cognitive performance among preschoolers in Peninsular Malaysia. Nutritional status, dietary intake patterns and nutrition knowledge of children aged years attending kindergartens in the Klang Valley, Malaysia. Dietary intake in Head Start vs non-Head Start preschool-aged children: *J Am Diet Assoc*. Neighbourhood-level disadvantage is associated with reduced dietary quality in children. *J Nutr Educ Behav*. *J Acad Nutr Diet*. National Academies Press; Malaysian Dietary Guidelines for Children and Adolescents. Technical Working Group on Nutritional Guidelines; Energy intake and meal portions: Prospective study of major dietary patterns and colorectal cancer risk in women. Darmon N, Drewnowski A. Does social class predict diet quality? Dietary practices and nutritional status of month-old children from Brazilian Amazonia. Monsivais P, Drewnowski A. The rising cost of low-energy-density foods. Correlates of fruit and vegetable intake among adolescents. Findings from project EAT. Calcium and dairy intakes of adolescents are associated with their home environment, taste preferences, personal health beliefs, and meal patterns. Beydoun MA, Wang Y. Parent-child dietary intake resemblance in the United States: Predictors of poor anthropometric status among children under 2 years of age in rural Uganda. Effects of maternal education on diet, anemia, and iron deficiency in Korean school-aged children. The role of parents in preventing childhood obesity. Nutrient intakes of toddlers and preschoolers in Greece: Nutritional quality of the diets of US public school children and the role of the school meal programs. Food neophobia and nutritional outcomes in primary school children. Nutritional status and dietary intakes of children aged 6 months to 12 years: Protein intake during the period of complementary feeding and early childhood and the association with body mass index and percentage body fat at 7 y of age. Early protein intake and later obesity risk:

### Chapter 6 : CiteSeerX " Citation Query Household Food Security: A Conceptual Review

*security of the urban poor as there is a high level of interdependency in many contexts and households may exploit opportunities for seasonal migration to mitigate risk. Food security and nutrition among the urban poor (and causes of malnutrition).*

### Chapter 7 : Food Security and Nutritional Outcomes among Urban Poor Orphans in Nairobi, Kenya

*In this paper, we examine the effect of household food security status and its interaction with household wealth status on stunting among children aged between 6 and 23 months in resource-poor urban setting in Kenya.*

### Chapter 8 : CiteSeerX " Citation Query Nutrition policy and the urban poor in developing countries

*The study examines the relationship between orphanhood status and nutritional status and food security among children*

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*living in the rapidly growing and uniquely vulnerable slum settlements in Nairobi, Kenya. The study was conducted between January and June among children aged years.*

### Chapter 9 : Participatory Approach to Food Security in Uganda | ENN

*The U.S. Government selected Uganda as one of 12 Feed the Future target countries for focused investment under the new U.S. Government Global Food Security Strategy. USAID is the lead agency implementing Feed the Future, the U.S. Government's global hunger and food security initiative.*