



THE IMPACT OF FOOD INSECURITY ON HOMEMAKERS IN IFETEDO TOWN IN IFE SOUTH LOCAL GOVERNMENT AREA, OSUN STATE, NIGERIA.

ADEYANJU, Bridget Ebunoluwa PhD

Department of Home Economics,

Adeyemi Federal University of Education Ondo

Email: ebundaropale@yahoo.com

Abstract

This study investigated food insecurity and its implication on rural homemakers in Ifetedo town in Ife south local government area in Osun State. The research design adopted for the study was descriptive survey design while random sampling technique was used to select forty households from six wards in Ifetedo town to make a total of two hundred and forty respondents. The research instrument was structured questionnaire which was administered to the respondents. Mean was used to analyze, the data. Findings show that prolonged droughts and unpredictable rainfall, uncertainty of overall crop prospects, civil insecurity, geometric increase in size of population compared to food produced, increasing rural -urban migration due to urbanization as a result of non-availability of social amenities that play key roles in emerging food insecurity in Ifetedo town. This work suggested that provision of social amenities such as roads, portable water, electricity, etc. be provided to the rural dwellers to prevent or reduce rural-urban migration as this will ensure adequate labour for agricultural activities in the rural areas thereby increasing food production that will not only guarantee food security but will equally provide employment opportunities. It also suggested that population control will improve food security in the country. The study therefore recommended that sustainable technology improvements in agriculture can increase productivity of food and storage facilities thereby improving household access to enough food.

Keywords: Food insecurity, homemakers, population, agriculture,



Introduction

Food insecurity is the uncertain or limited access to nutritionally, adequate and safe food. (Andersen, 1990; FAO, 2016). Food insecurity is an issue that affects a significant percentage of the population, both nationally and locally (Alaimo, Briefel, Frongillo, and Olson, 1998). There are a few variables possibly influencing this occurrence. They include the socio-economic factors such as population, food storage facilities, processing facilities, and mechanized farming. Almost one out of ten households is still unable to secure its food despite the considerable effort put forward by both public and private sectors to assist poor households in getting their food needs (Nord and James 2005).

Food security exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious foods that meet their dietary needs and food preferences for an active and healthy life.' (The State of Food Insecurity in the World, 2001). Food security has many dimensions, ranging from global, regional, national, local, and household to the individual level because food security is deemed to be a multidimensional phenomenon encompassing climate change, civil conflicts, natural disasters, and social norms. World Bank (2001) has recognized three significant factors which affect food security, i.e. availability of food, accessibility of food and utilization of food. Availability of food means ample food available through personal production. Accessibility to food means a reduction in poverty, merely the availability is not enough, the poor household should have the ability to purchase it. Utilization of food means food having all the required nutrients in it (Doppler, 2002).

The international community has long been concerned about eradication of hunger and undernourishment especially of vulnerable groups. This led to its inclusion as one of the two targets of the first Millennium Development Goals (MDG). The target is a reduction by half, the number of people who suffer from acute starvation and who earn less than \$1 per day by the year 2015 (FAO, 2016). Despite the global resolution to curb the food insecurity menace, the recent report on world food insecurity highlighted that the number of people suffering from hunger has increased every year 1996. Also, about 925 million people worldwide still suffer from chronic hunger, in which 235 million hunger sufferers are from sub-Sahara Africa (FAO, 2016). Consequently, global food insecurity, coupled with the sharp increases in world food prices, the financial crisis and the economic depression, is a concept that can no longer be ignored. Thus, it was again a topic of discussion at the World Food Summit (FAO. 2016).

With majority of Nigerians residing in rural areas and about two-thirds engaged in crop and livestock production for their own use and market sales, food and nutrition security is closely tied to agricultural productivity. This is because higher production on one's own farm or from one's livestock improves the food security status of the household and vice versa. However, malnutrition is pervasive in the entire country especially across people of similar age and other categories of individuals in the rural areas. This situation persists despite various approaches addressing the challenge (Isaac, 2009). From the foregoing, it is evident that Nigeria may not be able to achieve the Millennium Development Goals especially those related to hunger and poverty, if the food insecurity situation especially among rural households is not adequately addressed.

The problem of food insecurity especially during the scarce period among rural households in Nigeria is long standing (Obamiro, 2005). This is because after harvesting most rural households are food secure as they have enough food from their own production. However, owing to inadequate processing and storage facilities and the fact that these households have other important needs, they usually end up selling their excess produce at low prices during the harvesting period. Most times, they rely on market purchases since they do not have enough to subsist on, the year round. This leads to inconsistent food availability thus contributing to food insecurity during the period.

Examining food insecurity rates by household incomes according to poverty level provides important insight into the potential strategies that can be used to address hunger. Another factor is the prevalence of food insecurity related to the availability of community resources. Transportation and financial barriers are more frequent in rural communities, as there are fewer resources available for those who are in need in rural areas (Sharkey, Johnson, and Dean 2011). In rural areas, finding work that pays well can be a challenge, making it difficult for individuals in such communities to make a comfortable living. The lack of public transportation also creates a barrier. Many rural areas often do not possess public transportation such as buses, subways, and taxis, making those who do not have a



vehicle unable to travel to where their products are located. As rural community budgets and population are smaller in proportion to those of urban areas, in addition to rural areas geographic location being so remote, public transportation is an unrealistic option for rural communities.

Statement of the problem

Household food insecurity in Nigeria is a serious problem and is widespread even when the country experiences bumper harvest. Despite people's involvement in small scale farming activities and efforts aimed at improving food security situation, there is still persistence of food insecurity within the households of small farm holders in Ifetedo town. Prominent among the causes of food insecurity is the issue of economic recession which had eaten deep into the fabric of the nation's economic system. Issues of processing and storage facilities also contribute to food insecurity in Ifetedo town due to wasting of farm produce when food is in season (i.e high season). Other problems are poor roads and transportation for conveying the harvested products to the urban areas for sale. It had greatly affected the rural households who had little or no money to purchase other family needs. Illiteracy, low educational background and lack of exposure on the part of the rural households are prominent problems that also contribute to food insecurity in the rural area. Therefore, this research work aimed at investigating the above problems and suggesting possible solutions that would be useful for the development of food security in Nigeria at large.

Objectives of the study

The broad objective of this study was to investigate food insecurity and its implication on rural home makers household in Ifetedo town in Ife-South Local Government Area of Osun State. Specifically the study:

- i. examined the factors responsible for food insecurity among rural homemakers households in Ife South Local Government Area of Osun State.
- ii. examined the trend of food insecurity among rural homemakers households in Ife South Local Government Area of Osun State.
- iii. identified the implications of food insecurity among rural home makers households in Ife South Local Government Area of Osun State.
- iv. suggested the coping strategic needed to eradicate food insecurity among rural homemakers households in Ife South Local Government Area of Osun State.

Methodology

Design and area of the study: The design used for this study was descriptive survey. The study area was Ifetedo Town in Ife-South Local Government Area of Osun State situated in the Southwest region of Nigeria. Ifetedo town is situated at 7.1°N Latitude, 4.8°E longitude; It has an area of 730km² and with the population census of 135,338 National Population Commission, (NPC, 2006). Some areas in the town include, Ikija, Isale-Ife, Baba Akodi, Jagilegbo, Hare, Otutu among others.

Population of the study: The population consisted of all households in the six selected wards in Ifetedo town, which include: Baba, Isale-Ife, Baba Akodi, Jagilegbo, Ilare and Otutu among others. The general population consisted of one hundred thirty five thousand, three hundred and thirty eight (135,338) according to the data taken by National population Commission in 2006 Census. The population consisted of both literate and Non- literate households in Ifetedo town in Ife-south Local Government Area of Osun State

Sample and sampling techniques: Simple random sampling technique was used to select the homemakers' households. The researcher selected all the community areas in Ifetedo and randomly selected six wards through the aid of simple random technique. The selected wards were the sample that was used for this study is shown below:



S/N	Study Area	Sample Size
1.	Ikija	40
2.	Isalc-Ife	40
3.	Babaakodi	40
4.	Jagilegbo	40
5.	Hare	40
6.	Otutu	40
	Total	240

Table: Selected wards in Ifetedo Town

Instrument for data collection: Structured questionnaire was used to collect data. The instrument was divided into four sections. Section A consisted of items on factors responsible for food insecurity among rural households, Section B consisted of items on trends of food insecurity among rural households in Ifetedo town; Section C consisted items on implications of food insecurity among rural household and section D consisted of coping strategies needed to eradicate food insecurity among rural households. The response categories for all the sections of the questionnaires were Strongly agree (SA), Agree(A), Disagree(D), Strongly Disagree (SD). The instrument was face validated by three experts in the Department of Home Economics, Adeyemi College of Education, Ondo.

Data collection and analysis

Two hundred and forty questionnaires were distributed, and collected for analysis. Mean score were used to rate the research questions. Any item with the mean rating of 2.50 and above was regarded as agreement while anyone with the mean rating below 2.5 was taken as disagreement.

Finding

Tables 1: Mean responses of respondents on the factors responsible for food insecurity among rural household in Ifetedo

S/N	Items	N=240, C=2.50	
			R
1	Population increase in a geometric progression while food production increases in arithmetic progression engendered food insecurity	3.8	
2	Failure to improve upon the old methods of cultivation lead to food insecurity	3.5	
3	Prolonged droughts and unpredictable rainfall, uncertainty of overall crop prospects, civil insecurity.	3.1	
4	Lack of social amenities such as good roads, electricity, good water supply increase the rural urban migration thereby reducing labour force in rural area	3.6	
5	Poverty and hunger prevent people from working hard to increase productivity Unavailability of storage and processing facilities to reduce postharvest losses	3.4	

Key: N = number of respondents, Cut= off point, x= Mean of responses, R —Remark, A —Agreed, D = Disagree

Table 1 revealed that the mean of responses on items 1, 2,3,4,5 and 6 ranged from 3.1 to 3.8 and were greater than the cut – off point (2.50). Hence respondents agreed that the factors responsible for insecurity among rural households include: population increases in a geometric progression while food production increase in arithmetic progression engendered food insecurity, failure to improve upon the old methods of cultivation lead to prolonged droughts and unpredictable rainfall, uncertainty of overall crop prospects, civil insecurity, respondents also agreed that there are no processing and storage facilities to reduce post-harvest food losses, lack of rural amenities such as good road, electricity, good water increases the rural urban migration thereby reducing labour force in rural areas.

Tables 2: Mean rating of respondents on the trend of food insecurity among rural household in Ifetedo town items

S/N	Items	N=240, C=2.50	
			R
1	Increasing rural-urban migration due to urbanization play keys in the emerging food insecurity in Ifetedo town	3.5	
2	Most States government including Osun State do not have sustainable Agricultural policy that will enhance food security in the long run	2.9	
3	Export restrictions and trading bans isolate local markets and gives farmers little incentive to expand production for the next season.	2.9	
4	The rain and water is less predictable now than before as rain comes either too late or too early or for a shorter period making fanners to be confused and do not know when to cultivate their grains and other vegetables	3.6	
5	Experience structural violence without official declaration of war such as pervasive poverty, oppression of the poor by the rich, police brutality, intimidation of ordinary people by those in power is often a major form of food insecurity in the society.	3.6	

Key: *N* — number of respondents, *C*=cut-off point, *Remark*, *x* = Mean of responses, *R*= Remark, *A*= Agreed, *D* = Disagree

Table 2 revealed that the mean of responses on items 1, 2, 3, 4, and 5 ranged from 2.9 to 3.58 and were greater than the cut- off point (2.50). Hence respondents agreed to the level of food insecurity trends among rural household in Ifetcdo town as follow: increasing rural-urban migration due to urbanization play key roles in the emerging food insecurity in Ifetcdo town, most States government including Osun State do not have sustainable Agricultural policy that will enhance food security in the long run, export restrictions and trading bans isolate local markets and give farmers little incentive to expand production for the next season, the rain and water is less predictable now than before as rain comes either too late or too early or for a shorter period making farmers to be confused and do not know when to cultivate their grains and other vegetables and experiencing structural violence without official declaration of war such as pervasive poverty, oppression of the poor by the rich, police brutality, intimidation of ordinary people by those in power is often a major form of food insecurity in the society.

**Tables 3:** Mean rating of respondents on the implications of food insecurity among rural household
N=240, C=2.50

S/N	Items	N=240, C=2.50	
			R
1	Persistent malnutrition leaves children weak, vulnerable, and less able to fight such common childhood illness as diarrhea, acute respiratory infections, malaria, and measles.	3.9	
2	Adolescents and adults also suffer adverse consequences of food insecurity and malnutrition	3.5	
3	Malnutrition can lead to decreased energy levels, delayed maturation, growth failure, impaired cognitive ability	3.1	
4	Food insecurity lead to malnutrition which diminished capacity to learn, decreased ability to resist infections and illness	4.0	
5	Food insecurity lead to certain nutritional diseases which shorted life expectancy, increased maternal mortality, and low birth weight	4.0	

Key: N = number of respondents, C=cut-off point, x= Mean of responses, R = Remark, A= Agreed, D=Disagree

Table 3 revealed that the mean of responses on items 1, 2, 3, 4, and 5 ranged from 3.1 to 4.04 and were greater than the cut- off point (2.50). Hence respondents agreed that the implications of food insecurity among rural households include: persistent malnutrition leaves children weak, vulnerable, and less able to fight such common childhood illnesses as diarrhea, acute respiratory infections, malaria, and measles, adolescents and adults also suffer adverse consequences of food insecurity and malnutrition, malnutrition can lead to decreased energy levels, delayed maturation, growth failure, impaired cognitive ability, food insecurity lead to malnutrition which diminished capacity to learn, decreased ability to resist infections and illnesses and food insecurity lead to malnutrition which shortened life expectancy, increased maternal mortality, and low birth weight.

Table 4: Mean rating of respondents on the coping strategies needed to eradicate food insecurity among rural household

S/N	Items	N=240, C=2.50	
			R
1	The leaders must adhere strictly to unique agricultural policy that will be subjected to periodic review by experts concerned instead of the current policy somersault as we are currently witnessing	3.8	
2	Provision of social amenities such as roads, portable water, electricity etc. should be provided to the rural dwellers to reduce rural-urban migration as this will ensure there is adequate labour for agricultural activities in the rural areas.	3.9	
3	Government and other development partners such as world bank, UNICEF, FAG, WIT and others should rise up to assist the government in educating people on birth control so that there can be food security guaranty.	3.7	
4	Government do everything possible to ensure there is adequate provision of processing and storage facilities for Agricultural products so that there will be all year round security.	3.6	
5	The government of Nigeria through the Ministry of Agriculture provided fertilizers and seeds to farmers as these are an effort to boost food production at the farm level.	3.1	

Key: A=Agreed, D=Disagreed, N=Number of respondents, C=cut-off point, x= Mean of responses, R —Remark

Table 4 revealed that the mean of responses on items 1,2,3,4, and 5 ranged from 3.1 to 3.9 and were greater than the cut-off point (2.50). Hence the respondents agreed on the above stated coping strategies needed to eradicate food insecurity among rural household include: the leaders must adhere strictly to unique agricultural policy that will be subjected to periodic review by experts concerned instead of the current policy somersault as we are currently witnessing, provision of social amenities such as roads, portable water, electricity, etc. should be provided to the rural dwellers to reduce rural-urban migration as this will ensure there is adequate labour for agricultural activities in the rural areas, government and other development partners such as world bank, UNICEF, FAO, WFP and others should rise up to assist the government in educating people on birth control so that there can be food security guaranty, government do everything possible to ensure there is adequate provision of processing and storage facilities for agricultural products so that there will be all year round food security and the government of Nigeria through the Ministry of Agriculture provided fertilizers and seeds to farmers as these are an effort to boost food production at the farm level.

Discussion of the Findings

The respondents agreed to the first research question with the view that there are many factors responsible for food insecurity. Natural disasters such as drought, climate change and flooding are said to reduce food production for a particular period (Julius 2011). In the case of Nigeria, there is no doubt that droughts have created severe food shortages crop failures and livestock deaths triggering severe food shortages in the country According to the World Bank (2006), the whole Nigeria economy is dependent on rainfall and data on rainfall variation and Gross Domestic Product growth from 1982 to 2000 illustrate that there is a positive correlation between the two.

Thus, natural disasters have obvious negative impacts on food production and even on the economic performance of the country and thereby bring food insecurity (Vadala, 2009).

Julius (2011) also stated that drought leads to crop failures which trigger severe food shortage in the country. Gender inequality is a major cause of hunger and poverty. Food security can be a major concern for people who are incapable of or denied access to participation in labour that are formal, informal or agricultural.

Furthermore, Poverty and hunger prevent people from working hard to increase productivity. Food and agricultural productivity is both capital and labour intensive. Unfortunately, it is the poor peasant farmers that produce the bulk of food needs in Nigeria, due to their level of poverty, they find it very difficult to learn, work and care for themselves and their family members, let alone getting the necessary inputs and energy to produce for others.

Food insecurity which may lead to persistent malnutrition leaves children weak, vulnerable, and less able to fight such common childhood illnesses as diarrhea, acute respiratory infections, malaria, and measles. Adolescents and adults also suffer adverse consequences of food insecurity and malnutrition. Malnutrition can lead to decreased energy levels, delayed maturation, growth failure, impaired cognitive ability, diminished capacity to learn, decreased ability to resist infections and illnesses, shortened life expectancy, increased maternal mortality, and low birth weight. This is in line with the work of Vadala (2009) whose opinion is that food insecurity may also result to political instability just as food-insecure individuals may manifest feelings of alienation, powerlessness, stress, and anxiety, and they may experience reduced productivity, reduced work and school performance, and reduced income earnings. Household dynamics may become disrupted because of a preoccupation with obtaining food, which may lead to anger, pessimism, and irritation among other vices.

Conclusion

The prevalence of food insecurity among the rural residents is high. However, even among the urban residents there are disparities which exist in food security status. In this study, households with low educational attainment were more likely to be food insecure than those with at least some basic education.

The urban poor face unique challenges that are different from those faced by their rural counterparts. Therefore, effective strategies to address the vulnerability of the slum residents to food insecurity in the short term are warranted. However, investments in education may have long-term dividends in efforts to reduce food insecurity. This is in line with the capability approach, which recognizes the role played by education in increasing capabilities



of people and by extension households. Education alone, may, however, not reduce the severity of food insecurity if other economic opportunities, such as employment, are not available, calling for a systems approach.

Recommendations

This work suggested that provision of social amenities such as roads, portable water, electricity (to enhance the storage of perishable foods), be provided to the rural dwellers to prevent or reduce rural-urban migration as this will ensure adequate labour for agricultural activities in the rural areas thereby increasing food productivity that will not only guarantee food security but will equally provide employment opportunities to the growing population in a way that it will reduce the pressure in the urban centers. It also suggested provision of storage facilities such as silos for the storage of grains. Under this, the government should also encourage mechanized farming as a way of reducing the incidence of food insecurity as all over the world now agriculture is a serious business enterprise and the world has moved beyond the era of subsistence farming whereby agriculture is seen as feeding the immediate family with little or nothing for income drive.

This work further suggested that population control will improve food security in the country. Just like other African countries where poverty is rampant, population is majorly uncontrolled as the methods of achieving this menace such as contraceptives is still unpopular especially in the rural areas thereby resulting to population surge among the people thus encouraging undue competition for insufficient food. Government and other development partners such as world bank, UNICEF, FAO, WFP and others should rise up to assist the government in educating people on birth control so that there can be food security guaranty.

References

- Alaimo, F., Briefel, C., Frongillo, P. & Olson, L. (1998). "Exploring Diversity and Difference in Food Systems under Stress". In J. Pottier (ed.) *African Food System under Stress. Issues, Perspectives and Methodologies*.
- Andersen, A. (1990). *A quantitative analysis of poverty and livelihood profiles: The case of rural Rwanda*. Elsevier Ltd accessed at <http://www.journal.elsevier.com/food-policy/#description>
- Doppler, T. A. (2002). *Famine and household coping strategies*. World development, 16(29): 1099-1112.
- FAO, (2016). *Rome Declaration on World Food Security and World Food Summit Plan of Action*. World Food Summit 13-17 November 2006. Rome
- Isaac, (2009). *Household Food Security Status in South Africa*.
- Julius H. (2011) *Effects of drought on the farm crops in Africa*. International journal of climate change. Vol 2
- National population commission (2009)
- Nord, A. and James, P. (2005). *Coping with Rising Food Prices: Policy Dilemmas in the Developing World*, Working Papers 2005-04, The George Washington University, Institute for International Economic Policy.
- Obamiro, A. (2005). *Shocks and their consequences across and within household in rural Zimbabwe*. [WWW document] URL [Http://www.sarpn.za/document/](http://www.sarpn.za/document/) Accessed 01 July, 2017.
- Sharkey, F. Johnson, A. and Dean, P. (2011). *Agricultural Development for Food security and sustainability in Nigeria* in Behnassi, M. et al. (eds.), *Global Food Insecurity: Rethinking Agricultural and Rural Development Paradigm and Policy*, © Springer Science-HB Business
- Vadala, D. (2009). *Identification of methods and tools for emergency assessments to distinguish between chronic and transitory food insecurity, and to evaluate the effects of the various combinations of shocks on these, different livelihood groups*. Rome: United Nations World Food Programme.
- World Bank, (2006). *Nigeria Poverty in the Midst of plenty. The Challenge of Growth without Development*. A World Bank Poverty Assessment. Abuja: Will R. E. and Valtcr.