

DECISION MAKING AID:



FOOD SECURITY



Food security is the state where all people, at all times, have reliable physical and economic access to sufficient, safe and nutritious food that meets not just their dietary needs but also their preferences for an active and healthy life. It has four pillars: (1) Food availability which means the food is physically available, (2) food access is when households have adequate resources to obtain appropriate food, (3) food stability is when there is a permanent and durable access to food, and (4) food utilization is when food is nutritious and can be adequately metabolised and used by the body. Food insecurity is linked with poverty and malnutrition.



Hence, World Vision Development Foundation focuses on helping the most vulnerable children overcome poverty and undernutrition by enabling food security in the implementation of health and nutrition technical programs which aims to increase the number of children aged 0-5 years old who are well-fed. The program evaluation aims to know how the household food security, household dietary diversity, and food consumption score. While there is no WVDF program which mainly focuses on food security, they have enabling programs such as Positive Deviance/Heart (PD/H), Go Baby Go! Parenting Program (GBG), Building Secure Livelihoods (BLS), and Community-managed Savings and Credit Association (CoMSCA).

HOUSEHOLD FOOD SECURITY

In Bukidnon, 3 out of 100 households were food secure and 5 out of 10 households were found moderately to severely food insecure. For Camarines Norte and Pangasinan, 1 out of 10 households were food secure, and 4 out of 10 households were moderately to severely food insecure. Lastly, in Sultan Kudarat, 1 out of 10 households were food secure while 5 out of 10 households were moderately to severely food insecure.



HOUSEHOLD DIETARY DIVERSITY AND FOOD CONSUMPTION SCORE

For household dietary diversity, 9 out of 10 households in Pangasinan had acceptable household dietary diversity while all households from Bukidnon, Camarines Norte, and Sultan Kudarat had acceptable house dietary diversity. As for the food consumption score, across the four areas, 9 out of 10 households had acceptable food consumption scores. Lastly, beneficiaries across the four areas mainly consume rice, condiments, eggs, vitamin A rich fruits, dark green leafy vegetables, and oil.



NOTABLE FINDINGS

Despite the high food consumption score and household dietary diversity score, the majority of the beneficiaries still suffer from different severity of food insecurity, which means they might worry about their food choices, compromise with the quantity of food, and might even experience hunger.



WHAT WORKED WELL?

The projects enabled the beneficiaries to provide more food to their children by provision of livelihood through the building secure livelihoods program, and teach financial literacy and build savings through the CoMSCA program. PD/H and GBG also highlights the importance of proper feeding practices which can affect their health.

"I'm thankful for the seeds that they gave for us to plant, that's where I get our vegetables for our everyday... They give seedlings, like eggplant, tomatoes, lady fingers, upo, bitter gourd and chili"

The duck was a huge help for me... I used the money that I earned for their [children's] allowance and their meals, ma'am

"Before, you can see the children and even the mothers have poor hygiene when they go to the venue. But several months later, when we visit them in their homes, you can see a significant improvement on their hygiene"

RECOMMENDATIONS

- The delivery of programs targeting household food security should be improved. The scheduling of this delivery must be considered in relation to the seasonality of different vegetables to ensure sustainability.
- Home garden initiatives should be reinforced with the establishment of community gardens (village-initiated gardens) and the provision of protein sources, such as chickens. Additionally, seedlings for legumes and nuts should be provided.



DECISION POINTS AND WAYS FORWARD

- Focus on households who suffer from moderate to severe food insecurity. It is recommended to prioritize them, especially in the livelihood programs as one of the basic causes of household food insecurity is lack of livelihood.
- Capacitate the fathers to sustainable livelihood that ensures food security and sustainability within their home and community (e.g., community gardening, food processing, small livestock production, organic fertilizer production)

- **Household Food security.** As adapted from Food Agriculture Office's definition "it is achieved when all people, at all times, have physical and economic access to sufficient, safe, and nutritious food that meets their dietary needs and food preferences for an active and healthy life"
- **Food secure.** There is adequate access to food in both quantity and quality.
- **Mildly food insecure.** When faced with uncertainty about continued ability to obtain adequate food.
- **Moderate food insecure.** There is a reduction in the quality and/or quantity of their food and are uncertain about their ability to obtain food due to lack of money or other resources.
- **Severe food insecure.** Food has run out and, at the most extreme, have gone days without eating. This group of people are those we call the "hungry"
- **Household Dietary Diversity.** It was defined as the number of different foods or food groups eaten for the previous seven (7) days (past week), not regarding the frequency of consumption
 - **Poor:** Consumed ≤ 5 food groups
 - **Borderline:** Consumed 6-8 food groups
 - **Acceptable.** Consumed 9-12 food groups
- **The Food Consumption Score:** The FCS is a frequency-weighted diet diversity score calculated using the frequency of consumption of different food groups consumed by a household during the seven days before the survey. The FCS were calculated based on the diversity of household's consumption of nine food groups – main staples, vegetables, fruits, meat and fish, oils, condiments, sugar, milk and pulses.
 - **Poor:** 0-28 FCS
 - **Borderline:** >28-42 FCS
 - **Acceptable:** >42 FCS



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