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An Assessment of Household Food Security as Antedote for Prevention of Malnutrition among People of Ilorin South Local Government, Kwara State

By

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Abstract

This paper Assess Impact of Household Food Security in Prevention of Malnutrition among people of Ilorin South Local Government, Kwara State. Stratified random sampling technique was employed to select six hundred and fifty respondents used for the study. The instrument used in gathering information for the study was researchers structured and developed questionnaire that had been adequately validated by experts in fields of nutrition education and health education. The instrument was pilot tested using tests-retest reliability method, and a reliability coefficient of correlation of 0.82r was obtained. A descriptive research design was adopted for the study. In all, four research hypotheses were formulated and tested were analyzed by the use of chi-square (χ^2) statistical method. The finding from the study shows that household food security have greater impacts on prevention of malnutrition within the households; It is also revealed that household food security ensure adequate supply of different food stuff needed by people within recommends that government should ensure provision of strategic food reserves which the people call fall back on in times of adversity like

drought and other natural disasters; Also, all members of family should endeavour to budget and make adequate provision for family foods.

Keywords: Assessment, Household, Food, Security, Antedote, Prevention, Malnutrition

Introduction

The growth and development of an individuals depend to a large extent on the quality and quantity of foods taken by them. An individual nutritional status is often determined by the quality of nutrients contain in food they eat. Food is a basic necessity of life. Its importance is seen in the fact that it is a basic means of sustenance and an adequate food intake, in terms of quantity and quality, is a key for healthy and productive life.

Food security entails availability, accessibility, affordability and preservative nature of food within a given period of time. According to Oriola (2009), Food security entails producing food that will go round every citizen both in quantity and quality. Food security in relation to people needs means food sufficiency and adequacy. World Bank (1986) noted that food security means access by all people at all time to enough food for an active and healthy life.

Household food security is an embodiment of process involving food safety, preservation, storage and consumption for healthy living. Household food security implies assurance of having three daily meals adequately by all members of family or household throughout the year without any shortfall within the year. Olise (2007) posited that a family is food secured if it has enough food to cover the nutrients needs of its members throughout the year, as well as economic measures like credit and income generating schemes for families.

Household food security has as one of its essential elements, the availability of different types of foods containing the individual nutrient needed for growth and development. Omonona and Agoi (2007) stated that food availability is a function of the combination of domestic food stocks, commercial food imports, food aid, and

domestic food production, as well as the underlying determinants of each of these factors.

One of the major problems hindering sustainable development all over the world is how to overcome hunger resulting from insufficient food production and low purchasing power. Omotesho, Joseph, Apata and Muhammad (2009) asserted that the greatest major world problem today is how to eliminate hunger and overcome poverty. They emphasized that the challenge identified above is greatest in the developing countries where people starve for lack of adequate food and nourishment, and where starvation and poverty go hand in hand.

The quality and quantity of foods available to people within a household determine their nutritional status and their state of health. Omonona and Agoi (2007) noted that food utilization, which is typically reflected in the nutritional status of an individual, is determined by the quantity and quality of dietary intake, general childcare and feeding practices, along with health status and its determinants. Gebremedhin (2000) emphasized that the consequences of hunger and malnutrition are adversely affecting the livelihood and well-being development of many poor countries.

The concept "adequate food supply" is the cardinal goal and one of the essential elements of household food security. Food availability within the household is determined by the rate of food production, food consumption and income distribution (purchasing power) of people. Omonona and Agoi (2007) stressed that food access is influenced by the aggregate availability of food through the impact of the latter on supplies in the market and on the market prices. They added that these factors are in turn determined by the resources endowment of the household, which defines the set of productive activities they can pursue in meeting their income and food security objectives.

In order to ensure adequate utilization of food for healthy growth and development there is need to strike balance between quantity of food demanded (needs) and quantity supplied (produced) for effective food security. World Bank (1991) observed that there is normally an overlap between poverty and food security due to

inadequate income and wealth, hence, their inadequate access to available food. Income growth on the other hand helps to improve food demand, leading to food security.

The initiation of household food security programme is aimed among other at prevention of malnutrition and promotion of adequate food production and supply. Nutritional diseases can be prevented through consumption of food rich in all the essential nutrients derivable from different variety of food. In order to meet daily individual nutrients required for normal growth and development, each household should be stock with different food stuff. Smith, Ramakrishnan, Ndiaye, Haddad and Martorell (2003) asserted that malnutrition affects one out of every three pre-school age children living in developing countries. This disturbing, yet preventable state of affair causes untold suffering and presents a major obstacle to the development process.

By and large, malnutrition often resulted from insufficient intake of foods that supply needed nutrients to the body. It is a problem arising from scarcity of foods that contain all the nutrients. Hence, household food security is a sine qua non, in an effort to prevent malnutrition and ensure healthy living. Food and Agricultural Organization (1996) posited that poverty, hunger and malnutrition have been identified as some of the principal causes of increasing and accelerated migration from rural to urban areas in developing countries. In order to forestall incidence of malnutrition and ensure healthy living, there is need to improve food production and storage method within the household.

Research Questions

This study was carried out with the use of the following research questions:

1. Does household food security have significant impact on availability of food stuff to people within the households in Ilorin South Local Government?
2. Does household food security have significant impact on the quality of nutrients intake of people in Ilorin South Local Government?

3. Does household food security have significant impact on adequate supply of foods to people in Ilorin South Local Government?
4. Does household food security have significant impact on prevention of malnutrition among members of households in Ilorin South Local Government?

Research Hypotheses

The following null hypotheses were tested for the study at 0.05 alpha level of significance:

1. Household food security will not have significant impact on availability of food stuff to people within households in Ilorin South Local Government, Kwara State.
2. Household food security will not have significant impact on the quality of nutrients intake of people in Ilorin South Local Government, Kwara State.
3. Household food security will not have significant impact on adequate supply of foods to people in Ilorin South Local Government, Kwara State.
4. Household food security will not have significant impact on prevention of malnutrition among members of households in Ilorin South Local Government, Kwara State.

Purpose of the Study

This study focus on assessment of impact of household food security on prevention of malnutrition among members of household in Ilorin South Local Government, Kwara State. The study also aimed at further.

- Investigate impact of household food security on availability of food stuff to people within the households in Ilorin South Local Government, Kwara State;
- Determining the impact of household food security on quality of nutrients intake of people in Ilorin South Local Government, Kwara State;

Establishing the impact of household food security on prevention of malnutrition among members of households in Ilorin South Local Government, Kwara State.

Methodology

The descriptive survey research design was used for the study. The study population comprises of all members of households within Ilorin South Local Government, Kwara State. In all stratified random sampling technique was used to select six hundred and fifty out of six thousand, five hundred heads of households within Ilorin South Local Government were used for the study.

The instrument employed in gathering information for the study was researchers structured and developed questionnaire adequately validated by two experts in nutritional education and health education. Test retest method was used to determine the reliability of the research instrument. A reliability coefficient of correlation of .82r was obtained using Pearson Product Moment Correlation Statistical Method to compare and analyze the data collected from pilot test conducted.

In all, four research hypotheses were formulated and tested with the use of chi-square (X^2) statistical method of analysis. The result of analysis and interpretation of data collected for the study were tabulated below:

Data Presentation and Analysis

Hypothesis One: Household food security will not have significant impact on availability of food stuff to people within Ilorin South Local Government, Kwara State.

Table 1: Impact of Household Food Security on Availability of Food Stuff to People

S/N	Item	SD	A	D	SD	Row total	cal (χ^2) value	df	Crit. (χ^2) value	Dec
1	A family is food secured if it can afford three daily meals without any hitch	140 (165 .67)	480 (447 .67)	25 (25)	5 (11.66)	650	35.92	6	12.59	hypothesis rejected
2	An individual is food secured if the sources of food available to him/her are adequately protected and safe for consumption	152 (165 .67)	468 (447 .67)	20 (25)	10 (11.66)	650				
3	Household food security also entails safe food consumption and utilization	205 (165 .67)	395 (447 .67)	30 (25)	20 (11.66)	650				
Total		497	1343	75	35	1950				

The analysis in table 1 above shows calculated chi-square value of 35.92 against the critical value of 12.59 with degree of freedom of 6 at 0.05 alpha level of significance. Since the calculated value is greater than the critical value, the above hypothesis is hereby rejected. This means that household food security have greater impact on availability of different food stuff to people within households.

Hypothesis Two: Household food security will not have significant impact on the quality of nutrients intake of people in Ilorin South Local Government, Kwara State.

Table 2: Impact of Household Food Security on Quality of Nutrients Intake of People

SN	Item	SD	A	D	SD	Row total	Cal (χ^2) value	Df	Crit. (χ^2) value	Dec
1	Poverty and poor economic power hinder attainment of viable household food security	1822 (2077 .33)	378 (394 .33)	60 (32.33)	30 (16)	650	61.79	6	12.59	Hypothesis Rejected
2	Inability to afford the price of some highly nutritious food account for food insecurity	320 (207 .33)	390 (394 .33)	19 (32.33)	11 (16)	650				
3	Food scarcity resulting from inadequate food production account for inadequate food available to the household.	210 (207 .33)	415 (394 .33)	18 (32.33)	7 (16)	650				
Total		622	1183	97	48	1950				

The result of analysis in table 2 above shows calculated chi-square value of 61.79 against the critical value of 12.59 with degree of freedom of 6 at 0.05 alpha level of significance. Since the calculated value is greater than the critical value, the above stated hypothesis is hereby rejected. This shows that household food security have much impact on quality of nutrients intake of people within the households.

Hypothesis Three: Household food security will not have significant impact on adequate supply of foods to people in Ilorim South Local Government, Kwara State.

Table 3: Impact of Household Food Security on Adequate Supply of Foods to People

S/N	Item	SD	A	D	SD	Row total	Cal (x ²) value	Df	Crit (x ²) value	Dec
1	Low food production is often responsible for insufficient food supply to people within the households.	148 (160)	462 (439) .33)	32 (40)	8 (10.67)	650	61.79	6	12.59	Hypothesis Rejected
2	Poor preservation and storage method affect food supply and security within the households.	150 (160)	458 (439) .33)	34 (40)	8 (10.67)	650				
3	The income level and food preference of members of household determines to a large extent, the quality and quantity of foods available to them.	182 (160)	398 (439) .33)	54 (40)	16 (10.67)	650				
Total		480	1318	120	32	1950				

The above analysis in table 3 shows calculated chi-square value of 21.81 against the critical value of 12.59 with degree of freedom of 6 at 0.05 alpha level of significance. Since the calculated value is greater than the critical value, the above stated hypothesis is hereby rejected. This means that household food security wielded much impact on adequate supply of food to people.

Hypothesis Four: Household food security will not have significant impact on prevention of malnutrition among members of households in Ilorin South Local Government, Kwara State.

Table 4: Impact of Household Food Security on Prevention of Malnutrition among Members of Household:

S/N	Item	SD	A	D	SD	Row total	Cal (x ²) value	Df	Crit (x ²) value	Dec
1	Availability of sufficient and different types of foods help in meeting daily nutrients required by individual	135 (137 .33)	475 (472)	35 (33)	5 (7.67)	650	15.44	6	12.59	Hypothesis Rejected
2	Household food security ensure food accessibility to people and prevent malnutrition in them.	120 (137 .33)	488 (472)	28 (33)	14 (7.67)	650				
3	Household food security entails food preservation, storage and consumption all of which help in prevention of malnutrition.	157 (137 .33)	453 (472)	36 (33)	4 (7.67)	650				
Total		412	1416	99	23	1950				

The finding from analysis in table 4 shows calculated chi-square value of 15.44 against the critical value of 12.59 with degree of freedom of 6 at 0.05 alpha level of significance. Since the calculated value is greater than the critical value, the above stated hypothesis is hereby rejected. This means that household food security have greater impact on prevention of malnutrition among members of households.

Discussion of Findings

The finding from hypothesis one (1) reveled that household food security have much impact on availability of different food stuff to people. This finding confirms earlier finding of Omonona and Agoi (2007) that food availability is a function of the combination of domestic food production as well as the underlying determinants of each of these factors. The major objective of household food security is

to ensure that members of each household have enough foods at their disposal. This is why household food security have much impact of availability of different food stuff to people.

The result of analysis of hypothesis two (2) shows that household food security have much impact on the quality of nutrients intake of people within the households. This findings agrees with finding of Omonona and Agoi (2007) and Gebremedhin (2000) that food utilization, which is typically reflected in the nutritional status of an individuals is determined by the quantity and quality of dietary intake, general child care and feeding practices, along with health status and its determinants. They emphasized that hunger and malnutrition are resultant effects of low quantity and quality of food available to people within the household. The national household food security can be achieved through adequate production and supply of different types of food to people. This is why we cannot talk of household food security without mentioning adequate food supply.

It is revealed from analysis of hypothesis three (3) that household food securities have much impact on adequate supply of food to people within the households. This finding is in line with World Bank (1991) and Omonona and Agoi (2007) observed that there is normally an overlap between poverty and food security due to inadequate income and wealth, hence, inadequate access of people to adequate food supply. They stressed that food access is influenced by the aggregate availability of food through the impact of the latter on supplies in the market and on market prices. The nutrition status of members of a household depends largely on availability of different food stuff reach in all the essential food nutrients.

The finding from analysis of hypothesis four (4) shows that house hold food security have greater impact on prevention of malnutrition among members of households. This confirms Smith, Ramakrishnan, Ndiaye, Haddad and Martorell (2003) that malnutrition is a disturbing and preventable state of affair which cause untold hardship to people, and can be corrected by ensuring adequate food security within the households. Food and Agricultural Organization (1996) corroborated that poverty, hunger and malnutrition have been identified as some of the principal causes of

increasing and accelerated migration from rural area to urban centre in developing countries. This incidence can be forestalled by improving food production and storage method within the households. It has been established that nutritional status of members of household depends to a large extent on the types of food stuff available within the household. Availability of foods rich in all the body nutrients need help in prevention of malnutrition among members of the household.

Conclusion and Recommendation

The finding from the study shows that household food security has much impact on prevention of malnutrition among people within the household in Ilorin South Local Government, Kwara State. It could also be deduced from the finding that household food security exert much impact on availability and adequate supply of different food stuff to people within the households. The study also reveals that household food security impact positively on quantity and quality of nutrients intake of people within the households. Based on these findings, the following recommendations were made:

- Government should improve on food production to ensure availability of different food stuff through formulation and implementation of relevant agricultural policies and subsidized inputs like seedlings, fertilizers and machinery;
- Government should ensure provision of strategic food reserves, which the people can fall back on in times of adversity like drought and other natural disasters;
- Increasing the purchasing power of people to enable secure different food variety that will supply all the body needed nutrients;
- All members of family should endeavour to budget and make adequate provision for family foods;
- All households should device appropriate food storage/preservation method especially during harvest seasons to last through the lean periods;
- Government through nutritionists should endeavour to sensitize people on need to ensure effective storage and preservation by embracing household food security programme.

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