Food Science and Quality Management
ISSN 2224-6088 (Paper) ISSN 2225-0557 (Online)
Vol.115, 2022


# Issues of Food Insecurity and Coping Strategies: The Case Hababo Guduru District,Oromia, Ethiopia

Chimdessa Boja
Department of Rural Development and Agricultural extension, Bule Hora University
PO box 144, Bule Hora, Ethiopia

**Abstract**
The main objectives of the study were to assess the food security status, to identify major factors that determine food security, and to identify the coping strategy used by vulnerable households of HababoGuduru by employing simple descriptive statistics. In this study, a multi-stage sampling procedure was used to select sample households. 60 households were selected from two selected kebeles. Both qualitative and quantitative data were collected from primary and secondary sources to identify important variables that were assumed to affect household food security. Household calorie acquisition was used to analyze the state of household food security. Food insecure households reported having employed different coping strategies including eating less preferred, limiting the size and frequency of meals eaten per day. Increased food prices, household income, Sex of household head, educational status of the household head, dependency ratio, and market distance are some independent predictors of food insecurity in this area. Thus, designing and implementing development interventions concerning the above potential variables are crucial to enhance sustainable food security in the study area.
**Keywords:** Challenges, Determinants, Food insecurity, Food security, Household
**DOI:** 10.7176/FSQM/115-01
**Publication date:**May 31st 2022

## 1. Introduction

Food is a basic and very essential thing in human life. We can do nothing without food . However (Frehiwot 2007) indicated a huge quantity of food manufacture in the world does not ensure any country's food security. Moreover, the huge production of food at the countrywide level didn't assure household food security.

Subsequently the problematic of food security is very serious in human life many researchers, planners, donors, and international development agencies, have given high priority to the problem of food sufficient in several developing countries especially those in Sub-Saharan (Mequanent,2009)

Similar to other areas problem is also increased in rural areas from time to time there are many factors to increase this problem.

According to (WFP,2009), the educational level of the household head, income source, market and food prices, supply of food commodities are some examples.

Currently, the rural population is increased more rapidly as compared to the previous time. UN projections suggest that the world rural population will grow by more than a billion people between 2010 and 2025, It is likely that the proportion of the global population not producing food will continue to grow (UN,2008)

One reason to increase the number of the rural population is the migrate on of people from one rural area to rural areas to gain better facilitate and enough food. But as the population increased many problems like serious problems of food security have resulted. Many studies show that hundreds of millions of urban dwellers face food security problems today. This is far more related to their lack of income (Cohen and Garrett, 2009).

When we came to our country, as the report shows Ethiopia's economy has grown substantially over the last five years but the country remains one of the world's poorest. The scale of food insecurity and malnutrition remains serious, and 23 million people have insufficient income to meet their food needs. Urban food security is an emerging area of development concern, and it is fundamentally different from food security questions in rural and agricultural sectors, (WFP, 2012)

The factory of food insecurity in some party of Oromia region suggested that Oromia is no serious problem. Accordingly, the study conducted by Teshale,2009 Chala foka and kewo is located in hababo Guduru woreda of horro Guduru zone of oromia region food insecurity is occurred among households used to the climatic factory and another agroecological factor. Habobo Guduru is found in Horro Guduru Welega zone far from 45km from shanbu town. Most of the population lives in rural areas because the population depends on agriculture. The major problem of food security is insufficient rainfall. Therefore in the study area to identify food insecurity and coping strategies at household level.

Ethiopia's growth and development strategy identify food security as a key issue for sustained economic growth and poverty reduction. Achieving food security is high on the agenda of the Ethiopian government. Ethiopia's food security is shaped by a combination of development challenges and opportunities. The humanitarian need in Ethiopia remains significant and shapes the degree to which Ethiopia will be able to

 

achieve its growth objectives and development vision over the next ten years. Over 12 million people depend upon some food aid assistance throughout the year to meet basic needs (USAID, 2016).

Several factors can be mentioned as causes for food insecurity in rural areas. As Ahmed (2008) indicated the increase in global food prices in 2008. Rising population, rapid economic growth in emerging economies which resulted in increased food demand, and declining global stocks of food grains can be mentioned as an example.

Food insecurity is a common problem and related to different factors among households in east wellega of Ethiopia. In the context of increased food prices, household income is an independent predictor of food insecurity only among households in the low income, rural households. Tefera, *et al.,* (2016).

Different factors cause food insecurity in the rural parts of our country. Understanding the drivers of rural food insecurity and recommending sustainable interventions is necessary to overcome the problem. Hence, this research was focused on identifying major determinants of food insecurity and coping strategies in the HababoGuduru district.

The motivation of undertaken this area is the extent of food insecurity problem is differs from place to place and in accordance to the social position and actual life condition. So that research undertaken in the area of food insecurity at HababoGuduru is essential since the results may give a spotlight to development planners to combat its problem at the rural level.

.

### 1.2 Obective

The aim of the study was to analyze the determinants of household food insecurity and coping strategies in the HababoGuduru district .

**Specific objectives**

- ✓ To Evaluate the food security status of HababoGuduru district
- ✓ To identify major issues that determine food insecurity in HababoGuduru district
- ✓ To Identify the coping strategy of vulnerable households of HababoGuduru

### 1.3 Scope and limitation of the study area

The study was conducted in the HorroGuduru zone, in HababoGuduru at household level and other geographical areas are not included in the study as there is a limitation of Finance and time, Moreover, conceptually the study was limited only to the determinants and coping strategies of food insecurity in HababoGuduru

### 1.4 The significance of the study

This research has its predetermined objectives and aims that it initially sought to generate food security information to help policy and decision-makers to design and implement programs that contribute to the reduction of food insecurity in HababoGuduru and other urban areas. In addition, it will contribute to the development process of the country.

The other reason undertaken these areas are to identifying, analyzing, and understanding those elements that are responsible for variation in household food security in places like HababoGuduru district are needed to guide policy decisions, appropriate interventions, and integrated efforts to combat food insecurity at the district and household level

It will also enable development practitioners and policymakers to have better knowledge as to where and how to intervene in rural areas to bring food security or minimize the severity of food insecurity and study of determinants of food insecurity is vital because it provides within the formation that will enable effective measures to be undertaken to improve food security status and bring the success of food security development programs

## 2. LITERATURE REVIEW

### 2.1 Definition of Key Concepts

#### 2.1.1 Food Security

Food security is a multidisciplinary concept that includes economic, political, demographic, social (discriminatory food access), cultural (eating habits), and technical aspects. The definition given by the 1996 World Food Summit shows that we can say people are food secure when they have all-time access to sufficient, safe, nutritious food to maintain a healthy and active life (FAO, 2006).

Food security analysts look at the combination of the following three main elements: Food availability which means food must be available in sufficient quantities and consistently. It considers stock and production in a given area and the capacity to bring in food from elsewhere, through trade or aid. The next is Food access which is People must be able to regularly acquire adequate quantities of food, through purchase, home production, barter, gifts, borrowing, or food aid, the last is Food utilization in which Consumed food must have a positive nutritional impact on people. It entails cooking, storage and hygiene practices, individual health, water,

 

and sanitation, feeding and sharing practices within the household (WFP, 2012).

The term "food security" originated in the international development literature of the 1960s and 1970s, and at that time referred to "the ability of a country or region to assure adequate food supplies for its current and projected population. Since that time, there has been a great deal of attention to the concept of food security and its determinants within populations and at the household level as well as to issues of measuring food security (or its inverse, food insecurity) at the household level in large surveys. At present many researchers, planners, donors, and international development agencies, have given high priority to the study of the food system and the problem of food security because of deepening food crises in several developing countries especially those in Sub-Saharan Africa (Gezahegn, 1995 as cited in Mequanent,2009).

Food security as a basic human right has been affirmed by several international conventions over the last two decades and elaborated in the international legal literature (Anshaet *al*., 2009).

**2.1.2 Food insecurity**

Food insecurity is the opposite of food security. Therefore it is defined as a situation where people, individuals at times, lack physical and economic access to sufficient, safe, and nutritious food needed to maintain health and achieve life. According to Frongilla and Nanama (2012), household food insecurity results when food is not available, cannot be accessed with certainty in socially acceptable ways or is not physiologically utilized completely. Food insecurity occurs whenever enough and safe food is not available or the ability to acquire such foods is limited. Food insecurity represents major public health concerning and is a useful index of health and well being because it is associated with poverty, ill health, poor dietary intake, and limited social capital (Hadley et al..,2006)

Food insecurity is a dynamic phenomenon: its impact varies depending on its duration, its severity, and the local socioeconomic and environmental conditions natural, institutional, cultural (EU,2009).

**2.3. Food Security Situation in Ethiopia**

Ethiopia is the second-most populous country in Sub- Saharan Africa, after Nigeria, and has the 14th largest population in the world; according to the United Nations, its population has grown from 23 million in 1960 to 85 million today. Fertility rates in Ethiopia remain high by both African and world standards, averaging 5.4 births per woman nationally, and 6.0 in rural areas. Life expectancy has also increased markedly in recent years, from 40 years at birth in 1950 to 55 years today, slightly above the average for Africa, but still well below the global average of 68.9 years. (Evans, 2012).

According to Mulugeta (2002), Food insecurity and poverty in Ethiopia are attributed to the poor performance of the agricultural sector, which in turn is attributed to both policy and non-policy factors. Among the non-policy factors, recurrent drought is mentioned as the number one cause of food shortage in Ethiopia. Among the policy, factors are some ill-conceived development policies that were implemented by past regimes in the years before 1991. On the other hand, another food security study by FNU/MoPED (1994) in the four major towns of the country (Bahir Dar, Jimma, Awasa, and Dire Dawa) shows that about 57%, 55%, 38%, and 29% of the urban households were respectively unable to purchase food to meet a per capita consumption.

**2.4 Determinants of food security in rural areas**

Determinants of food security are categorized into three groups within the framework of the general definition of food security that is, food availability, food access, and utilization. For example, food availability may be constrained by inappropriate agricultural knowledge, technology, policies, inadequate agricultural inputs, family size, etc. (Haile, Alemu, &Kudhlande. 2005). The situation in Ethiopia is not much different from the conditions in other developing regions. For example, World Food Program stated that the common factors that cause household food insecurity in urban areas of the country are: household size, age of household, sex of household head, marital status of a household, education level of household, dependency ratio, access to credit, ownership of saving account, expenditure level (food and non-food), asset possession, access to social services, owner of a home garden, access to subsidized food, sources of food, availability of food commodities, and supply of food commodities ( Girma,2012).

Ethiopia's current rural population is about 13 million (16.5% of the country's total population compared to other African countries, Ethiopia's level of urbanization is low .however, the rural population is increasing rapidly with an average growth rate of 14% per year. This population growth rate will probably result in Ethiopia's rural population exceeding 50 million by 2050 (WFP, 2009).

According to ( Yonas and Soderbom, 2010) there are several reasons for the effects on food consumption and welfare more generally, may have been quite serious, at least for certain types of households in rural areas. First, the share of household expenditure spent on food in rural Ethiopia is high, suggesting that welfare is sensitive to food price changes. Second, little food production takes place in rural areas, thus higher food prices do not raise rural incomes. Third, there is no formal insurance mechanism for this type of shock

 

### 2.5 Household coping strategy

Households are found to depend on different strategies to cope with the food deficit situation. Coping strategies are all the strategically selected acts that individuals and households in a poor socio-economic position use to restrict their expenses or earn some extra income to enable them to pay for the necessities such as food, clothing, shelter and not fall too far below their society's level of welfare (Snel and Staring, 2001 as cited in Sheryl L, 2009).

Typically food insecure households employ any of the four types of consumption coping strategies. First, households may change their diet (switching from preferred foods to cheaper, less preferred substitutes). Second, a household can attempt to increase its food supplies using short-term strategies that are not sustainable over a long period (borrowing, or purchasing on credit; more extreme examples are begging. Third, households can try to reduce the number of people that they have to feed by sending some of them elsewhere (anything from simply sending the kids to the neighbor's house when they are eating, to more complex medium-term migration strategies). Fourth, and most common, households can attempt to manage the shortfall by rationing the food available to the household i.e. cutting portion size or the number of meals, favoring certain household members over other members, and skipping whole days without eating (Maxwell *et al*., 2003 )

Similar People who live in rural areas like people who live in HababoGuduru take different measures during food insecurity to overcome the problem .in rural areas poor households are more affected by different problems compared to the wealthier households. The most food-secure households are those who achieve adequate access to food while using only a small proportion of available resources whereas the most food insecure are those most at risk, fail to achieve adequate access even by devoting a large proportion of available resources to food (Maxwell and Frankenberger, 1992 as cited in Mequanent,2009).

According to WFP (2009) study taken in selected Oromia towns, Relying on less expensive food as a coping mechanism was widespread among the households. To forego meals was the other common coping mechanism for family members. The most commonly cited coping strategies used first by households when dealing with shocks were: Relying on less preferred or less expensive food (73% ); Reducing the number of meals per day (31%); Reducing the portion of meals for all members (25%); Purchasing food on credit (19%); Decreasing expenditures on clothes and non-food items (18%); Borrowing money (12%); Reducing adults' meals so that children could eat (11%), and Increasing working hours (11%).

## 3. METHODOLOGY

### 3.1 Description of study Area

**Location:** - HababoGuduru is found in Oromia regional state about 250 km away from Addis Ababa, the capital city of Ethiopia, and the regional state in the eastwellega direction. HababoGuduru is one of the historical towns of Oromia regional states and it was found in the late 1930s. Now a day the town is the middle city and the market center in eastern Ethiopia. Geographically, the town is located at 7o40 N 36o50 E / 7.667o N 36.833o E. Based on the 2007 national Census reported, HababoGuduru has a total population of 45325 of whom 22744 are men and 22581 women.

According to the current master plan, the total area of the town is 102 k.m2 (10,200) hectares. The town is divided into 13 Kebeles (small city administration units) which are responsible to the town council and administrative office.

**Topography:** - Hababo Guduru area might be divided into escarpment and alluvial plains. Elevation within the town boundary ranges from the lowest 1720 meters above sea level. The HababoGuduru airport to the highest 2010 meters above sea level.

**Ecology:** - the town is located in a tropical rainy climate (woindega) which receives moderately, heavy rainfall throughout the year. The mean annual rainfall in the town is 1450-1800mm.

### 3.2 Study Design

This study Utilized a cross-sectional research study design in which the data was collected once in a time.

### 3.3 Sampling Technique and Sampling Size

An important decision that has to be taken while selecting a sampling technique is about the size of the sample. Appropriate sample size depends on various factors relating to the subject under investigation including time, cost, and degree of accuracy (Teshale, 2009). In line with this, a multi-stage sampling procedure was used to select sample households. In the first stage, HababoGuduruwere was selected purposively based on the availability of a large number of food-insecure households in the district. In the second stage, 2 Kebeles (Kewo and Chalafoka ) were selected purposefully among the 13 Kebele Administrations based on the severe food security status of the aforementioned Kebeles.

Finally, as the household is considered a basic sampling unit, 60 households were selected using probability proportional to sample size (PPS).

 

This indicates
Kewokebele=6337 Number of population
ChalaFokakebele= 7601 Number of population

Kewokebele
13938=100%
6337=?
6337*100%= 45.46%
13938

60=100%
?=45.46%
60*45.46=**27.27%**
100
n:**27**

Chalafokakebele

7601=?
7601*100%=54.53%
13938

60=100%
? =54.53
60*54.53%= **32.71%**
100

n:**33**

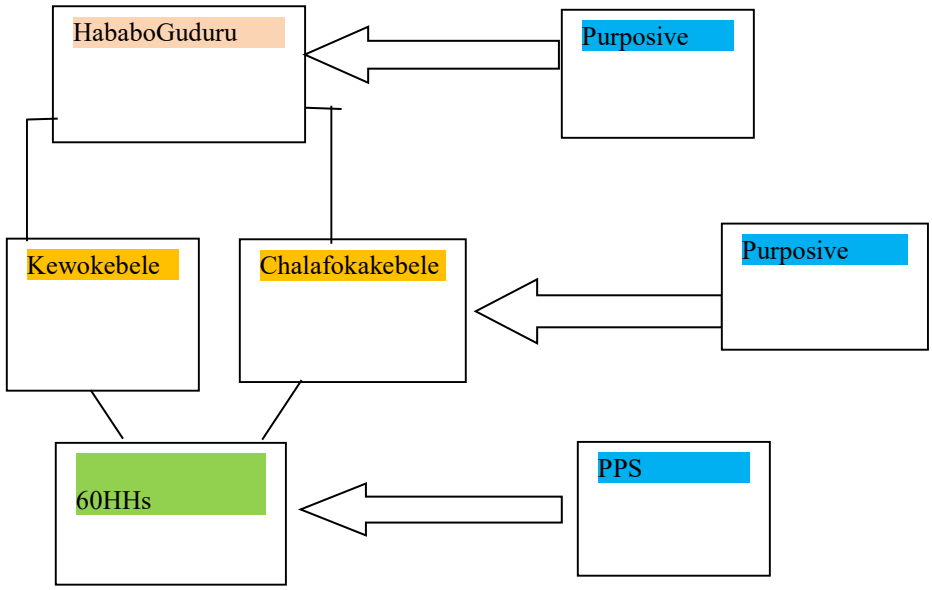


**Figure :1 Sampling Techniques and procedures**

### 3.4 Data collection tools / instruments

To collect quantitative data, semi-structured interview schedules were used. In addition to the questionnaire personal interview and observations were used.

### 3.5. Types of data and method of data collection

Both qualitative and quantitative data were collected from primary and secondary sources to identify important independent variables that affect household food insecurity. Quantitative primary data were collected using a household survey, in which the household heads and their spouses were asked about food security and related issues. Qualitative primary data were collected using key informants where elderly and knowledgeable people about the area were asked on various issues relevant to the study. On the other hand, secondary data were obtained from published and unpublished sources.

The interview schedule includes major variables assumed to have an association with food security at the household level such as household demographic characteristics; socio-economic characteristics and household caloric acquisition and a range of coping strategies. Finally, a formal survey was conducted on 60 households The data were collected by visiting each one of the sample households. Data on available food for consumption for the household were collected. Initial and severe stages coping strategies employed by vulnerable groups were also collected. To obtain this information, a list of alternative coping strategies at initial and severe stages were presented to the respondents so that they can rank according to their preferences in such a way that they give one for the strategy they employ first and five for least, at each stage.

 

### 3.6 Method of Data Analysis

For quantitative data analysis, a descriptive method such as a table, percentage, and frequency was used to explain the variables of the people and food security problem in Hababo Guduru.

For qualitative data analysis data gathering through direct observation and informal discussion with the informal respondents were analyzed through concept explanation and elaborate description of idea and opinion of informal respondents and analyze the data to address the remaining objectives of this study.

## 4. RESULTS AND DISCUSSIONS

In this chapter, the food security status of the household is measured and findings from descriptive analyses are presented and discussed. The descriptive analyses are made in terms of table, percentage, and frequency.

### 4.1Food Security Status of the HHS.

There is no single and one best food security measure that is universally accepted. It is up to the researcher to select an indicator or a combination of indicators that suits the objective of the study, the level of aggregation, and specific circumstances of the study and the study area. Therefore, in this study, the requirement was used as a benchmark to differentiate food secure and insecure

The data on the available food for consumption for the household (home produces, purchases, or remittances/gifts) were collected. Accordingly, that was differentiated to food secure and food insecure respectively.

### 4.2. Descriptive Analysis of Continuous Variables

The variables include the age of the household head, family size, and dependency ratio, the distance of the market, and Average income. These variables are helpful to observe differences among food insecure and secured HHs

#### 4.2.1 Distribution of respondents by age.

Age is one of the demographic characters of sample respondents. There was age variation among 60 households interviewed. most of the farm household was at the level of age where human being was active and capable of performing any activities. As shown in the table below large numbers of the sample were in the age group of 15-40 years in the same manner lower number of the sample population was the group above 65 years. According to the result of the table below most age of the respondents is the production age. The age of the household head influences whether the household benefits from the experience of an older person or has to base its decision on the risk-taking attitude of your farmer.

| Age of HHs | Food insecure(35) | | Food secure(25) | | Total(60) | |
|---|---|---|---|---|---|---|
| | Frequency | % | Frequency | % | frequency | % |
| <15 | 7 | 20 | 3 | 12 | 10 | 16.7 |
| 15-40 | 17 | 48.6 | 10 | 40 | 27 | 45 |
| 40-65 | 6 | 17.1 | 8 | 32 | 14 | 23.3 |
| >65 | 5 | 14.3 | 4 | 16 | 9 | 15 |
| Total | 35 | 100 | 25 | 100 | 60 | 100 |

Source:owned survey 2009

**Table:1 Distribution of Respondent by age**

#### 4.3.2 Distribution of respondents by Family size.

Household size is a continuous variable expected to influence the food security status of HHs as food requirements increase about the number of persons in a household. In this study, HHs with larger family sizes were more likely to be at risk of becoming food insecure

Family size was considered as one of the potential variables that would have due to contributions for food insecurity. The proportion of sample households becoming food insecurity increased as the family size increases. About 60% of the 25 food secure and 20%of the 35 food-insecure sample household was found to have a family size less than or equal to 5. While only food-insecure households had a family size over 5 which constitutes 80% and 40% of the food secure households respectively.

| Family size | food insecure(35) | | Food secure(25) | | Total(60) | |
|---|---|---|---|---|---|---|
| | Frequency | % | Frequency | % | Frequency | % |
| <5 | 7 | 20 | 15 | 60 | 22 | 36.7 |
| 5-10 | 10 | 28.6 | 8 | 32 | 18 | 30 |
| 11-15 | 18 | 51.4 | 2 | 8 | 20 | 33.3 |
| Total | 35 | 100 | 25 | 100 | 60 | 100 |

Source:owned survey2009

**Table:2 Distribution of Respondent by family size**

 

**4.2.3 Distribution of household by dependency ratio**.

The dependency ratio is obtained by dividing the inactive labor force (age less than 15 and above 64) by the productive labor (age between 15 and 64) within a household. With respect to specific characteristics of food insecure and food secure household dependency ratio was directly related to food insecurity. Source households with a large dependency ratio tend to be food insecure than those with a small ratio. The percentage value of dependency ratio of all respondents was 80% food insecure and 44% was food secure respectively.

| Dependency ratio | food insecure | | food secure | | Total | |
|---|---|---|---|---|---|---|
| | Frequency | % | Frequency | % | frequency | % |
| <15 | 18 | 51.4 | 5 | 20 | 23 | 38.33 |
| 15-40 | 7 | 20 | 14 | 56 | 21 | 35 |
| >65 | 10 | 28.6 | 6 | 24 | 16 | 26.7 |
| Total | 35 | 100 | 25 | 100 | 60 | 100 |

Source:owned survey 2009

**Table:3 Distribution of respondents by dependency ratio**

**4.2.4 Distribution of household by educational level.**

The literate household heads are more productive than illiterate. The survey result indicated that nearly 32% of food secure illiterate and only 20% of food-insecure were literate. The percentage the proportion of literate food-secure household heads was larger than the proportion of literate food-insecure household heads. In this section educational level of the household heads about household food security was assessed. Accordingly, 80 % of the total sample respondents were illiterate out of which the foods insecure constitute 100%.

| Educational level | food insecure | | food secure | | Total | |
|---|---|---|---|---|---|---|
| | Frequency | % | Frequency | % | Frequency | % |
| Literate | 7 | 20 | 17 | 68 | 24 | 40 |
| Illiterate | 28 | 80 | 8 | 32 | 36 | 60 |
| Total | 35 | 100 | 25 | 100 | 60 | 100 |

Source: owned survey 2009

**Table:4 Distribution of respondents by educational level**

**4.2.5 Distribution of respondents by distance from the market**

Distance to market increases the cost of household food security. For example, it increases transportation costs and time spending. About the marketing problem, the information gathered through focus group discussions And key informant interviews showed that the food problem at the time is very high there is a big problem with the price of food. From the focus group discussion, most of the respondents started noticing the sudden food price increases within a few years.

According to focus group discussions and key informant interviews, the main reason for the excessive price increases is as follows: traders, brokers, and farmers took advantage of favorable conditions and made the food commodities scarce by hoarding and creating irregularities in the food markets resulting in poor supply, high demand, and higher prices; Exporting of basic food items; Fuel price increases continuously were also mentioned as a major cause for Increasing/expensive transport costs that had complicated the food price increases.

| Distance from market | Food insecure (35) | | Food secure (25) | | Total (60) | |
|---|---|---|---|---|---|---|
| | Frequency | % | Frequency | % | frequency | % |
| <5 km | 5 | 14.3 | 16 | 64 | 21 | 35 |
| 5-15 km | 8 | 22.9 | 6 | 24 | 14 | 23.3 |
| >15km | 22 | 62.8 | 3 | 12 | 25 | 41.7 |
| Total | 35 | 100 | 25 | 100 | 60 | 100 |

Source:owed survey 2009

**Table:5 Distribution of respondents by distance from the market**

**4.2.5 Distribution of respondents by income level.**

Household food security depends on whether the household has enough income to purchase food at prevailing prices or has sufficient land and other resources to grow its food. According to survey result household income indicated about 57.1% of 35 were food insecure and there was no HHs of food secure below or equal to 200. The percentage income between 501_500 was about 11.4%food insecure and 28% was food secure HHs, respectively. Another survey result >1000 average income was indicated 52% food secure from 25 HHs.

 

| Average of income | food insecure | | Food secure | | Total | |
|---|---|---|---|---|---|---|
| | frequency | % | frequency | % | frequency | % |
| <200 | 20 | 57.4 | - | - | 20 | 33.3 |
| 201-500 | 8 | 22.9 | 5 | 20 | 13 | 21.7 |
| 501-1000 | 4 | 11.4 | 7 | 28 | 11 | 18.3 |
| >1000 | 3 | 8.6 | 13 | 52 | 16 | 26.7 |
| Total | 35 | 100 | 25 | 100 | 60 | 100 |

Source: owned survey 2009

**Table:6 Distribution of respondents by income**

**4.2.6 Distribution of household by sex.**

Male heads and female-headed households in overall sample 41.7% and 58.3% respectively. There was also an almost similar proportion of male to female-headed households within food insecure and secure groups. About 71.4% of the food insecure household were female-headed and the remaining 28.6% were male-headed. Likewise, 40% and 60% of food secure households were female and male-headed respectively. From the below table the overall survey indicated that was a high percentage of female HHHs in food insecure and low in food-secure respectively

| Sex of household | food insecure | | Food secure | | Total | |
|---|---|---|---|---|---|---|
| | Frequency | % | Frequency | % | Frequency | % |
| Female | 25 | 71.4 | 10 | 40 | 35 | 58.3 |
| Male | 10 | 28.6 | 15 | 60 | 25 | 41.7 |
| Total | 35 | 100 | 25 | 100 | 60 | 100 |

Source: owned survey 2009

**Table:7 Distribution of respondents by sex**

**4.3 SHOCK AND COPING STRATEGIES**

**4.3.1 SHOCK**

The HHS was asked if they had experienced any difficulties or shocks during last year. They were allowed to name as many as they like and then to rank the top three shocks that brought food problems. Overall, the mainshocks listed by the HHS were: unusually high food prices; accident of a household member/s, and loss or reduced employment of a household member/s. From the below table about 65.7% food insecure and 52% food secure HHs were due to the high price of food as the survey indicated. The second shock was an accident of HHs, that was not highly affected HHs, as the result indicated.

| Shock | Food insecure | | Food secure | | Total | |
|---|---|---|---|---|---|---|
| | Frequency | % | Frequence | % | Frequence | % |
| High food price | 23 | 65.7 | 13 | 52 | 36 | 60 |
| Accident of HHs | 7 | 20 | 4 | 16 | 11 | 18.33 |
| Reduced employment of HHs | 5 | 14.3 | 8 | 32 | 13 | 21.67 |
| Total | 35 | 100 | 25 | 100 | 60 | 100 |

**Table:8 shock**

**4.3.2 Coping Strategies**

The most common coping strategies used by those HHs were related to changes in eating habits such as: to eat less preferred or less expensive foods; limiting portion size at mealtimes or reducing the number of meals eaten per day and these strategies were followed by strategies to increase access to food such as: borrowing to buy food and buying food on credit.

| Coping strategies | Food insecure | | Food secure | | Total | |
|---|---|---|---|---|---|---|
| | Frequency | % | Frequency | % | Frequency | % |
| Reduce the number of meals | 15 | 42.9 | 9 | 36 | 24 | 40 |
| Reduces the size of meals | 12 | 34.3 | 8 | 32 | 20 | 33.3 |
| Eating less preferred food | 5 | 14.3 | 6 | 24 | 11 | 18.3 |
| Borrow grains or cash from relatives | 3 | 8.6 | 2 | 8 | 5 | 8.3 |
| Total | 35 | 100 | 25 | 100 | 60 | 100 |

Source: own survey 2009

**Table:9 coping strategies**

The first coping strategy was the reduced number of meals used by food insecure HHs in Hababo Guduru was the reduction in the number of meals for example skipping breakfast, lunch, or dinner. It was the first most common coping strategy followed by a reduction in the size of meals. (42.9%, and 24%) .

Decreasing the amount they eat was the second important coping strategy used by this food insecure and secure HHs. (34.3% and 36%) of them used respectively.

 

Change in consumer behavior is the most common strategy adopted by the HHS to cope with the declining purchasing power Most of the food insecure have adopted the strategy of cooking whatever is available at home for their meals which means they used less preferred foods. The survey result indicated that about 8.5% of 35 food insecure and 13.3% of 25 food secure was used for HHs

Borrowing grain or cash from relatives was the most common strategy of food shortage. Borrowing either food or money was a commonly mentioned practice. In these HHs with of food shortage, borrowing money from relatives to buy food, (5%and 3.3%) respectively.

## 5. Summary and Conclusion

The research was aimed to address the assessment of food security situation, analyze factors affecting food security and identify the local coping strategies of the vulnerable HHs in HababoGuduru. 60 HHs were purposively selected from two kebeles. The semi-structured interview schedule was employed to collect data from respondents. The data were analyzed using descriptive statistics such as table frequency and, percentage.

According to the result of study 35 (58.3%) and 25 (41.7%) of the sample, HHs were found to be food insecure and food secure, respectively. Factors including the age of HHH, family size, dependency ratio, average income sex, age, and distance from the market influence household food security.

The most common coping strategies used by vulnerable/food insecure/ HHs were related to changes in eating habits such as: to eat less preferred or less expensive foods; limiting size at mealtimes or reducing the frequency of meals eaten per day and these strategies were followed by strategies to increase access to food such as: borrowing to buy food and buying food on credit.

## 6. Recommendation

Activities that lead to boosting income-generating activities on one hand and limiting the fast-growing population, on the other hand, are crucial to meet the demand for food. Government and non-government organizations working in the area are supposed to focus on integrated health and education services and family planning to equate the food supply and demand equation in the long term.

Average Income is among the major socio-economic variables that influence the state of household food security in the study area. Promoting and expanding different activities are essential especially for those who have little or no job opportunity. Skills associated with woodwork, metalwork, cobblestone, and others should be given prior attention in the study area to increase household income. Training and credit facilities should be geared towards raising their skills to meet increased income and improved food security. People of similar interests and skills can be organized into cooperatives to enhance access to training and credit facilities. In this regard, the role of NGOs working in the area will have paramount importance.

The dependency ratio is another important factor that influences the state of food security at the household level. On average the number of dependents in the household was found to be 80%. Thus the government and concerned bodies need should devise strategies that increase access to education for child dependents. On the other hand, social security strategies that aimed to support old-age dependents should be devised. More importantly, the concerned bodies should pay attention to support those members of the family that shoulder the dependents through the creation of job opportunities, rendering any support about income generation and the like. The government as a policy-making body should propose other ways of reducing dependency syndrome by engaging community members in entrepreneurship so that they can support their livelihood/living.

The results of the study have proven that most HHs have good market access and largely depend on purchasing to acquire their food requirement. But those people distant from the marketplace are vulnerable to food insecurity so measures should be taken to increase market access for those vulnerable households.

Vulnerable households employ various coping strategies that comprise eating less preferred or less expensive foods, limiting size at mealtimes as well as reducing the frequency of meals eaten per day. Thus intervention should be carried out to reduce the vulnerability of food insecure HHs through economically feasible alternatives. The diversification of activities has long been an important coping strategy for the most vulnerable households. Therefore, measures including improving infrastructure and strengthening timely response mechanisms to food stress should be given emphasis.

## 7. REFERENCES


- Ahmed, S. (2008). “Global Food Price Inflation: Implications for South Asia, Policy Reactions and Future Challenges,” Policy Research Working Paper No. 4796. Washington, DC: The World Bank
- Alex Evans, 2012; Resources, risk, and resilience: scarcity and climate change in Ethiopia
- Ansha. Y, Eden.M, and Nigatu. R, 2009: The Levels, Determinants and Coping Mechanisms of Food Insecure Households in Southern Ethiopia: A case study of Sidama, Wolaita and Guraghe Zones. DCG Report No. 55
- Barrett, Christopher B. 2002. Food Security and Food Assistance Programs. Department of Agricultural

 

Resource and Managerial Economics, Warren Hall, Cornell University, Ithaca, NY

- Bonnard, P (2000). Assessing Urban Food Security: Adjusting the FEWS Rural Vulnerability Assessment Framework to Urban Environment
- Cohen, M. and J.L Garrett (2009) The food price crisis and urban food (in)security, Urbanization and emerging population issues working paper series.
- Europian union, 2009: Development and cooperation –Europe aid, The Role of Social Transfers in Improving Nutrition
- European Commission, 2009. Food security: understanding and meeting the challenge of poverty, Belgium
- European Union, 2011.Development and cooperation-EuropeAid: The role of social transfers in improving nutrition
- FAO, 2006; Food security in Africa; challenges and policy options to ensure Africa's future.
- FNU/MoPED, 1994: National workshop on integrating population and development planning (IPDP), Addis Ababa, Ethiopia
- FrehiwotFantawSeid, 2007; food insecurity and its determinant in rural households in Amahara region, Addis Ababa university school of graduate studies faculty of business and economics department of economics
- H.K Haile, Z.Alemu and G.Kundhlande(2005) causes of household insecurity in koredegaga peasant association, Oromia, Ethiopia
- Hoddinott, J 1999. Operational zing household security and development strategies, International Food Policy Research Institute, Technical Guideline, No. 1.Washington, DC
- IRIN Africa, 2012 Ethiopia: Food security and the Meles' legacy
- Maxwell, D., Watkins, B., Wheeler, R., and Collins, G., 2003. The Coping Strategies Index: A tool for rapidly measuring food security and the impact of food aid programs in emergencies; Building Policy Frameworks to Address Longer-term Programming Challenges, Tivoli 23-25 September 2003.
- Maxwell, S., and T. Frankenrerger, 1992: Household food security: Concepts, indicators, and measurement. IFAD and UNICEF, Roma
- Mequanent M., 2009: Determinants Of Household Food Security And Coping Strategy: The Case Of AdabergaWoreda, West Shoa Zone, Ethiopia. A Thesis Submitted to the Faculty of the Department of Rural Development and Agricultural Extension, School of Graduate Studies, Haramaya University
- M.S.Swaminathan (2002), Research Foundation and the World Food Programme, The food insecurity atlas of urban India.
- Mucavele, F.G. (2001): A Vulnerability and Food Security Study of Urban Maputo. Mozambique
- MulugetaTefera, 2002. Determinants of household food security in Eastern Oromiya: The case of Boke districts of Western Harerghe Zone. An MSc Thesis Presented to the School of Graduate Studies of Alemaya University: 84-12
- Sheryl L Hendriks, 2009; Investing household food insecurity coping strategies and the impact of crop production on food security using coping strategy index (CSI)
- Snel, E, and starring, R, 2001. Poverty, migration, and coping strategies: an introduction. European Journal of Anthropology, 38: 7-22.
- Tefera B., David L., Abebe G,2012; Predictors of chronic food insecurity among adolescents in Southwest Ethiopia: a longitudinal study,
- (UNDESA)2008: Economic and world urbanization prospects the 2007 revision. USAID, (2011): See the future feed change, Ethiopian multi-year strategy (2011-2015)
- WFP, (2009): Food security and vulnerability in selected towns of Oromia region, -Ethiopia Vulnerability Assessment and Mapping (VAM), Addis Ababa, Ethiopia September