

**ADDIS ABABA UNIVERSITY**  
**SCHOOL OF GRADUATE STUDIES**  
**INSTITUTE OF GENDER STUDIES**

**FOOD SECURITY STATUS AND COPING  
STRATEGIES OF FEMALE-HEADED  
HOUSEHOLDS IN ADDIS ABABA: THE CASE  
OF *WOREDA* 01 IN GULLELLE SUB-CITY**

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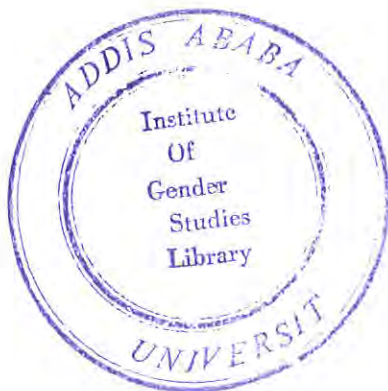
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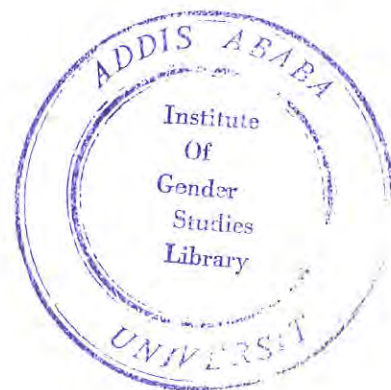
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## ACRONOMS and ABBREVIATIONS

- ADLI – Agricultural Development Led Industrialization
- CS- Coping Strategies
- CSI – Coping Strategy Index
- CSA – Central Statistics Authority
- FAO – Food and Agriculture Organization
- FCS- Food Consumption Score
- FGD – Focus Group Discussion
- FDRE – Federal Democratic Republic of Ethiopia
- FPI – Food Poverty Headcount Index
- FHHs- Female Headed Households
- FSP – Food Security Programme
- FSS – Food Security Strategy
- GTP - Growth and Transformation Plan
- HH –Household Head
- MoARD – Ministry of Agriculture and Rural Development
- NGO – Non Governmental Organization
- MoFED – Ministry of Finance and Economic Development
- OSAA – Organization for Social Service Association for AIDS - delete
- PASDEP – Plan for Sustained and Accelerated Development to End Poverty
- UN – United Nations
- UNDP – United Nations Development Program



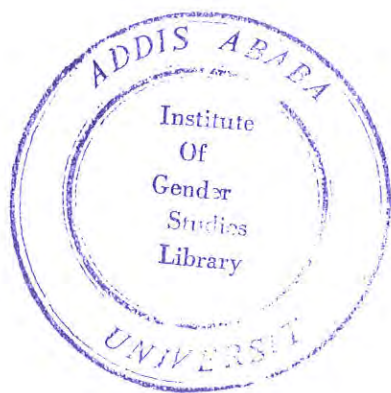
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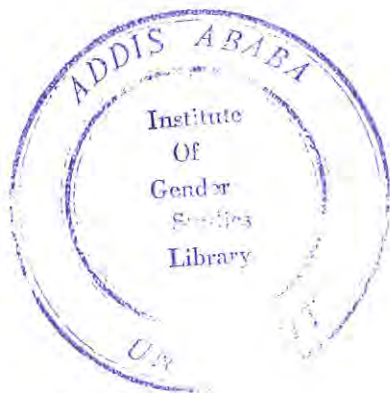
## ABSTRACT

*The main purpose of this study was to assess the food security status of urban Female-Headed Households (FHHs) and their coping strategies in Woreda 01, Gullelle Sub-city of Addis Ababa.*

*Mixed approach of qualitative and quantitative study was used for conducting the study. The main data collection methods employed during the study was household Survey, in-depth interview and Focus Group Discussion (FGD). The data were analyzed using frequency tables, percentage, pearsons's correlation and cross tabulation. And their food security status was also reckoned using Coping Strategy Index and Food Consumption Score calculation developed by Dan Maxwell and World Food Program (WFP) respectively.*

*The outcome of the study indicates that most of the FHHs relied on informal work for their livelihood. Concerning their food security status, based on the above mentioned measurements most of them are food insecure. Using Food Consumption Score and WFP standard, it is found that 50.8% of the sample households are under poor food consumption, 43.3% are in borderline and only the remaining 5.9% are in acceptable food consumption level. Using Coping Strategy Index, it is found that all households use various types of coping strategies which implies that the sample households have food security problem. Based on quartile ranking categorization of food security status of the households, the study shows that 19.2% of the household are extremely severe food insecure status, 26.7% are severe food insecure status, 26.7% are moderately severe food insecure status and 27.5% are least severe insecure status.*

*The study shows FHHs food insecurity problem is mainly attributed to lack of education coupled with low income, current food price inflation, less social capital, poor health and lack of physical capital especially housing. This in turn has an impact in buying better quantity and quality of food. It was also found that most food insecure households have various coping strategies to withstand food stress such as relying on less preferred and less expensive food, limiting the volume of meal, restricting consumption order for small children and skipping meals. The extremely severe strategy is sending children to eat with neighbors and sending household members for begging. Thus, the government interventions are highly required to address these problems, specifically after the extremely severe coping strategy.*



# CHAPTER ONE

## 1. Introduction

### 1.1. Background

The concept of food security has appeared five decades ago. There have been many definitions in the literature related to the field of the study. The most widely accepted definition as capturing the spirit of the concept is that of the World Bank (1986):-

*Food security is access by all people at all times to enough food for an active healthy life. Its essential elements are the availability of food and the ability to acquire it. Food insecurity, in turn, is lack of access to enough food (p. 1).*

The World Bank definition of food security makes distinction between chronic food insecurity and transitory food insecurity (World Bank, 1986). Chronic food insecurity is a continuously inadequate diet caused by the persistent inability to acquire enough food while transitory food insecurity is a temporary decline in a household's access to enough food. As embodied in these definitions, study on the situation of individuals and social groups at risk, particularly those overwhelmed by food insecurity, is of critical importance for the purpose of alleviating the danger of food shortage which will be faced by the population at large.

Households at risk of food insecurity plan strategically to minimize its impact. Several studies have reported the experiences of low-income families coping with food insecurity and famine (Corbett, 1988; Mardiharini, 2005). Kempson *et al.* (2003) states multiple coping strategies that could be applied by limited-resource individuals such as participating in federal and local food programs, exchanging resources (i.e. sell surplus food), managing personal resources (i.e. budget), having support systems (i.e. borrow food or money, cook with other people, trust in God, identify someone and dependable to live with), increasing income (i.e. sell or pawn items, begging, gamble), decreasing expenses (i.e. gardening), relocating to increase income and decrease expenses (i.e. have better employment opportunities, live in inexpensive housing) and shopping for low-cost and cheap foods (i.e. expired food, bulk food). Several studies have also reported the stages of severity for coping strategies of household food insecurity (Corbett, 1988; Maxwell, 1996).

Today, Ethiopia faces high level of food insecurity, ranking as one of the most of food insecure countries in the world. Explaining this fact, Abi (2001) stated:

*“Half of the Ethiopian population may in fact be chronically food insecure. World Bank analysis of malnutrition data has revealed alarmingly high levels of stunting and wasting. Those mainly affected are households suffering from land scarcity or shortage of draught animals/cash to buy inputs and a significant percentage of the landless, elderly, disabled and female headed, poor pastoral and newly established households” (p. 37)*

In addition to this, Getahun (2003) says that most households likely to be found at a high risk of food insecurity are the poorest, which are also found in urban areas. He also indicated that single-family headed households with dependent children are one of the most vulnerable groups. In particular, the situation will be worse for Female Headed Households (FHHs). Female headship, poverty and food insecurity are well correlated in many literatures (Chant, 1997).

People cope with challenges when they face food shortage. So do FHHs who are in food shortfall. Degefa (2008) study demonstrated a description about the realities of urban poor and their food security situation in Addis Ababa by using two case study namely Berta Gibi (located in *Kebele* 06/07/08 of the Nifassilk-Lafto Sub-city) and Gemachu Safar (located in *Kebele* 02/03 of the Lideta Sub-city) including FHHs, develop their own coping strategies against some livelihood challenges which they are facing.

Poverty and food insecurity are highly interwoven issues that reciprocally reinforce each other. Poverty is a driving force for household food insecurity, and food insecurity, in turn, impoverishes a household (Degefa, 2008). Accordingly, as urban poverty expands, urban poor such as FHHs become more vulnerable to urban food insecurity.

Studies confirm that high levels of poverty and food insecurity exist in Addis Ababa, affecting substantial number of people. Yared (2010) and Tegene (2011), among others, report that the incidence of urban poverty has shown a dramatic increase in Addis Ababa and other urban areas of the country. According to Tegegne (2011), for instance, the poverty line in the city has been raised from 33% in 1995/96 to 37% in 1999/2000, showing an increase of 11%<sup>1</sup>. In

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<sup>1</sup> (37% - 33%)/37%

2004/05 the poverty line has shown a modest decline of 35%. Therefore, urban poverty in Addis Ababa has a great impact on food insecurity as different studies confirmed.

## **1.2. Statement of the Problem**

Ethiopia is a country facing multifaceted problems such as poverty, economic stagnation, and low agricultural productivity and which are indicators of food insecurity (Ginjo, 2000 cited in Felimon, 2001). This situation is prevalent and rampant in both rural and urban settings. In both contexts, females are the first victim who suffer most from these adverse consequences. This status quo would remain serious for responsible females as the incidence of FHHs is greatly increasing in both developed and developing nations (Flobre, 1991 cited in Heran, 2007). FHHs would have brutal poverty in both rural and urban areas of the country because women in Ethiopia tend to have completed less schooling and may have lower levels of physical, capital, social and economic empowerment (MoFED, 2008).

Unquestionably, females are the victims in every corner of social and economic marginalization. Henceforth, FHHs are considered to be poorer as a result of fewer assets, longer hours of domestic labor, insignificant access to education and employment, and other related exclusions. In most of the cases, there, is a tendency to categorize FHHs as the poorest of the poor when comparing with that of Male Headed Households (MHHs) (Haregewoin, 2003).

Haregewoin (2003) affirms that women are producers, preservers and processors of food but they are found to be ill equipped and underfed. As per her study, the neglect of women in agriculture, education and health sectors has continued to be one of the fundamental causes of food insecurity. She also argues that women's increased risk of vulnerability to food insecurity is caused by poverty arising from the fact of their low status in the community.

Underlining the vicious circle among poverty, famine, social and economic exclusion, it is profoundly important to interrelate this attribution with food insecurity that is manifested in Ethiopian FHHs. However, apart from this, it is prominent to note that a great deal of these FHHs are found in urban areas. The distribution across regions reveals that more proportion

of FHHs is found in Addis Ababa which is 38.5% (CSA, 2004). Apparently, this distribution testifies pervasive food insecurity in the city.

Despite the presence of some researches that focus on the coping strategies of rural FHHs, adequate attention has not been paid to the urban situation. Few researchers like Yared (2010) conducted a research on urban food insecurity and coping mechanisms. However, the problem still needs to be uncovered in its extent and concomitant coping strategies. Using a number of assumptions, Degefa (2009) consolidates this idea and says that researchers in Ethiopia have overlooked urban poverty and food security issues. For instance, one of his assumptions is the fact that the overwhelming majority of the country's population lives in rural areas; therefore as to him, many social researchers have focused their investigation on rural poverty and food shortage. Nevertheless, findings witnessed that there is persistent poverty and food shortage in urban areas of the country.

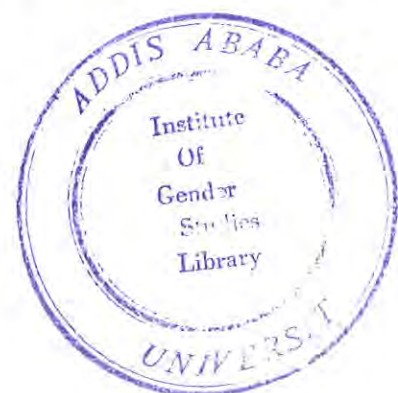
Some of the researches were also conducted on poverty and famine in relation to food insecurity in general. Furthermore, Degefa (2008), Yared (2001) and other scholars conducted research on food security issue in the lenses or based on livelihood theories without considering the coping strategy index score which is the method to identify household's coping strategies and food security status.

In this study, an attempt will be made to uncover the food security status of FHHs and to find out what possible coping strategies they apply by employing the Coping Strategy Index Score (CSIS) and food consumption score in *Woreda* 01 of Gullelle Sub-cities, which consists four *Kebeles*.

### **1.3. Objective of the Study**

#### **1.3.1. General Objective**

- The main objective of the study is to uncover and assess the food security status and coping strategies of FHHs with a focus on *Woreda* 01 of Gullelle Sub-City in Addis Ababa.



### **1.3.2. Specific Objectives**

Some of the specific objectives of this study are:

- To identify the FHHs source of livelihood
- To measure FHHs status of food security using CSI and Food Consumption Score (FCS)
- To identify the socio-economic factors that affect the food security status among FHHs, and
- To explore the coping strategies employ during food shortage.

### **1.4. Research Questions**

In order to achieve the above stated objectives, the research has the following research questions.

1. What sources of livelihood do the FHHs in *Woreda* 01 of Gullelle Sub-City have?
2. What is the status of food security of the FHHs in *Woreda* 01 of Gullelle Sub-City?
3. What are the socio economic factors that affect the food security status among FHHs in *Woreda* 01 of Gullelle Sub-City?
4. What coping strategies do the FHHs in *Woreda* 01 of Gullelle Sub-City use while they face food shortage?

### **1.5. Significance of the Study**

The study may add to existing literature and help other researchers who intend to conduct research on related topics and study areas. Apart from its contribution to academic sphere, it may be utilized by Gender Office, Food Security Strategy and policy makers and NGOs to design training, provide food aid and to empower FHHs in the study area.

Besides, the study will come up with up-to-date information on urban food insecurity to be considered during planning, implementing and revising food security strategy. Furthermore, the result of this research will be helpful, in making development plans and policy makers may become aware of gender issues in particular to the situation of FHHs, while dealing with food insecurity and sustainable development.

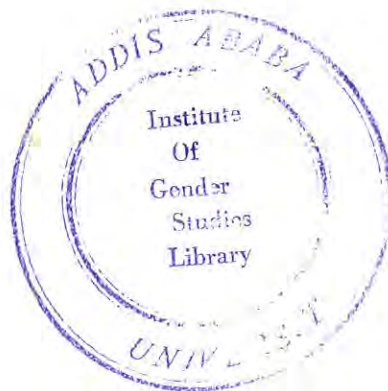
## **1.6. Scope and Limitation of the Study**

This research was delimited to *Woreda* 01(which include four *Kebeles*) located in Gullelle Sub-City, Addis Ababa. Gullelle Sub-City has 10 *Woredas*, however, due to time and other resource constraints it was impossible to conduct the study on all 10 *Woredas* of the sub-city.

The concept of food insecurity is too broad and complex, which can be interwoven with various aspects of livelihood issues, diversity of livelihood and other concepts. It also can be studied at national and regional level. However, it was not possible to include these issues. Thus, this research is designed to study only food security status and coping strategies of food insecure FHHs, employing CSI score and Food Consumption Score (FCS) in the study area.

## **1.7. Organization of the Study**

This research has five chapters. The first chapter deals with background of the study, statement of the problem, objectives, research questions, significance, scope and limitations of the study. The second chapter presents an overview of related literature. The third chapter discusses the research methodology and also describes the study area. The fourth chapter discusses the key findings of the study and the last chapter deals with conclusion and recommendations.



## 1.8. Operational Definition

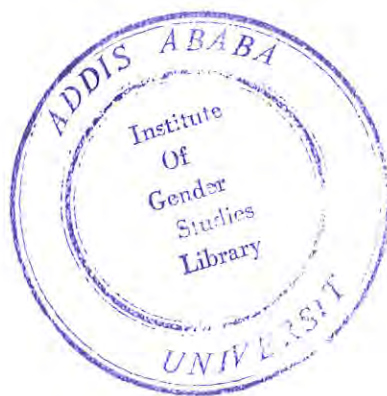
**Female-Headed Households:** is defined as a unit where adult women (usually with children) reside without a male partner (Chant, 1997). These include widowed, divorced, separated and single.

**Coping Strategies:** household coping strategy is defined as a relief or recovery mechanism used by individual households or members of households to adjust to risks of food shortages by themselves with no outside support (Mesay, 2004).

**Coping Strategies Index (CSI):** a methodology for estimating the food security status of households according to the coping strategies to which they resort to (Maxwell, 2008).

**Food Security:** is defined as access by all people at all times to enough food, for an active and healthy life (World Bank, 1986).

**Food Insecurity:** exists when people do not have adequate natural, physical, social or economical access to food (FAO, 1997).



## CHAPTER TWO

### 2. Literature Review

#### 2.1. The Concept of Food Security

The literature revolving around the concept of food security dates back to the early 1970's during the time of global food crisis which was rampant in the larger part of the world. Food security was officially defined for the first time in the 1974 "World Food Summit", which adopted the Universal Declaration of the Eradication of Hunger and Malnutrition. It was defined as "availability at all times of adequate world food supplies of basic food stuff... to sustain a steady expansion of food consumption and to offset fluctuations in production and prices" (UN, 1975, p. 15).

During the second half of the 1980's, food security became an important "organizing principles" in the issues of development. The concept of household food security is a more recent experience derived from the bulk of the literature dated back the 1980s. Since then, vast academic literature, conceptual and organizational innovation, agencies, and many regional, national and local programs in developing countries, especially in sub-Saharan Africa have been emerged on the issue of food security (Maxwell & Frankenberger, 1992). Subsequently, household matters have got a lime light in line with food security. In conformity with this fact, Debebe (1995) mentions that:-

*The concept of food security attained wider attention in the early 1980's after the debate on 'access' to food; the focus of the unit of analysis shifted from national levels to household levels and lack of physical, human or social resources causes people's access to food to fall below their substance needs (p. 3).*

Following the works of Amartya Sen (1981) and the World Bank definition, Degefa (2008) summarizes terms associated with food security as follows:-

*Sufficiency of food – the calories needed for an active healthy life.*

*Access to food* – refers to entitlement to produce, purchase or exchange food or receives it as a gift. The entitlements have four parts trade-based, production based, own-labor, and inheritance and transfer entitlement.

*Security* – refers to the balance between vulnerability, risk and insurance. Vulnerability by itself has two important dimensions: exposure to external shock, and the resultant stress, risks; and lack of means to cope with crisis without damaging loss.

Based on the World Bank definition, Workineh (2006) discusses the two main components of food security: availability of food and the ability to acquire it. Food availability refers to sufficient quantities of food to all individuals, while ability to acquire means the capability of buying or producing enough food.

Another component of food security is utilization which refers to the ability of a certain household members to use available and accessible food within maximum capacity. A household is considered as food secure only if it is secure in terms of both the acquisition and utilization of food (Workineh, 2006).

Household food security does not necessarily mean the same as food self-sufficiency, which refers to sufficient domestic production to meet the needs of the population. Food security refers both to the availability and stability of food, and also the purchasing power of the household in cases where food is not produced (Haddad et. al, 2003). The state of household food security is related to the process of food acquisition, household procurement strategies and socio-economic conditions of society. Conversely, food insecurity is lack of access to enough food (Debebe, 1995).

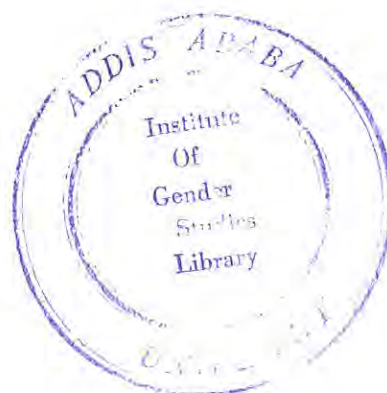
## **2.2. Overview of Food Security Situation in Ethiopia: Past and Present**

According to Mulat, et. al. (1995), the history of Ethiopia is predominantly known by rampant drought and food insecurity as Ethiopian economy remains as one of the most vulnerable in Sub Saharan Africa. The number of food insecure people has been highly increasing since the 1960s. In this regard, the Disaster Prevention and Preparedness Commission (DPPC) mentioned that food security in Ethiopia is a combined effect of factors such as recurrent

drought, limited sources of income, population pressure and market integration problems, planning, implementation as well as environmental degradation. In addition to these, Ethiopia has a long history of famine conditions. This condition had been prevalent during the last three regimes of Ethiopia; Imperial, Dergue and EPRDF. During the imperial regime, land was occupied by few individuals, and the majority of the farmers were tenants and the largest share of the product was given to the landlords. The majority of peasants and tenants were forced to be not entitled to land ownership right. As a result, more than 75% of populations were food insecure. For the period of Derg regime, the wider communities had not been given much attention in relation to food security. The following policy related problems are the major factors for food insecurity during the regime under discussion: - controlled and central market system of the government, civil war, distribution problems which are related with market information, and inefficient technology and agricultural extension service as well (Demese, 2004).

In the subsequent EPRDF regime, since early 1990s, the government has adopted the Agricultural Development Led Industrialization (ADLI) policy that primarily focuses on the intensification of production systems. Since 1991, agriculture is considered to be the starting point for initiating the structural transformation of the economy. As result, ADLI is pursued as a major policy framework for development of the country (FDRE, 2002).

ADLI forms the basis of the Food Security Strategy (FSS), as it does with the Poverty Reduction Strategy (PRS) process and is viewed as the engine for poverty reduction in Ethiopia. Cognizant of the fact that Ethiopia remains a predominantly agrarian society, ADLI focuses on the overall development of the rural sector (FDRE, 2002). Consequently, there is no doubt that the incumbent government has given considerable attention to the rural areas than urban areas. Nonetheless, this does not mean that the policy has overlooked urban development. The current Growth and Transformation Plan (GTP), in particular, has paid due attention to rural areas such as moisture and pastoral parts despite its limitation to urban household issues such as, food security (MoFED, 2010).



### **2.3. Food Security Policies and Strategies**

Different policy measures have been taken in view of mitigating food security problems in the country. The country's development policies and strategies are now geared towards eradication of poverty and food insecurity in order to meet the MDGS (Mulumebet, 2010). The recent Growth and Transformation Plan (GTP) has been developed to sustain rapid broad-based growth path witnessed during the past several years and eventually on the road to end poverty. The program has four objectives and the food security part incorporated in the GTP depends on the previous food security trends of the country i.e. based on the lessons drawn from PASDEP, National Food Security Strategy and other initiatives (MoFED, 2008).

At national level, GTP has promised to reduce Food Poverty Index (FPI) from 28.2 % to 21.2% within the coming five years, which is a plan to reduce the current food poverty situation by 25%. However, food security as program is mainly considered as part and parcel of agricultural and rural development plan (MoFED, 2010). This program highlighted those issues of food security which are largely confined to rural areas. It gives little or no attention to the prevailing urban food insecurity.

#### **2.3.1. The Food Security Strategy (FSS)**

The National Disaster Prevention and Preparedness Strategy was developed in 1993, and Food Security Strategy was developed and updated to make it compatible with the Poverty Reduction Strategy Program (PRSP-1). Ethiopia's Food Security Strategy (FSS), was issued in November 1996 in order to highlight the government plans to address causality and effect of food insecurity in Ethiopia. The regional food security programs and projects were also subsequently designed on the basis of the strategy revised in 2002 (FDRE, 2002).

Later, the FSS was updated by sharpening the strategic element to address food insecurity. This updated strategy targets mainly the chronically food insecure, moisture deficit and pastoral areas, with focus on environmental rehabilitation, water harvesting and the introduction of high value crops, livestock and agro-forestry development. In recognition to

the fact that the pursuit of food security is a long-term and multi-sector challenge, institutional strengthening and capacity building is included as a central element of the strategy. The overall objective of the FSS is to ensure food security at the household level, while ADLI focuses on creating enabling conditions for national food self-sufficiency (FDRE, 2002).

### **2.3.2. Food Security Program (FSP)**

In 2004, the Food Security Program (FSP) was started in coordination with government staff and external consultants in a period as of 2004 up to 2009. The core objective of FSP was (a) helping five million chronically food insecure people attain food security and (b) significantly improving the food security of up to ten million and additional food insecure people within five years time. The two main components of the FSP are resettlement and Productive Safety Net.

In 2009, the Ministry of Agriculture and Rural Development (MoARD) also launched the 2010-2014 Program, the second phase of FSP, which aims to improve food security for chronic and transitory food insecure households in rural areas putting them on a trajectory of asset stabilization and accumulation to eventually become food sufficient first and then food secure. In order to achieve these objectives, FSP, mainly relies on the Productive Safety Net Program (PSNP), the Household Asset Building Program (HABP), the Complementary Community Investment Program (CCI) and the Resettlement Program (FDRE, 2003).

All the above information testifies substantial focus paid to rural areas and insignificant attention to urban areas in designing, planning and implementing food security policies, strategies and programs.

### **2.3.3. Productive Safety Net Program (PSNP)**

The PSNP was launched by the government with support of development partners in January 2005. Initially 4.8 million chronically food insecure people were targeted in 192 food-insecure *Woredas* in six regions: the four major regions: Amhara, Oromia, SNNP, and Tigray as well as Diredewa and Harar regions. In 2006, Afar region was added to the previous six

and the figure was raised to 7.19 million people from selected 234 *woredas*. According to (MoARD, 2006 cited in Bereket, 2010) PSNP has two major components:-

*Public works-labor intensive community based activities that provide employment from able-bodied and chronically food insecure people; and direct support-provision of direct unconditional transfer of cash or food to vulnerable households with no able bodied members to participate in public works (p. 26).*

The entire component of FSP works in rural context. It did not consider the urban problem. However, food insecurity remains a manifest truth in Ethiopian urban areas. According to Yared (2010), findings poor households in Addis Ababa and probably in other urban centers are facing food insecurity. Yared also underlines the need for an urgent adoption of standard, innovative policy and programmatic initiatives to address urban food insecurity. He further underlines that the food security strategies adopted by the country predominantly focus on rural areas. To date, except some distribution of grain with fair price by the *kebeles* for some time, there has been no systematic safety net program to urban areas as in rural areas.

#### **2.4. Urban Food Security**

Crash (2006) in his study states that Sub-Saharan Africa is identified as the only region in the world where the number of people who live in extreme and chronic urban poverty is more critically linked with food insecurity. According to Crash (2006), the analysis of food insecurity in the city is mainly focused upon risk factors and whether or not households can cope with shortfalls. This revolves around access to cash for buying food and basic necessities, which is tied directly to wages and prices, but also includes environmental factors such as overcrowding, unhygienic environment and lack of a functional safety net.

According to Maxwell (1998), in urban areas especially in developing countries, unemployment rate is high in female-headed households (FHHs); the majority of urban labour force works in sectors like petty trade and services that have low income. This increases the risk of falling into food insecurity. Furthermore, he explains urban food security as follows:-

*Some features of urban food insecurity, and the strategies followed to manage it, are similar to those of rural food insecurity, but there are also key*

*differences. Since urban people spend such a high proportion of their income on food, urban poverty immediately translates into food insecurity. The main feature of urban food insecurity is vulnerability to changes in food prices and wages (p. 75).*

Due to low-income levels, lack of physical access to food, high relative price of food, limited employment opportunity, underemployment, low wage and absence of food or money transfer result in food insecurity in the urban areas (FAO, 1997). In addition to this, food security in urban areas depends on food availability in the market and access to food items (Dejen, 2008).

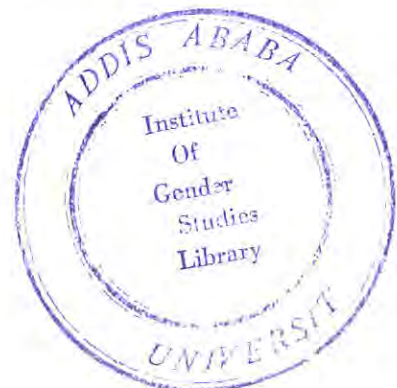
According to Yared (2010), high food price might have raised the incomes of some food producers in the country; they have exacerbated food shortages among food-deficit rural residents as well as urban dwellers that are fully dependent on the market for their food supply. Food insecurity has been extreme especially in urban areas. He also explained that in Addis Ababa where he conducted his study high level of food insecurity was noted.

Despite the presence of highly vulnerable and extremely food insecure Ethiopians, urban FHHs, there is limited research on the problem. However, few researches explained that this urban food insecurity prevailed due to low level of education, low income and less employment opportunity (Yared, 2010).

## **2.5. Coping Strategies**

Several research findings dealing with coping strategies have argued that the coping mechanisms and the survival strategies are not the same. Coping has defined as ‘a short-term response to an immediate and to habitual decline in access to food’, whereas ‘adapting (survival)’ describes ‘a permanent change in the mix of ways in which food is acquired irrespective of the year in question’ (Davies 1993, cited in Nagel and Salome, p. 60).

Researchers divided the strategies for a serious food shortage into a number of sequences or stages. Corbett (1988) has developed a three stage model of household strategies for urban areas.



- **Stage 1.** Insurance mechanism: reduction of current consumption level; collection of wild foods; use of inter-household transfers and loans; increased petty commodity production; migration in search of employment or relief, and sale of possessions.
- **Stage 2.** Disposal of productive assets: sale of livestock; sale of agricultural tools; sale or renting out of land; credit from traders and moneylenders.
- **Stage 3.** The terminal stage: destitution; distress migration, which is going out in the street looking for charity.

However, in the context of urban areas, the second stage does not seem to work. Typically, food insecure households employ different types of coping strategy. In light of this, modest dietary adjustments (eating less-preferred foods or reducing portion size) are easily reversible strategies that do not jeopardize longer-term prospects and more extreme behaviors such as the sale of productive assets which imply more serious long-term consequences. Furthermore, many researchers have noted that as food insecurity worsens, households are more likely to employ strategies that are less reversible, and therefore this represents a more severe form of coping and greater susceptibility to food insecurity (Corbett, 1988).

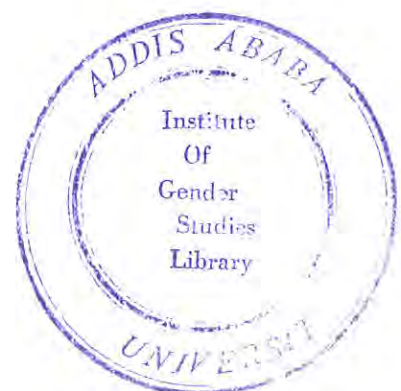
### 2.5.1. Types of Coping Strategies

Degefa discusses types of coping strategies particularly employed in developing countries like Ethiopia. As to him, Ethiopian households use different coping strategies in order to overcome food shortage. One of these strategies is using less costing food stuff such as ‘Kollo’<sup>2</sup>, ‘*Yebekolo eshet* (Green maize)’ potato, cabbage, *kita*<sup>3</sup> which are less costly. Besides, they reduce the number of meals from two to one or from three to two per day. Depending on households’ situations, they also give priority for their children and shift towards purchasing simple cooked foods rather than cooking at home. Moreover, the households give their

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<sup>2</sup> *Kollo* is a food consisting of roasted cereals and pulses.

<sup>3</sup> *Kita* is thin flat bread made from wheat or maize flour.



children to their relatives, neighborhoods, churches, and send to big celebrations like wedding, Mahiber<sup>4</sup> and Kiristina<sup>5</sup> to overcome the food shortage (Degefa, 2008).

Degefa (2008) also explains the survival strategies that the urban poor households use in order to surmount food insecurity or food shortage. The first strategy is to send their daughters to the Middle East Region to serve as maid-servants and the daughters transfer their salary to their families in order to help them cope and sustain the family. The second strategy is living in poor or slum community since they could not afford to access urban land as most of the households are unemployed and doing low income activities. Besides, in slum and shanty sites the house rents are relatively lower and many households are forced to share some facilities with other neighborhoods. The final strategy involves some ‘undesirable activities’ such as commercial sex, theft, and begging etc (Degefa, 2008).

Yared (2010) on his part asserts that vulnerable households use different types of coping mechanisms such as reducing the amount of food purchased from market, reduction of food consumption of adults in order to give priority to their children and skipping meals whenever food is deficit in their households. Moreover, his findings depicted that the women who were involved in the study have been engaging in activities such as petty trading of vegetable and charcoal, collection of *chat* branches and waste paper for sale, cloth washing, baking *Injera*<sup>6</sup>, hair dressing, Areke (local liquor) sales, running a kiosk, begging and sending their daughter to the Middle East for domestic labor as mostly common in urban areas of the country.

## 2.6. Definition of FHHs

According to Tesfanesh (2009), the categories FHHs include widowed women with children, unmarried mothers or caretakers, women divorced or separated from their spouses. In most literature, two different types of FHHs have been identified. Tesfanesh has identified de jure and de facto female-headed households. The de jure ones are where the FHHs belong to one

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<sup>4</sup> *Mahber* is a feast event consisting of meals prepared by households during particular religious holidays or by members of religious/social groups.

<sup>5</sup> *Kiristina* is a spiritual ceremony which a baby baptized in holy water.

<sup>6</sup> *Injera* is a circle cake made from local cereal called *Teff*.

of the following categories: - single, widowed, divorced or separated. On the other hand, de facto are where the FHHs are the wife of a male migrant. Of the two, the de facto headed households are usually more temporary in nature, since the husband will automatically assume the headship whenever he is around (Tesfanesh, 2009). In this research, focus has been given to the de jure FHHs: single, widowed, divorced and separated.

### **2.6.1. Factors Leading to the Creation of FHHs**

Ali (2000) in his research mentioned that factors leading to become FHHs vary in different countries and regions. In developed countries, the bulk of the FHHs are currently divorced, separated, or never-married, which reflect the rising rates of marital breakdown and unmarried motherhood as primary causes. In the context of the developing world, widowhood, desertion and migration are the main reasons for FHHs as a whole, but there are considerable variations within the developing world as well (Ali, 2000).

Literature shows that in Latin America and Caribbean having children out of wedlock is the common cause for FHHs, while in Sub-Saharan Africa FHHs more often arise either through women being widowed or left behind by male migrants. In Asia, likewise widowhood is a prime cause of FHHs, in the North and Southern Africa and the Middle East, international migration is major reason (Chant, 1997).

### **2.7. FHHs and Food Security**

Food security is multidimensional and multi-sectoral problem which involves many issues ranging from food production, distribution, marketing, preparation, processing and storage to population and health, education, employment and income, nutrition, trade, services and infrastructure. It consists of four main dimensions: availability, access, utilization and stability. Vulnerable women, girls, boys and men each have a special role in ensuring food security (Lynn et. al., 1995).

For various reasons like health and social problem, all members of a household may not utilize food to the required level; especially the vulnerable are those living in FHHs (Workineh, 2006). As a result, most of the time, they become food insecure. Female heads of

households often play a greater role in ensuring nutrition, food safety and quality, and are also often responsible for processing and preparing food for their households (Quisumbing et al., 1995). They tend to spend a considerable part of their cash income on household food demands in ensuring food security and nutritional well-being for the household (Ibid, 1995).

Martha (1998) explains that since the seventies, FHHs have been seen as key players in ensuring household food security as well as adequate child nutrition. They also produce and obtain food to create availability and manage food stocks to avoid actual and potential risk of food shortages for the household members (FAO, 1998).

## **2.8. Vulnerability of FHHs**

Vulnerability is more dynamic, capturing multidimensional aspects of changing socioeconomic status and introduces more complex aspects of livelihood security relating to survival, security, and self-respect, as well as consideration of the way people subjectively perceive their poverty-what it means to be poor (Lipton and Maxwell, 1991 cited in Ali, 2005). According to Dessalegn and Akililu (2002), some of the most vulnerable groups to food insecurity in the urban areas are FHHs, the unemployed and the elderly.

As to the UN report, it is estimated that there are nearly 1.4 billion poor people in the world of which around 70% are women (UN, 2008 cited in Ali, 2005). It is frequently argued that women especially in developing countries share unequal burden of poverty. Many literatures on gender and welfare show that FHHs are vulnerable groups (Panda, 1997). They are vulnerable because of the organization of societies that result in their poverty, political marginalization, and economic dependency, lack of opportunity to education and equal share of resources and other related reasons (Tegegne, 2011).

According to Emebet there are two perspectives about the situation of FHHs in line with urban vulnerable groups. The first one which relates to this study focuses on poverty and vulnerability of the women and their households, while the other underlines the advantages FHHs have. In relation to the first perspective, there is an assertion that “FHHs are more economically vulnerable than male-headed households, that is, a higher proportion of them

are under low-income categories and do not have secured incomes” (Emebet, 2008, p. 52). She further summarizes their vulnerability as follows:

*Female headship could be one of the vulnerability factors in countries like Ethiopia where women have limited opportunities for education, meaningful employment, and suffer from lack of access to cash and productive capitals. In most cases, FHHs stand at a disadvantage compared to women living in households headed by men. For example, more FHHs are found in the lowest category of income compared to women living in male-headed households and, on the contrary, more women living in male-headed households fall in the higher categories of income compared to female heads (P. 73).*

## **2.8.1. Factors Leading to FHHs Vulnerability to Food Insecurity**

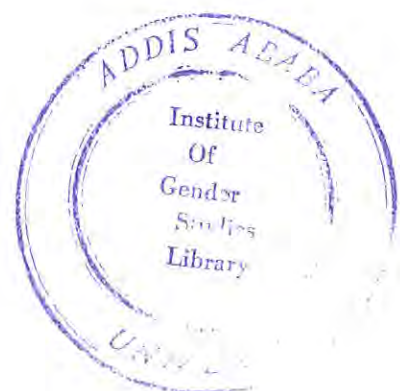
A number of factors make FHHs vulnerable to food insecurity. Some of them, among others, are discussed as follows.

### **2.8.1.1. Lack of Education**

Skills, knowledge, ability to work are part of human capital, which together enable people to engage in different livelihood strategies and achieve their livelihood objectives. In relation to the attribution of education with household heads (Bigsten, 2003 cited in Tegegne, 2011) states that:

*In urban Ethiopia, being a FHHs significantly affects both probabilities of moving out of and falling into poverty and the education of the household head influences the way the household relates to the labor market and thus the income earning opportunities of the households (p. 67).*

Tegegne (2011) shows that about 77% of the household heads who have no education are females. Out of these, 58% female heads of households are living in urban Ethiopia. Female household heads' primary and secondary completion rate is also much lower than their male counterparts (Tegegne, 2011). Lack of education has a negative impact on household heads in relation to food security and the FHHs are principally vulnerable to the problem.



### **2.8.1.2. Lack of Employment**

Employment is the other important aspect of the human capital. According to Tegene (2011), most urban poor people rely on casual wage labor, which are irregular, unreliable, seasonal and do not yield secure sources of income. The study revealed that in urban area most of the FHHs engaged in informal employment which led them to have low income. This low income is a serious risk to urban FHHs. Consequently, they face a problem to access basic necessities such as housing, health care, and food (Tegegne, 2011). FHHs are highly vulnerable to food insecurity because of lack of employment thereby low income.

### **2.8.1.3. The Rising Price of Food**

As food prices rise, households are likely to shift their consumption patterns, reducing either the quality or quantity of food they consume. In urban areas, FHHs are reported to have suffered a larger proportional drop in welfare than Male Headed Households (MHHs) as a result of the food price crisis (FAO, 2008). Recent studies have also shown that FHHs are disproportionate among the poorest of the poor. Moreover, these studies depicted that the sudden increases in food prices have negative consequences in particular to FHHs. This is because FHHs tend to spend proportionally more on food than MHHs and, therefore, they are vulnerable to higher food prices. The study on *dynamics of poverty in Addis Ababa* conducted in three Sub-Cities supports this contention (Netsanet, 2009). Netsanet reiterates that FHHs are more vulnerable to food insecurity since the transcendental global price rise of food items.

### **2.8.1.4. Less Social Capital**

The concept of social capital is wide and complex. Literature identifies different forms of social capital that include the social support networks, participation in and access to local institutions, the relationship of trust among households and communities and resource exchange arrangements between households and communities. The social capital in the form of reciprocity is one of the most important capitals that enables household to supplement food demands and overall household security especially during times of crisis (Tilaye, 2004).

According to Emebet (2008), social capital is considered as social resources upon which people draw in their attempt to attain their livelihood objectives. Social capital can be gained in different ways. One could be through membership in more formalized groups, which often requires conforming to mutually agreed upon or commonly accepted rules and norms. Social capital constitutes one of the five forms of livelihood assets (along with natural, physical, financial, and human capitals) (Scoones, 1998; Ellis, 2000), which directly affect the level of food security at individual and household levels (Degefa, 2009).

However, inequality in access to and roles in social networks have distinct gender dimensions. The exclusion from male networks of information severely constrains women's ability to recover from the natural disaster as women do not have social networks (Babar, 2006). Moreover, according to Agarwal (2000), the gendered bifurcation of authority within networks and responsibility for their sustenance systematically disadvantaged women while increasing their work burden. Thus, women particularly female-headed households have no strong social capital as they have less exposure to communicate and participate in networking. Thus, less/weak social capital makes them vulnerable to food insecurity.

#### **2.8.1.5. Lack of Physical Capital**

Physical capital is one of the livelihood components which are related to housing, sanitation, electricity and the like. Physical capital can be divided into household-level assets and community infrastructure. At the household level, ownership of house, wealth and other assets could be considered as physical capital (Carney, 1998).

Lack of physical capital such as housing in urban areas has an impact for poor women since most of the FHHs live in *Kebele* compounds in which the houses are very small, shabby and untidy and closely built. Some of the FHHs also live in houses/rooms made from mud, plastics and cartons. Safe and secure housing gives a sense of stability that will help people to concentrate on their activities. Chant also said that shelter can be considered as one of the prerequisites for women to lead their own lives (Chant, 1995 cited in Emebet, 2008)

## CHAPTER THREE

### 3. Methodology

#### 3.1. Description of the Research Area and Site Selection

The study was carried out in specific area of the Addis Ababa City Administration. Addis Ababa was founded in 1887 by Menelik II, situated in the foothills of Entoto Mountains and standing 2,400 meters above sea level. It is the third highest capital in the world that covers about 540 Km<sup>2</sup> and located in 09° 02' Latitude and 38° 44' Longitude. According to the current administrative structure, it has 10 Sub-City administrations and 99 *Kebele* administrations (Addis Ababa City Administration, 2010). As to the 2007 census the city administration has a population of about 2,738,248 of which males constitute 1,304,518 (47.6%) and females constitute 1,433,730 (52.4%) (CSA, 2007).

Gullelle Sub-City is one of the ten sub-cities of Addis Ababa city administration of Ethiopia. It is bordered by Yeka sub-city in the east, Kolfe Keraneo sub-city in the west, Oromia Regional state in the North, Addis Ketema and Arada sub-cities in the south (Addis Ababa City Administrative, 2010). The study was conducted in *Woreda 01* which are under the Gullelle Sub-City.

According to CSA, the population size of Gullelle Sub-City is 267, 381. Out of this, male constitute 129,239 (48.34%) and females constitute 138,142(51.66%). Besides, Gullelle Sub-City, *Woreda 01* has an area of 7,860,481.38Msq (CSA, 2007).

Gullelle Sub-City has ten *Woredas*. Of these *Woredas*, the researcher purposively selected *Wereda 01*. The researcher's intention to conduct research in the above mentioned study area was developed at the time of reading magazine called Addis Neger. Addis Neger (2011) says that students cannot learn due to hunger particularly in *Shiromeda*. This Magazine shows that there was food shortage in that area. Thus, this is the reason to select Gullelle Sub-City of *Woreda 01*.



### **3.2. Research Design**

Mixed approach was used which is a blend of both qualitative and quantitative research methods in order to produce more reliable and valuable information. According to Creswell (2007) by using mixed approach, the study provides a better understanding of the problem than those using either qualitative or quantitative methods. Besides, combining these methods gives strength that offsets the weaknesses of both methods.

#### **3.2.1. Qualitative Methods**

Qualitative methods involve the use of varied empirical resources such as case studies (life stories), key informant interviews, focus group discussion (FGD), observational and historical information, which are often participatory (Robson, 1995). The study used case studies and FGD to gather the necessary information. This approach allowed participants to articulate their life experiences in light of their own view and language. In particular, it helped to explore food security status and coping strategies of the sample FHHs.

#### **3.2.2. Quantitative Method**

According to Creswell (2009), quantitative method provides a quantitative or numeric description of trends, attitudes, or opinions of population by studying a sample of that population. As a quantitative method, survey questionnaire with open-ended and close-ended questions was used to collect the required information that helped to consolidate and triangulate the data by the aforementioned qualitative tools.

### **3.3. Sources of Data and Data Collection Methods**

Both primary and secondary sources were used. Primary data was collected through household survey questionnaire, in-depth interview, FGD and case studies using guiding questions. Secondary data were gathered from books, electronic materials (websites), journal articles and related studies.

### **3.3.1. Household Survey**

A questionnaire with open-ended and close-ended questions was developed and distributed to the sample respondents to generate a primary quantitative data in line with the objective of the research. The questionnaire consists of 8 parts which contains 35 questions. The purpose of the questionnaire was to collect the necessary data from the sample population on general background, causes of female headship, coping strategies, the role of the FHHS in food security and their food security status and source of livelihoods. The survey was administered selected 120 FHHs.

The research questionnaire was originally prepared in English. It was carefully articulated to ensure clarity, to avoid bias and to get reliable information. The questionnaire was translated to the local language Amharic, so that language should not hinder respondents to spell out what they have in mind. The translated version of the questionnaire was carefully cross-checked with the initial English version and was similar in content and structure. This was done to minimize the margin of errors.

Furthermore, the questionnaire was developed based on the Coping Strategy Index (CSI). The CSI is an indicator of household food security that is relatively simple and quick to use, straightforward to understand, and correlates well with more complex measures of food security. In its simplest form, monitoring changes in the CSI score indicates whether household food security status is declining or improving (Maxwell, 2003). According to Maxwell (2003), one application of CSI is a food security assessment. Thus, this method was employed to measure food security status of the FHHs based on their coping strategies. The CSI measures the frequency and severity of coping strategies of the FHH's that are used to overcome the shortfalls in food supply.

To gather information from the survey respondents, the CSI checklist was included in the questionnaire. The CSI checklist is about household's coping strategies for the last seven days and its severity with frequency categories ranging from 'every day per week' to 'never' (Maxwell et al., 2003).

Information on the frequency and severity are combined into a single CSI score. The higher the numeric score of the CSI is, the more coping strategies a household has. In other words, if a household has a lower numeric score of the CSI, the more food insecure it is. This is because a lower score of the CSI means the fewer coping strategies employed by a household that in turn result with a higher food insecurity. Comparing scores and averages gives a good comparison of overall household food security (Maxwell, 2008).

The researcher was assisted by three enumerators who were briefed about the objective of the research and content of the survey before the fieldwork. The enumerators were selected from *Woreda 01* volunteers with the help of Gullelle Sub-City Gender Office because of their knowledge and close relationship with the FHHs in particular and the community of the Sub-City in general.

### **3.3.2. In-depth Interview**

In-depth interview was used to uncover the experience of the sample FHHs towards the problem. In particular, the interview was made with intention to know their livelihoods, living conditions, the status of food security and coping strategies. It was done by the researcher using interview guiding questions. Nine interviewees participated in the interview. They were selected purposively based on their closeness to the issue in collaboration with the Gullelle Sub-City Gender Officer. All their responses were tape-recorded with full consent of them. Notes were also taken during the interviews. The data was also transcribed, systematically categorized, coded and analyzed.

### **3.3.3. Focus Group Discussion (FGD)**

The FGD was used to generate and obtain facts, opinions and attitudes about the subject matter. The FGD intended to find out food security situation and coping strategies of the sample FHHs. More specifically, FGD was made to deploy validation and triangulation of the data.

There were three FGDs held on different compounds of the sample *Woreda*. The first FGD had seven participants while the second and the third FGDs had six participants each. All the discussants were intentionally selected based on the information taken from the volunteers

about the history, background, status of food security and coping strategies of the sample FHHs. The discussants were from different age groups ranging 20 to 40 and above. The researcher was the moderator of the FGDs and all FGDs were conducted using tape recorder and note taking techniques after explaining the ethical consideration and get their permission as well.

#### **3.3.4. Case Studies**

Four case studies were undertaken: two from the interviews and two from the FGDs. The case studies were conducted to deeply understand the problem of the sample FHHs. The case studies were also made to assess the status of food insecurity and coping strategies used by the FHHs at time of food shortage and personal perception about their source of livelihood. Furthermore, the case studies targeted to explore the problem in depth and to discover prominent meanings from the selected FHHs' accounts.

### **3.4. Sampling Procedure and Sampling Techniques**

To address the research questions, the researcher decided on which people and research site provide best information by putting a sampling procedure in place, and determining the number of individuals that was needed to provide data. Selection of the *Woreda* and participants was done in consultation with the *Woreda's* Gender Office.

#### **3.4.1. Sampling Techniques for Quantitative Method**

Generally, systematic random sampling is used in dealing with household survey data collection method. In doing so, it is realized that there are a total of 400 FHHs in the *woreda*. This is done after a list of FHHs are secured through own data collections covering all areas of the *woreda* 01 with the cooperation of three volunteers which worked in *Woreda* Gender Office. The data collected includes the name of the FHHs, the household number and number of the family size. After all these data are entered in excel, they are sorted based on the sequence of their house number. The sample size is determined to be 30% of the total FHHs of the area. The sample size determination is on the recommendation of scholars who suggest that as a rule of thumb, 30% is required for small population, 10% for moderately large population, 1% for large population and 0.025% for a very large population (David, 2004).

The initial unit is selected to be 2 and every FHHs which falls on 2<sup>nd</sup> unit of each fraction are selected.

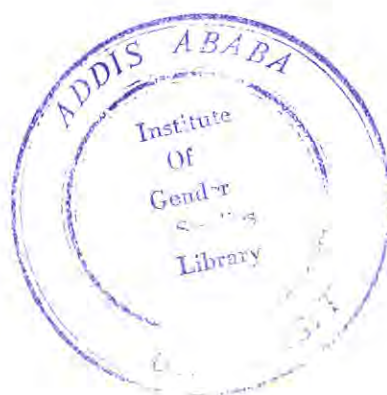
### **3.4.2. Sampling Techniques for Qualitative Method**

For the qualitative method, the researcher selected individuals and sites purposively from where all the necessary information can be obtained. The researcher intentionally selected participants who have a better knowledge and experience on the research problem. Purposive sampling was employed to select the sample participants and discussants for primary data. In terms of number, rather than selecting large number of people or sites, the qualitative approach identifies a small number that provided in-depth information about the problem. The central idea in purposive sampling is that if participants are purposefully chosen to be different, their view can reflect this difference and provide a good qualitative study as well (Creswell, 2007).

The researcher also selected FGD participants and interviewee from FHHs. These FHHs are selected purposively based on their serious food shortage experience. This selection is done with the help of three assistants from the *Woreda*, who have adequate contact with the community. These methods of data collection were done to get further insight into the problem of food shortage and to get a base for exhaustive coping strategy lists and severity labeling. The number of the interviewees was 9 while the total number of FGD discussants was 19. The total session of FGD is three which consisting of 7, 6 and 6 consecutively. Initially, it was intended to make each FGD with 8 discussants. However, one was failed to appear in the 1<sup>st</sup> discussion while two of them are failed to appear in the 2<sup>nd</sup> and 3<sup>rd</sup> meeting.

### **3.5. Ethical Considerations**

Ethics was a concern of a researcher while planning, designing, conducting and writing the research report. According to Punch (1994), implication and consequences of the research on participants' psychological, social, political, religious, cultural and economic life should be seriously considered. The researcher was committed to respect the ethical principles of conducting a research.



Quantitative survey respondents and qualitative informants were provided with detail explanation about the overall objective of the study in advance. FGDs and interviews were administered on the free will of discussants and interviewees. Prior to data collection, orientation were given to assistants on how to fill and ask the questionnaire and sort of approaches to follow to sample households. The respondents, interviewees and discussants were asked to participate voluntarily, freely and even allowed to discontinue their participation if they feel discomfort. Moreover, their consent was solicited to tape-record their responses and to take their photos during the interview and FGDs.

They were also informed about the confidentiality of the information they give through interview, focus group discussion and questionnaire in that it will be kept secret and will not be transferred to a third party or will not be used for any other purpose than this study. Above all, the researcher arranged and guided interview sessions and focus group discussion (FGD) keeping the participants' privacy and providing the necessary respect for them.

### **3.6. Fieldwork**

The first task of the researcher was to contact the *Woreda* 01 Gender Office in the Gullelle Sub-City so as to identify the assistants who helped the researcher to select sample FHHs. Consequently, three assistants were selected as recommended by Gullelle Sub-City Head of the Gender Office. These assistants helped the researcher to identify the FHHs from selected *Woreda*.

In order to dispatch and collect questionnaires, the researcher was forced to go door to door with the assistant volunteers. The assistance volunteers were also supporting the researcher in orienting the FHHs and facilitating the interview and the FDGs. Based on the sample size, the questionnaires were distributed to sample respondents.

### **3.7. Method of Data Analysis**

As the research employed mixed design, both quantitative and qualitative methods of data analysis were utilized. Accordingly, both quantitative and qualitative data were integrated and analyzed together. Data obtained from the structured household survey were coded and

entered into a computer, and analyzed quantitatively using descriptive statistics such as frequency, percentage, correlation and cross tabulation. Quantitative data were presented and described in tabular form using tables, percentage and graph. Statistical Packages for Social Science (SPSS) was used to facilitate the quantitative analysis. Moreover, the qualitative data gathered from case studies, FGDs and in-depth interview were transcribed and categorized systematically for the purpose of thematic analysis and presentation.

On the other hand, data gathered through CSI check list and the relative frequency score recorded during the household surveys was multiplied by the severity score. The mid-point of each range was then entered into the SPSS and used as the frequency measure in the calculation of the Coping Strategy Index (CSI) for each household (Maxwell *et al.*, 2003). These individual scores were then summed to give an overall score or quantitative indicator for the household.

## CHAPTER FOUR

### 4. Findings and Analysis

This chapter presents the major findings of the study. Henceforth, it deals with the presentation, analysis and interpretation of data collected through questionnaires, FGDs, in-depth interviews, case studies and presentation of key findings of the study to answer the research questions set at the beginning of the study. It also attempts to present the characteristics of FHHs in the studied community.

#### 4.1. Demographic Characteristics of Respondents

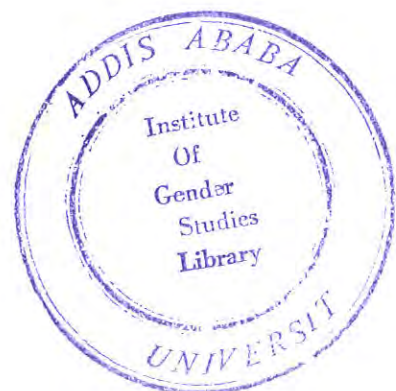
##### 4.1.1. Age of Female Headed Households (FHHs)

The household survey respondents were women in Gullelle Sub-City, *Woreda* 01. Based on the survey result, respondents' age ranges from 20 to 70 and above, where the mean age of the respondent's lies at age of 43. For detailed information, see Table 1.

**Table 1: Age Composition of the FHHs**

No.	Age Category	FHHs respondent	
		Frequency	Percentage (%)
1.	20-29	53	44.1
2.	30-39	4	3.3
3.	40-49	27	22.5
4.	50-59	17	14.2
5.	60-69	11	9.2
6.	≥70	8	6.7
	Total	120	100

Source: Fieldwork Survey, 2011



#### 4.1.2. Marital Status of FHHs

According to survey result, FHHs fall under three different categories: single, divorced and widowed where the majorities (87.5%) of the respondents were widowed while 5.8% were single and the remaining 6.7% were divorced (Table 2).

**Table 2 : Marital Status of the FHHs**

No.	Marital Status	FHHs respondent	
		Frequency	Percentage (%)
1.	Single	7	5.8
2.	Divorced	8	6.7
3.	Widowed	105	87.5
	<b>Total</b>	<b>120</b>	<b>100</b>

**Source: Fieldwork Survey, 2011**

#### 4.1.3. Educational Status of FHHs

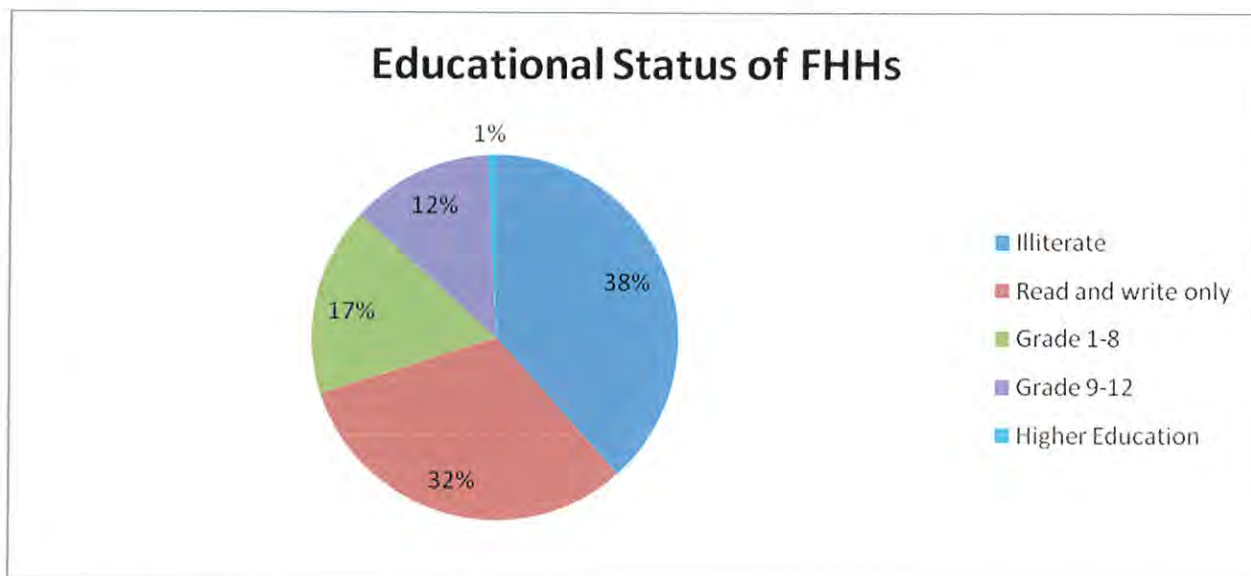
Women in Ethiopia have less access to education and information for different socio-cultural and economic reasons that could affect their socio-economic and food security status. According to MoFED (2008), in the urban areas head count poverty is higher for FHHs than for MHHs. Thus, studies uncovered that FHHs have higher poverty incidence in both urban and rural areas since women in Ethiopia tend to have completed less schooling (MoFED, 2008). This status quo has its own impact on their food security situation. Therefore, it is much significant to look at the educational profile of the households so as to deal with its attribution to the status of their food security. Accordingly, among the total of 120 sample FHHs, 38.3% are illiterate, and 31.7% can read and write (Figure 1).

About 16.7% of the respondents are educated from grade 1-8 and only 12.5% of the FHHs have the chance to attain grade 9-12. Nearly 0.8% of them graduated from higher education (Figure 1).

This result shows that the educational level of the respondents is very low. This might have its own impact on the food security and economic status of the sample households. Some studies

also support this idea. For instance, according to Degefa (2008), education is enhanced knowledge and skill which is crucial for getting access to better job opportunity and thereby generate modest income.

**Figure 1: Distribution of Educational Status of the FHHs**



**Source: Fieldwork Survey, 2011**

The findings from the qualitative data analysis also demonstrate that education is important to the betterment of the household's food security. In line with this, the FGD discussants explained that education have positive impact on one's life. The discussants also boldly mentioned that their being illiterate and less educated make them vulnerable to food insecurity and poverty.

One interviewee also asserted the above idea as follows:-

*The major cause for my suffering is my educational level. Education is a crucial criterion to be employed in formal work and to generate income and to develop purchasing power. But I am only grade three which have no impact on my life as such. Consequently, I am food insecure and I cannot purchase enough food to my family and also I cannot educate my children since my income is very low.*

Both the quantitative and qualitative data affirmed that illiteracy and low level of educational status had kept women in a disadvantaged position in every aspect of their livelihood.

#### 4.1.4. Family Size of FHHs

The family size of a household refers to the entire number of persons including related or unrelated family in households. Based on survey result, 19.2%, 54.2%, 19.2 % and 7.5% of the respondents have 2 or below 2, 3-5, 6-8, and 9 and above family members in the households, respectively (Table 3). According to Mulumebet (2010), family size is one of the most important determinants of household's food security status. Thus, high number of family member has impact on household's food security status when the age of the members is below 18.

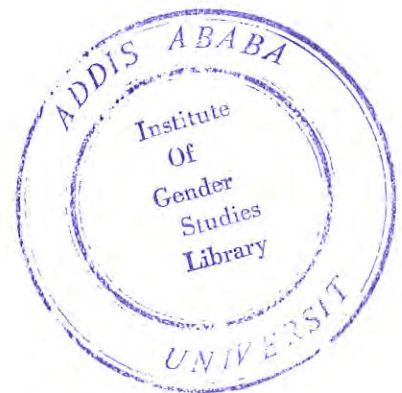
**Table 3: Distribution of FHHs by Family Size**

No.	Family Size	FHHs respondent	
		Frequency	Percentage (%)
1.	2 and below 2 members	23	19.2
2.	3 – 5 members	65	54.2
3.	6 – 8 members	23	19.2
4.	9 and above	9	7.5
	<b>Total</b>	<b>120</b>	<b>100</b>

**Source: Fieldwork Survey, 2011**

#### 4.1.5. Causes and Reason for being Head of the Households

Table 4 reveals that out of 120 sample FHHs 87.5% of them became household head due to the death of their husband, while 6.7% of them stated that are divorced and about 5.8% of the respondents were single. Moreover, this table depicts that all of the sample FHHs are the breadwinner of the households.



**Table 4: Causes of FHHs and being Breadwinner**

No.	Cause of FHHs	FHHs Respondent	
		Frequency	Percentage (%)
1.	Divorced	8	6.7
2.	Widowed	105	87.5
3.	Single/Not Married	7	5.8
	<b>Total</b>	<b>120</b>	<b>100</b>
<b>Breadwinner in the Household</b>			
1.	Yes	120	100
	<b>Total</b>	<b>120</b>	<b>100</b>

**Source: Fieldwork Survey, 2011**

Additionally, qualitative data shows that divorce and widowed are the major causes of being FHHs. Thus, during FGDs, discussants explained that the leading cause of being FHHs is widowed. “Widowed is the most serious cause that left women to be FHHs which affect the household’s economic status highly. Moreover, divorce and superstation are other contributors of being FHHs” they said.

The interviewees also asserted that the aforementioned reasons left women to be FHHs. One interviewee from *kebele* 19 said that:

*I am FHHs due to divorce. My husband was the breadwinner of the household before divorce. However, one day I was sick. When I went to clinic, I am HIV positive. On the other hand he was not positive. As a result he divorced me and has got married. However, Since then I become FHHs.*

Other interviewees from *kebele* 21 also confirmed that:

*My husband died in 1993. I have 4 children with no income. I tried to get married but no one can accept my being a mother of 4 children due to that I become FHHs.*

Thus, based on the above death of a husband is the major reason of being FHHs in the study area. Literature such as Ali and Tesfanesh also supported that being a widow is the major factors to be FHHs. For instance, Ali (2000) mentioned that factor leading to become FHHs vary in different countries and regions. In developed countries, the bulk of the FHHs are

currently divorced, separated or never-married, which reflect the rising rates of marital breakdown and unmarried motherhood as primary causes.

#### 4.2. Source of Livelihood of the Female Heads

Getting a sustainable job has become a very difficult issue for many individuals especially people who have low educational background and skills. Moreover, he argued that the income of the people who earn from low level jobs neither meet the basic needs nor save some amount of money as well as they face inability to meet basic household needs which is a very serious issue for their livelihoods (Degefa, 2008).

In the study area most of the female heads sources of livelihood is based on low earning, which is a result of low level of educational background and training. Accordingly, table 5 shows the livelihood source of the female heads engaged in different informal and formal jobs. Informal jobs are such as daily labour, hair dressing (*Shurba*<sup>7</sup>), selling *Tite Fetil*<sup>8</sup> to *shemane*<sup>9</sup>, washing clothes, baking *Injera*, preparing Asharo in different houses and selling different things in street as well as in *Gulit*<sup>10</sup> etc. Few of the FHHs are involving in formal job such as working in government and private organization. (For detailed information see Table 5).



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<sup>7</sup> Shurba – a hair dressing work doing on hand who has a skill.

<sup>8</sup> Tite Fetil – yarn made from cotton for the purpose of working different cotton clothes.

<sup>9</sup> Shemane – a person who makes the cotton cloth.

<sup>10</sup> Gulit- a place which different things are sold such as vegetables, fruits, tomato, potato, onions etc.

**Table 5: Source of Livelihood of the Female Heads**

No	Source of Livelihood	Responses	
		N	Percent (%)
1	Selling handicraft products and 'Tite Felle' to Shemane	93	42.5
2	Engaging in petty or retail trading in open market such as <i>gulit</i> and street ( such as potato, tomato, fruits and vegetables etc)	8	3.3
3.	Selling food staff and drinks in open market, <i>Injera</i> , <i>Sambusa</i> , such as street, 'Jelati' <sup>11</sup> and 'Dabokolo' <sup>12</sup> around school for students.	25	16.7
4	Collect leaf and fuel wood from forest and sell, selling of grasses and charcoal, <i>Kubet</i>	19	8.3
5	Contractual maid (washing clothes and baking ' <i>Injera</i> ', preparing ' <i>Asharo</i> ' in different houses and hair Dressing (Shurba))	36	6.7
6	Daily Labor	23	4.2
7	Begging	16	4.2
8	Selling food staff and drinks in shop, 'Tella', Areqa, Bread, 'Shero', 'Berbera', <i>Injera</i> , 'Korofa', Kollo,	6	5.0
9	Pensioner and Merchant	7	3.3
10	Government Employee	4	3.3
11	Private employee (guard, waiter in <i>Kebele</i> club etc)	3	2.5
<b>Total</b>		<b>240</b>	<b>100.0</b>

NB: - The respondents provide multiple responses

**Source: Fieldwork Survey, 2011**

#### 4.3. Food Consumption of FHHs

In table 6, 24.8% of FHHs use common food such as bread (*Dabbo*), whereas 17.8% of them use *Injera* made from different cereals such as Barley and *Teff* and 13.2%, of the respondents commonly use '*Shiro*'<sup>13</sup> sauce made from water and roasted peas flour eaten with '*Injera*' for their meal. Nearly 14.4% of the survey respondents use Potatoes as mostly common food consumed in their households, while 9.1% of them used oil (oil seeds) which is important

<sup>11</sup> Jelati- prepared from ice made with different flavor of liquids such as soft drinks.

<sup>12</sup> *Dabokolo*- snacks prepared from wheat flour

<sup>13</sup> *Shiro*- a sauce prepared from chicken box (Shinbera) flour and water in order to eat with *Injera*

ingredient for cooking the *Wat*<sup>14</sup>, potatoes and cabbage are also mostly consumed. About 9.3% of the respondents reported that they used cabbage for food consumption and 1.4% of the respondents consume meat products, whereas 0.9% and 3.4% of them use egg and butter respectively, for food consumption and 4.8% of FHHs use fruits rarely.

**Table 6: Type of Food Consumed**

		Responses	
		N	Percentage (%)
HH food consumption	Injera (barley, wheat, teff)	78	17.8
	Bread (Dabbo)	109	24.8
	Wat (Shero, Mesere, Ater)	58	13.2
	Oil (oil seeds)	40	9.1
	Meat (beef, lamb, goat, chicken)	6	1.4
	Eggs	4	.9
	Milk or cheese	4	.9
	Butter	15	3.4
	Potatoes	63	14.4
	Vegetables (cabbage, carrot, tomato, etc).	41	9.3
	Fruits (Papaya, banana, mango)	21	4.8
Total		439	100.0

NB: - The respondents provide multiple responses

**Source: Fieldwork Survey, 2011**

According to WFP (2008), the Food Consumption Score (FCS) is a composite score based on dietary diversity, food frequency, and relative nutritional importance of different food groups. In order to calculate the FCS, food items are grouped into eight standards, with a maximum recall data of 7 days per week for this study, then the consumption frequency of each food group is multiplied by an assigned weight based on its nutrient content and those values are

<sup>14</sup> Wat is a sauce eaten with *injera*

then summed up to find FCS<sup>15</sup>. The weight is given by WFP. These standards of food items and food group are shown in the following Table:

**Table 7: Food Groups and Weights**

No	Food Items	Food Group	Weight (given by WFP)
1	Maize, maize porridge, rice, sorghum, millet pasta, bread and other cereals	Cereals and Tubers	2
2	Cassava, potatoes and Sweet potatoes	Tubers	
3	Beans, Peas, Groundnuts and Cashew Nuts	Pulses	3
4	Vegetables and Leave	Vegetables	1
5	Fruits	Fruit	1
6	Beef, Goat, Poultry, Pork, Eggs and Fish	Meat & Fish	4
7	Milk, yogurt and other diary	Milk	4
8	<b>Oils, fats and butter</b>	<b>Oil</b>	<b>0.5</b>

**Source: World Food Program, 2008**

Furthermore, according to WFP (2008), the FCS has three categories which contain the thresholds of the food consumption score boundaries. These are:

Threshold	Profiles
0 – 21	Poor food consumption
21.5 – 35	Borderline food consumption
> 35	Acceptable food consumption

**Source: World Food Program, 2008**

The mean FCS of the sample FHHs is 21.7. The minimum FCS is 8 while the maximum FCS among the FHHs is 42.00. Based on the above given threshold (cut-off), half of the FHHs (50.8%) are in poor food consumption threshold whereas 43.3% of the households are in the

<sup>15</sup> FCS = <sup>a</sup> staple x staple + <sup>a</sup> pulse x pulse + <sup>a</sup> vegetable x vegetable + <sup>a</sup> fruit x fruit + <sup>a</sup> animal x animal + <sup>a</sup> dairy + <sup>a</sup> oil x oil, where FCS – Food consumption score, a - Weight of each food group, x- Frequencies of food consumption = (number of days for which each food group was consumed during the 7 days recall period of the survey).

borderline. The remaining households (5.9 %) are in acceptable food consumption position (Table 8).

Therefore, this also implies that the respondents of the sample FHHs are more likely to be food insecure and have poor food stuffs in their food consumption as most of the FHHs are in poor and borderline food consumption threshold.

**Table 8: Food Consumption Score (FCS)**

Food security Threshold	Frequency	Percent
Poor	61	50.8
Borderline	52	43.3
Acceptable	7	5.9
<b>Total</b>	<b>120</b>	<b>100</b>

**Source: Field work Survey, 2011**

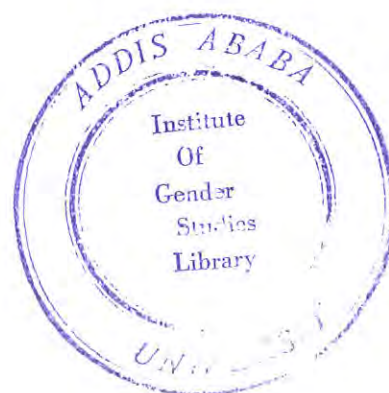
Participants of the survey questionnaire, FGD and interview were asked about the kinds of food groups they consumed based on a 7 day recall period of time. All the results depicted that cereal is more consumed in various forms, such as *injera*, bread, *Kita*, *porridge*<sup>16</sup>, *Kolo*, etc by the majority of households.

#### **4.4. Coping Strategies of the FHHs**

##### **4.4.1. Coping Strategy Index (CSI)**

CSI revolves around the answers to the question: “What do you do when you don’t have enough food, and don’t have enough money to buy food?” The answers to this simple question comprise the basis of the CSI tool (Maxwell et al., 2003). In other words, CSI measures the frequency and severity of a household’s coping strategies for dealing with shortfalls in food supply. Frequency implies how often the coping strategy used and the severity shows what degree of its unacceptability.

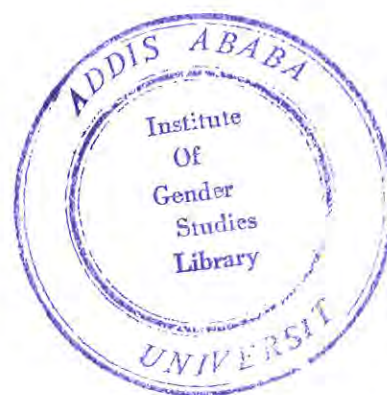
<sup>16</sup> Porridge- prepared from flour and water.



The CSI gives a quantitative score for each household and is a cumulative measure of the level of coping strategy and therefore the measure of food insecurity. As a given household adopt more numbers of coping mechanism that are socially accepted as severe form, they are tended to be food insecure. In other words, the higher the numeric score of the CSI, the more coping a household has reported and therefore the more food insecure it is and vice versa.

In order to calculate the CSI, the first step is listing down all coping strategies by the local people and ranking the weights according to its severity (Maxwell *et al.*, 2003). Likewise in this study, many types of coping mechanisms are identified based on FGDs among the female headed participants. However, looking at the similarity and their types, they are summarized into nine major categories (See Table 9).

Then on the second half of each FGD sessions, the respondents categorized the severity of each of the nine coping mechanisms that further fall into major four similar weights. Consequently, “1” is given to the least severe; “2” for moderately severe, “3” for severe and “4” for extremely severe. The two among the nine coping mechanisms are labeled as the least severe. These are relying on less preferred and less expensive foods, and getting government aid. The second one includes three coping mechanisms which are purchasing food on credit, borrowing food from friends or relatives and limiting the amount of meal. These are regarded as moderately severe. The third ones are restricting consumption order for small children to eat and skipping entire days without eating which are categorized as severe form of coping mechanism. The other forth extremely severe forms of coping mechanisms are sending children to eat to neighbor and involving in begging (See Table 9).



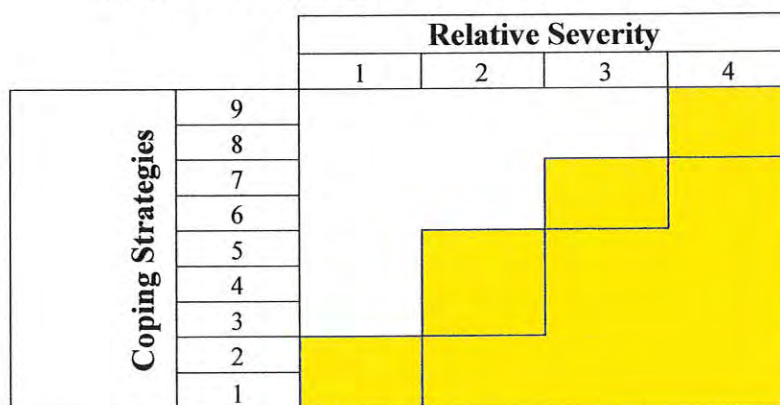
**Table 9: Weight Ranked Groups of Coping Strategies of FHHs**

Coping strategy mechanism	Severity <sup>17</sup>
<b>Least severe</b>	
1. Rely on less preferred and less expensive foods	1
2. Get government food aid	1
<b>Moderately Severe</b>	
3. Purchase food on credit	2
4. Borrow food from a friend or relative	2
5. Limit amount at Meal times	2
<b>Severe</b>	
6. Restrict consumption order for small children to eat	3
7. Skipping meals	3
<b>Extremely Severe</b>	
8. Send children to eat with neighbors	4
9. Send household members to beg	4

**Source: FGD, 2011**

Note that the four categories of coping strategies which are used in this study are in line with the assumption of linear relationship. In that sense, each group of strategies becomes incrementally more severe than the previous weights with same interval as ordinal ranks (see Figure 3).

**Figure 2: Weight Ranked Groups of Strategies in Study Area**



**Source: Maxwell et al, 2003 and Own Construction**

<sup>17</sup> - The severity weight was given by the respondent during the FGD time ranked from one up to four and the higher score shows that the extremely severe (4), severe (3), moderately severe (2), the least severe (1).

In the second step, it is captured how often the sample FHHs are employing each coping mechanism. This is basically done using household survey on the seven days recall data as Dan Maxwell recommends this measure of food security. The frequency ranges from ‘every day per week’ to ‘never’.

Based on the Maxwell et al (2003) suggestion, the simplest means of scoring these results so that to obtain a quantitative measure for frequency is to take the mid-point of the range of days in each category, and assign that as the value for the category. Thus, table 10 depicts the way numeric values were assigned for relative frequency in this study. This classification also found in many food security studies that have used CSI as measurement (Dan Maxwell et al, 2003; Yergalem, 2009; Mjonono, 2008).

**Table 10: Assigning Numeric Values to Relative Frequency**

All the time	Pretty often	Once in a while	Hardly at all	Never
Every day (all the seven days)	3-6 per week	1-2 per week	<1 per week	0 per week
<b>Scored according the Mid-Point Value of the Range of each Category:</b>				
7	4.5	1.5	0.5	0

**Source: Maxwell et al, 2003**

Finally, a discrete score for each strategy is obtained by multiplying the frequency of scaling for each coping strategy by the severity perceived weighting rank. These scores are then summed up to obtain a cumulative coping strategy index for each of the sample households. This all was done using Microsoft excel and SPSS. In this regard, it was found that the minimum CSI is 7 while the maximum is 75.5 with the mean 34.2 score.

One point that has to be mentioned here is lack of cut-off points to categorize the status of household’s food security in CSI. In this regard, Maxwell noted because each CSI indicator is specific to its context. There is no designated cut-off point in a CSI scale below which a household would be considered “food secure” and above which it would be considered “food insecure.”



As a result, he further suggested that quartile ranking of CSI score to make categorization among the selected household (Maxwell, 1996). Hence using quartile ranking, four categories of food security status among the sample FHHs are identified. The first category is called ‘least severely food insecure household’ which includes 0-20.5 CSI score. The second group includes 21.6-39.5 which is ‘moderately food insecure households’. The Third one includes from 40.6-62.5 which is severely food insecure households while the fourth one is above 62.5 are the ‘extremely food insecure household’. \*Note that this classification works only in this context of the study area and calculated in excel from 120 sample FHHs (Table 11).

**Table 11: Four Categories of FHHs Food Security Status, Based on CSI**

No.	Categories	Range of CSI
1.	Least Severely food insecure households	0-20.5
2.	Moderately food insecure households	20.6-39.5
3.	Severely food insecure households	39.6-62.5
4.	Extremely food secure household	>62.5

**Source: Own Construction**

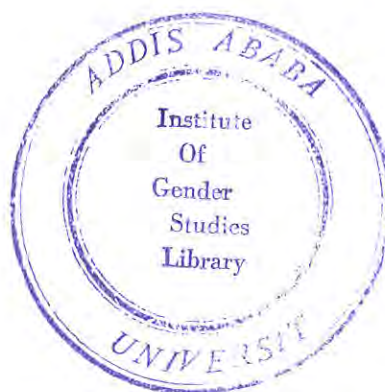
#### 4.4.2. Aggregated Frequency of Coping Strategies among FHHs

The most usual coping strategies that are adopted by all FHHs are relying on less preferred foods and less expensive foods. For instance, it is mentioned that consuming *teff* in combination with less preferred and less expensive grain such as sorghum and maize is taken as common coping mechanism in most households. The FHHs also used black *teff* which is less costly. In that sense, 94.2 % of the respondents said that they are using this strategy throughout the last seven days while 4.2% said that they are following the strategy pretty often. The remaining respondents said that they are using it once in a while or rarely. However, all FHHs claim that they are using this strategy.

These all show that all FHHs cannot be said that they are free from food security problem at all times, though the intensity of the problem varies across them.

The second most common coping strategy used among the FHHs is limiting the amount of meal that their members of the household consume. From these FHHs, 26.7% are using this strategy everyday while the same percentage is relying on this strategy quite often. 12.5% of them are also employing this mechanism once in a while and 37.7 % of FHHs do not depend on this mechanism at all. The remaining percentage is in the categories of hardly at all.

The third coping mechanism that is prevalent among FHHs is restricting consumption. These are largely done among the adult members in favor of small children. 44.2% of the FHHs report that they are at all times restricting consumption in order to give priority to their children whereas 48.3 % claim that they do not use this strategy. The fourth one which is widespread in the FHHs is skipping meals, which preclude ranging from eating two or one meal in a day to omitting the entire day at all. 25.8% (all times) and 21.7 % (pretty often) of FHHs state that they employ this mechanism while 48.3% of them do not resort to this coping strategy. The other strategies that followed by the sample FHHs in sequence is borrowing food from friend or relative, sending household members to beg, purchasing food on credit, getting food aid from government and sending children to eat with the nearby neighbors (See Table 12 for detail information).



**Table 12: The Aggregated Relative Frequency of the Identified Coping Strategies in FHHs**

No.	Coping Strategies		All the time	Pretty often	Once in a while	Hardly at all	Never	Total
1	Rely on less preferred and less expensive foods	Frequent	113	5	1	1	-	120
		Percent	94.2	4.2	0.8	0.8	-	100
2	Get government food aid	Frequent	6	-	1	3	110	120
		Percent	5.0	-	0.8	2.5	91.7	100
3	Purchase food on credit	Frequent	7.	5	3	3	102	120
		Percent	5.8	4.2	2.5	2.5	85.0	100
4	Borrow food from a friend or relative	Frequent	5	2	18	7	88	120
		Percent	4.2	1.7	15.0	5.8	73.3	100
5	Limit the amount of meal	Frequent	32	32	15	3	38	120
		Percent	26.7	26.7	12.5	2.5	31.7	100
6	Restrict consumption order for small children to eat	Frequent	53	6	2	1	58	120
		Percent	44.2	5.0	1.7	0.8	48.3	100
7	Skip meals	Frequent	-	31	26	5	58	120
		Percent	-	25.8	21.7	4.2	48.3	100
8	Send children to eat with neighbors	Frequent	1	2	2.	-	115	120
		Percent	0.8	1.7	1.7	-	95.8	100
9	Send household members to beg	Frequent	12	3	2	1	102	120
		Percent	10.0	2.5	1.7	0.8	85.0	100

Similarly, qualitative data obtained from FGDs ascertained that all of the FHHs use the different strategies in response to food shortage. In addition, one case study of the FHHs, shared her coping mechanism during her food shortage as follows:

### Case One

Case one is 39 years old woman and her family size is 5 including herself. She does not have formal job. She manages her household based on causal wage: washing clothes in different houses. She narrates her coping strategy during food shortage like this.

*When my third child was born we did not eat food for three days all the five of us, then in the third night I cried a lot and I thought to beg. In the morning I started begging. At that time my neighbors insulted me and laughed on me. Thanks to*

*good people who live in Addis Ababa supported me by giving children's cloth, money and food for five years and my children are grown up now.*

According to this case, begging is one of coping mechanism of FHHs to cope with food shortage.

Regarding coping mechanisms one interviewee explained that “Whenever I am not having anything at home to eat, I just, drink the coffee and go to sleep. But, I give my kids something to eat”. Hence, this shows that FHHs use skipping of meals and prioritize to children as coping mechanism during food shortage.

The coping strategy mechanism which has been used by these FHHs is supported by different researchers too. For instance, Tegegne (2011), Yared (2010), and Degefa (2008), revealed in their studies that people who have food shortage have used less preferred food, skipping meals, limit the amount of food intake and begging as coping mechanism.

#### **4.5. Food Security Status of Respondents**

##### **4.5. 1. Categorization of FHHs Food Security Status**

In relation to this, table 13 describes that 19.2 % of the respondents are considered as extremely severe food insecure, 26.7% of the respondents are considered as severely food insecure, 26.7% are moderately severe food insecure and about 27. 5% of FHHs are in the least severe food insecure level.

**Table 13: Categorization of FHHs Food Security Status, using CSI Score Frequency**

<b>Food Security Status of FHHs</b>	<b>Frequency</b>	<b>Percent</b>
Least Severe	33	27.5
Moderately Severe	32	26.7
Severe	32	26.7
Extremely Severe	23	19.2
Total	120	100.0

**Source: Fieldwork Survey, 2011**

#### **4.6. Vulnerability of FHHs**

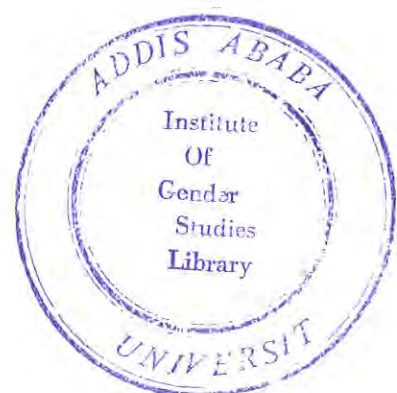
Vulnerability is a forward looking concept aimed at assessing community and household exposure and sensitivity to future shocks. Ultimately, the vulnerability of a certain household or community is determined by their ability to cope with their exposure to the risk posed by shocks such as food security, economic fluctuations, conflict etc (WFP, 2008). In addition, “the ability to manage the risks associated with shocks is determined largely on household and community characteristics, most notably their asset base and the livelihood as well as food security strategies they pursue” (WFP, 2008, p.16).

According to Ellias (2000, p.10) “A livelihood comprises the assets (natural, physical, human, financial and social capital), the activities and the access to these are mitigated by institutions and social relations that all together determine the living gained by the individual or household”. Consequently, the FHHs are disadvantaged and vulnerable because of different factors like low level of education, unemployment and low income. Lack of physical capital such as house is the other major factors that made the FHHs vulnerable to food insecurity. On the other hand, the social capital which they get from *edir*, *equb* and *mahiber* is important to food security. However, due to less exposure to these social networking, FHHs have benefited less.

#### **4.6.1 Human Capital**

##### **4.6.1.1. Education, Unemployment, Low Income and Health**

In analyzing food security, the educational levels of a population have an impact on accessibility to food which is the more educated generally have a greater ability to cope with a variety of difficult situations, and are likely to have a higher probability of finding employment (WFP, 2008). In support of this, one case study is presented below:



#### 4.6.1.1.1. Education vs Food Security

##### Case Three

Case three is a Female Headed Household managed by 45 years old woman and her family size is 2 including her. She does not have formal job and rely on casual wage from daily labor. This FHH narrated why she is not educated as follows:-

*The reason why I am not educated is I do not have a parent; they died when I was 10 years old. My sister, who is living in rural area used to take care of me for a while. Then, my aunt brought me but she could not send me to school as a result of poverty and then I got married and have a baby. I know that education has various results on life though I am not educated. It can create formal employment opportunities and increase income. I am working as a daily laborer and my income is very low. Due to my educational level, I have no formal employment; rather I have to work informally with low income. Therefore, I am vulnerable to food insecurity.*

In addition, information from the FGDs also confirmed that level of education is one of the factors that lead the FHHs to food insecurity. They reported that “education is a base to formal employment and to increase household’s income and to be food secured. However, we are not educated and have no formal employment which can increase our income. Thus, we are food insecure”.

Literature also supported that FHHs have low level of education. For instance, Tegegne study on urban poverty asserted that education of the household head influences household’s labor market and thus the income earning opportunities (Tegegne, 2011). Besides, a study by WFP (2008), mentioned that education is markedly associated with gender. FHHs are less likely to be educated and they have completed only some primary or secondary level educations. According to WFP (2008), research unemployed FHHs are more likely to be vulnerable to food insecurity compared to those who have job. Almost one in each three unemployed FHHs is food insecure.

Thus, all the above information shows that food insecurity is highly associated with educational level. Illiterate household-heads are more likely to become food insecure

compared to the educated ones. Therefore, FHHs who have low level of education are more vulnerable to food insecurity.

In relation to employment one interviewee said that:-

*The only work for me is informal work like washing clothes, baking 'Injera' in different houses, roasting 'Asharo'<sup>18</sup>. I am not educated and have no skill to be employee of any formal employment. Moreover, the payment is not sufficient for home consumption and to pay for electric, water and house rent. In these days, even the food consumption is rising high. When the problem became worse, I collect leaves, and wood from Entoto<sup>19</sup> forest and sell it. You know, I try to participate in various activities. However, my life is insecure due to low level of employment which resulted in low level of income. I am one of food insecure households in the compound.*

In conformity this narration, Tegegne, (2011) explains that low income is a serious risk to urban households.

#### **4.6.1.1.2. Health vs Food Insecurity**

Another important aspect of human capital is the health condition of individuals in a society. The federal food security strategy identified under nutrition or low dietary intake and food consumption, poor health status etc undermine the household food security (FDRE, 2002). From the discussion made with the FHHs, it becomes clear that health problem in the study area is a pressing factor which leads to food insecurity. In relation to this, one interviewee said that:-

*I dropped out of school from grade 9 due to my eye problem. Even now I could not see anything from far and my mother is also sick. I am the only person who takes care of my mother and my daughter. Before my eye problem worsens, I used to sell like tomato, onion and so on, but now I could not do it. Then I came to Kebele, to apply for a vacancy as janitor and they said that I could not fit the job because I do not have the experience. Now, I bake 'Injera'<sup>20</sup> sometimes and sell it but not often because of my health situation. Moreover, recently I fell down from 3<sup>rd</sup> floor while working as a daily laborer, a nail hurt my leg and it took me three weeks to feel better. I can say my poor health condition is the cause for the food insecurity at which I am suffering.*

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<sup>18</sup> 'Asharo' is a cereal for preparing 'Tella'- it is a local drink made from different roasted cereals.

<sup>19</sup> Entoto is a place that forests are found for collecting wood and leaf.

<sup>20</sup> 'Injera' is a flat circled cake made from cereals called 'Teff.'

Further, FGD discussants also confirmed that health problem is one of the important factors to work and to secure household. They said “if we are healthy we can work to secure our household, otherwise we cannot work and eat. Unquestionably, therefore, unhealthy female head will be more food insecure.

Studies also show that health is directly related with food insecurity. For instance, Degefa’s study in Addis Ababa concerning urban poverty and food security reveals that “healthy individuals can actively engage in production activities and contribute to sustainability of own households livelihood” (Degefa, 2008, p.35).

HIV/AIDS is another factor which relates to the food security of the sample FHHs. There is increased risk of food insecurity and malnutrition as female heads with HIV/AIDS are unable to work. Consequently, their income declines, expenditure on health care increases, care giving burdens increase and time for looking after children lessens (Piot & Pinstrup, 2002).

A female head interviewee with HIV/AIDS said:

*My husband left me because I am HIV positive and I am the one who take care of my child and my mother. I cannot work as other people can do because I do not feel well when I work too much. When I am not working, there is no money for food and we have to skip meals. HIV/AIDS has health impact on me and hinder me for earning income. Thus, HIV/AIDS affect the level of household food security.*

Moreover, one of the case study assures that household heads’ health situation make the family vulnerable for food insecurity. Therefore, the case shows that HIV/AIDS is one factor that makes household food insecure.

#### **4.6.1.1.3. Health Problem Vulnerable to Food Insecurity**

##### **Case Four**

Case four is 26 years old woman. She has 4 family members. Her husband died 6 years ago and now she has no formal job and cannot rely on casual wage either. The FHHs narrated in her own voice what coping mechanism she used to overcome food shortage in the households:-

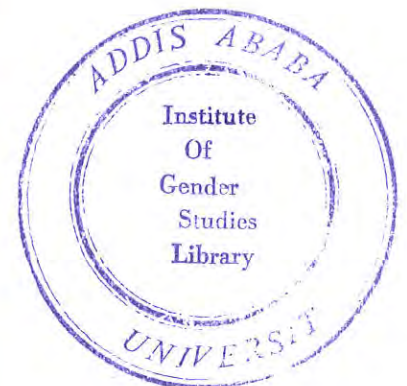
*After my husband died, I used to work as daily laborer to satisfy my family need. However, I became sick. Because of my sickness I stopped to work. When I*

*stopped work, I have no means of livelihood income and I have no other source of income except my daily work with small income. My family has faced hardship and became vulnerable to food insecurity as a result of my health problem. Now I am begging to survive the food insecurity situation and because of this most of the time I skip meal.*

#### **4.6.1.1.4. Physical Capital vs Food Insecurity**

Regarding physical capital, housing is very crucial and important for livelihood both for urban and rural people. This is supported by literature that, people who have their own house; can save money for other purpose, including for business (Carney, 1998). During the FGD discussion, the discussants were asked why they do not participate in small business and one of the FGD discussant said:-

*We want to start at least petty trade but it requires capital. However, we have no saving and no space to start petty trade.*



**Figure 3: FGD Discussion with FHHs**

One interviewee also asserted that participating in business requires house, credit and saving access and the sample FHHs have less access to all these. She expressed her idea as follows:

*For example, I lived in rented house and I do not have enough money to start my own business. Housing is very serious issue to participate in business activities. One organization provided me with 'Lakech Mitade' to bake 'Injera' for sell and generate income. However, the owner of the house restricted me from using it, even he chased me from his house. Living in rented house is very difficult to do my business because I do not have freedom to do whatever I want.*

Furthermore, most of the FGD discussants said:-

*We are suffering a lot. The money we spend to pay for a house rent is too much even it is hard to cover our cost for food consumption. Thus, some of us live with our mothers, in other person's house sharing called 'Debale'<sup>21</sup> and some of us with our relatives. On average we pay 150 birr per month.*

Hence, lack of house makes the FHHs vulnerable to food insecurity, as they spent their low income to pay for a house rent. They are also supposed to spend on food consumption and other basic necessity for their family.

#### **4.6.1.1.5. Social Capital vs Food Insecurity**

Social resources are networks that increase people's trust and ability to work together and expand their access to these institutions (Degefa, 2005). All the FGD discussants said that they are vulnerable to food insecurity due to less social capital in their living area.

#### **4.6.2. Food Price Vs Food Security**

The sample FHHs were asked to give their perceptions on the major cause of the food security in open-ended questionnaire. Based on the survey result all of the respondents 100%, said the current market price of food is highly increased compared to 12 months ago. Thus, all the respondents explained that the sudden price inflation is the reason to be food insecure. This is supported by a literature written by FAO (2008).

As per the qualitative data, the price of food became higher and higher from time to time, the FHHs in the study area cannot afford to buy food. To confirm this situation the volunteer stated that:-

*The FHHs in this Woreda 01 are living in a high poverty situation. Besides this, the households when they faced with rapidly rising food price their consumption is immediately reduced even they skip meals. Mostly, they use Maize which is cheaper than other cereals called 'Kisca'.*

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<sup>21</sup> A household who live with other household under the same roof.

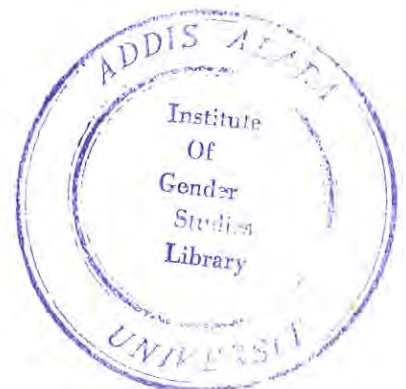




Figure 4: Interview with One of the Volunteer

In addition to this, one of the interviewee said that because of the sudden food price increment she cannot buy food on monthly basis but on daily basis. Furthermore, most of the FGD discussants said that they buy food on daily basis from *Gulit* in the form of *Cherecaro*<sup>22</sup>.

#### 4.7. Socio-Economic Factors that Affect the Food Security Status of FHHs

In the analysis, it is attempted to see the food security status of FHHs using CSI as indicator with different variables and it was found it is correlated with household (1) family size, (2) education level of female head and (3) age of the female head. In this section, each of the four issues is discussed in detail and concluding remarks are made.

##### 4.7.1. Food Security and Household Family Size

Table 14: Correlation of CSI with Total Family Size of FHHs

		Coping Strategy Index	Family size in category
CSI	Pearson Correlation	1	-.197(*)
	Sig. (2-tailed)		.031
	N	120	120
Family Size	Pearson Correlation	-.197(*)	1
	Sig. (2-tailed)	.031	
	N	120	120

\* Correlation is significant at the 0.05 level (2-tailed).

Source: Fieldwork Survey, 2011

Table 14 describes correlation coefficients between CSI and household family size with significance of 0.05 level in two-tailed with the Pearson's (r value) of -0.197. The survey

<sup>22</sup> Cherecaro is sale of basic commodities in small amount conducted by petty traders.

results indicate that the CSI scores are negatively correlated with the FHHs' family size, which means as family size increases, CSI decreases and vice versa.

From the sample FHHs more than 60.0% of the respondents who have 2 and below 2 household members fall within extremely severe and severe food insecure categories (as seen in Table 15). Conversely, while almost 60.0% of the FHHs who have 3 up to 5 household family members are in categories of moderately severe and least severe food insecure. Furthermore, nearly 90.0% of the households who have 9 and above family members fall in moderately severe and least severe food insecurity group.

**Table 15: Cross Tabulation between Family Size and CSI**

Level of food Insecurity		2 and below 2	3 - 5	6 - 8	9 and above	Total
<b>Least Severe</b>	Count	3.0	17.0	9.0	4.0	33.0
	% within Family size	13.1	26.2	39.1	44.4	27.5
<b>Moderately Severe</b>	Count	5.0	21.0	2.0	4.0	32.0
	% within Family size	21.7	32.3	8.7	44.4	26.7
<b>Severe</b>	Count	9.0	13.0	9.0	1.0	32.0
	% within Family size	39.1	20.0	39.1	11.1	26.7
<b>Extremely Severe</b>	Count	6.0	14.0	3.0	-	23.0
	% within Family size	26.1	21.5	13.0	-	19.2
<b>Total</b>	Count	23.0	65.0	23.0	9.0	120.0
	% within Family size	100.0	100.0	100.0	100.0	100.0

**Source: Fieldwork Survey, 2011**

In other words, larger family size employs less severe and less number of coping strategies and hence less vulnerable, showing somewhat better position of food security compared to the smaller family size in this research due to their independency in the family rather they support by sharing the cost in the house, but when it comes to the small size they are dependent.

However, it is difficult to conclude that the mere increase of family member cannot assure the food security of a given household. Larger family size has direct repercussion on better food

security status of a household when most of the members of larger FHHs are not dependent. In this regard, the following points are worth mentioning in terms of the relationship among food security, household family size and CSI.

1. The larger family size should not be dominated by dependent children. Some family with larger family size cannot be free from food insecurity problem as there are more hands of consumers than producers in such a given household.
2. The better health and better productive capacity of larger family is also a necessary precondition in that the family size becomes an asset for a household.
3. The availability of jobs that can be exploited by these members of FHHs are also determinant in their implication to better food security.
4. The strength of support among the family members are also very dispensable that as one income gets better position, the whole family food security status becomes enhanced.

In this regard, most FHHs consider their children as assets. They invest a lot of things on them. They children are hope for their future. For instance, one of the most widely used coping strategy among most of the sample FHHs is giving priority to their children whenever there is a food shortage in the family. As a result, the most challenge of these FHHs is when the age of the children are in period of 'dependency'. Some of the FHHs also confirm in FGDs that they are supported by their grown up children in one way or another. The points in the case found from qualitative data as follow:

#### **4.7.1.1. Helping Families to Overcome the Food Shortage**

##### **Case Two**

Case two is 35 years old woman and her family size is 4 including her. She generates income from washing clothes and baking 'Injera' in different houses and educates her children. She knows that education can give her children better life and she does not want her children to suffer the way she suffers. In relation to this she stated that:-

*My children are my assets. The best I can do for them is to educate them. If I do this, they will have a chance for good employment opportunity and a better life there by become food secured. One of my son joined university and successfully*

*completed. Now he is working in a government organization. Thanks to God now we are food secured because of my son.*

In addition, one of the interviewee said that:-

*My daughter helps me by working in income generating activities to overcome food shortage. Mostly, she works as waiter in cafes when school is closed for vacation and washes clothes during weekends.*

Moreover, another interviewee argues that her child helps her by selling *Injera* after he returns from school in *gultit*.

#### 4.7.2. Food Security and Education

Table 16 indicates significant correlation coefficient for CSI and educational status with 0.01 levels in two-tailed with the Pearson's (r value) showing -0.281. This shows that there is a statistically significant correlation between the two variables. Thus, the survey results indicate that CSI scores are negatively correlated with the educational status of the female head. In other words, as the education level of the female head is higher, lower CSI of FHHs is recorded and vice versa.

**Table 16: Correlation of CSI with Educational Status of FHHs**

		<b>Coping Strategy Index</b>	<b>Educational Status</b>
CSI	Pearson Correlation	1	-.281(**)
	Sig. (2-tailed)		.002
	N	120	120
Educational status	Pearson Correlation	-.281(**)	1
	Sig. (2-tailed)	.002	
	N	120	120

\*\* Correlation is significant at the 0.01 level (2-tailed).

**Source: Fieldwork Survey, 2011**

For instance, based on cross tabulation of CSI and educational status, it is revealed that the substantial number of households who headed by female illiterate (46.3%) and who headed by female able to read and write (57.9%) and who joined primary school (47.8%) are found in the severe and extremely severe food insecurity class. Note that the impact of literacy and primary education among the three group are little or meaningless as they show similar

tendency in the vulnerability of food security. However, joining high school and higher education of female head has a clear implication in food security status of FHHs since only 17.7 % who joined in high school are in severe food secure categories. Moreover, one respondent is joined in higher education who is in the least severe food secure group (Table 17).

This all implies that the involvement of female head in education is direct implication in their household food secure.

**Table 17: Cross Tabulation between Educational Status and CSI**

Level of food insecurity		Illiterate	Read & Write only	Grade 1-8	Grade 9-12	Higher Education	Total
<b>Least Severe</b>	Count	8	3	9	12	1	33.0
	% within Edu. Status	19.5	7.9	39.1	70.6	100.0	27.5
<b>Moderately Severe</b>	Count	14	13	3	2	-	32.0
	% within Edu. Status	34.2	34.2	13.0	11.8	-	26.7
<b>Severe</b>	Count	12	11	6	3	-	32.0
	% within Edu. Status	29.3	29.0	26.1	17.7	-	26.7
<b>Extremely Severe</b>	Count	7	11	5	-	-	23.0
	% within Edu. Status	17.1	29.0	21.7	-	-	19.2
<b>Total</b>	Count	41	38	23	17	1	120.0
	% within Edu. Status	100.0	100.0	100.0	100.0	100.0	100.0

**Source: Fieldwork Survey, 2011**

Likewise in the previous literature, according to Tegegne (2011), lack of education has an impact towards food insecurity. He also explained that employment requires some kind of education and employment status was found to have close relation with level of education. One of the reasons that FHHs lack access to employment is due to lack of education. His findings also asserted that most people rely on casual wage labor, which are irregular, unreliable, seasonal and do not yield secure sources of income. As the result, most of the FHHs are highly vulnerable to food insecurity in urban areas (Tegegne, 2011). It is clear that education has direct impact on employment and income and subsequent food security status.

### 4.7.3. Food Security and Age

Table 18 describes correlation coefficients for CSI and age are significant with 0.05 level in 2-tailed with Pearson's (r value) showing -0.210. From this, one can conclude that there is a statistically significant correlation between the two variables. Thus, the survey results indicate that the CSI scores are negatively correlated with age of female heads.

**Table 18: Correlation of CSI with Age of FHHs**

		Coping Strategy Index	Age
CSI	Pearson Correlation	1	-.210(*)
	Sig. (2-tailed)		.021
	N	120	120
Age	Pearson Correlation	-.210(*)	1
	Sig. (2-tailed)	.021	
	N	120	120

\* Correlation is significant at the 0.05 level (2-tailed).

**Source: Fieldwork Survey, 2011**

Based on the cross tabulation shown in table 19 of CSI and age, it is observed that most female head who are found between 20-49 years of age concentrated at the higher level of CSI and hence severe and extreme food insecure categories. In these among the total 20-49 years old female heads (84), 67.9% fall in these groups.

**Table 19: Cross Tabulation between Age and CSI**

Level of food insecurity		Age category						Total
		20-29	30-39	40-49	50-59	60-69	≥70	
<b>Least Severe</b>	Count	7	0	4	7	6	2	26
	% of Total	5.8	0.0	3.3	5.8	5.0	1.7	21.7
<b>Moderately Severe</b>	Count	9	2	5	3	1	1	21
	% of Total	7.5	1.7	4.2	2.5	0.8	0.8	17.5
<b>Severe</b>	Count	19	1	5	5	1	2	33
	% of Total	15.8	0.8	4.2	4.2	0.8	1.7	27.5
<b>Extremely Severe</b>	Count	18	1	13	2	3	3	40
	% of Total	15.0	0.8	10.8	1.7	2.5	2.5	33.3
<b>Total</b>	Count	53	4	27	17	11	8	120
	% of Total	44.2	3.3	22.5	14.2	9.2	6.7	100.0

**Source: Fieldwork Survey, 2011**

As table 19 shows, the younger FHHs are seems more affected by food insecurity than the older ones. This might be as the female heads get older, the more likely she would have grown children who can support her. Grown up children share the burden of the female head since they are most likely in better educational background than the female head and can take responsibility beside their mothers. Furthermore, if they are educated, there will be a chance to be employed and their life will be changed for the better.

With regard to the younger FHHs, they are more food insecure as a result of less education and lack of job. This is because their children are younger and the FHHs are more responsible to take care of their children. Hence, they will have little chance to get fair jobs and will be engaged with unsustainable labor based jobs which have a very low payment. Thus, the finding depict that younger FHHs are food insecure.

To wind up, food security situation of FHHs are correlated with age, education and family size. The more they are illiterate, the more they are food insecure, while the more they are educated, the less food insecure. The older their age is, the more they tended to be food secure and the younger their age is, and the more likely they are food insecure. FHHs with less family size member are also more likely vulnerable to food insecurity than those having larger

family size members. Therefore, these three important demographic factors have somewhat association with food security status of FHHs.

#### 4.7. 4. The Correlation of CSI and FCS

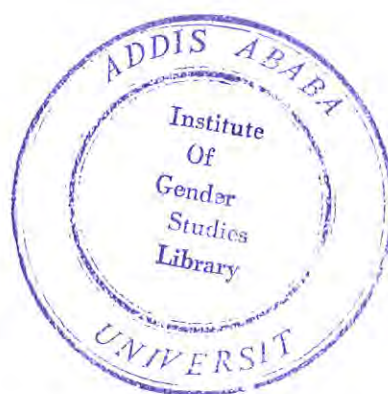
In addition to CSI, to measure the food security status of FHHs, food consumption score is also employed. This is done for two reasons:

1. To measure the food security status of FHH, other than using CSI
2. To correlate CSI and FCS to see whether findings from the two measurements are consistent.

Table 20 describes correlation coefficients between CSI and FCS is significant with 0.05 level in 2-tailed with the Pearson's (r value) show -0.492. From this, one can conclude that there is a statistically significant correlation between the two variables.

Thus, the survey result indicates that the CSI scores are strongly correlated in opposite ways with the Food Consumption Score (FCS), which means when one variables increases, then the second variable decreases in value. The higher the CSI the less the FHHs used different variety of food for consumption such as '*Injera*' with '*sherio*', *kisca*<sup>23</sup> and bread (*Dabo*). Most of the respondents have not used milk and meat products even during holidays.

In general, this confirms that these two measurements that are used in this study go along with each other and assure the quality of the data and the output that is generated by this research.



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<sup>23</sup> *Kisca* is mostly a traditional food for southern ethnicity prepared from maize flour, cabbage, salt, Mitmita spices and potatoes cooked with water.

**Table 20: Correlation of CSI with Food Consumption Score of FHHs**

		<b>Coping Strategy Index</b>	<b>FCS</b>
CSI	Pearson Correlation	1	-.492(**)
	Sig. (2-tailed)		.000
	N	120	120
FCS	Pearson Correlation	-.492(**)	1
	Sig. (2-tailed)	.000	
	N	120	120

\*\* Correlation is significant at the 0.01 level (2-tailed).

**Source: Fieldwork Survey, 2011**

#### 4.8. Major Causes of Food Insecurity

A number of factors can explain the increasing food insecurity situation in Ethiopia. Low income and unemployment are causes for the prevailing food insecurity among FHHs in the study area. Thus, the major causes of food insecurity are low income (48.3%), followed by unemployment (22.5%) while 14.2% of the respondents said that both low income and unemployment are the major causes for food insecurity. Only, 15% of respondents are not given response (Table 21).

**Table 21: Major Causes of Food Insecurity**

<b>Major Causes for Food Insecurity</b>			
1.	Low Income	58	48.3
2.	Unemployment	27	22.5
3.	Low Income & Unemployment	17	14.2
4.	No Response	18	15.0
	Total	120	100

**Source: Fieldwork Survey, 2011**

Along with this, the FGD discussants and the interviewees mentioned that the cause of food insecurity in their households could be summed up two reasons: inflation of food price and illiteracy. Thus, discussant said that:

*The major cause of food insecurity is the sudden inflation of food price and illiteracy. As a result of illiteracy we couldn't find formal employment and our income is very low to satisfy basic needs for the family and to cope with current high food price. Consequently, we are food insecure.*

Furthermore, it was found that being FHHs due to death of husband, divorce and single have difficulty to feed the household, to take health care and to educate children and even to satisfy basic needs of the household. Hence, one of the widowed interviewee explained that:-

*If my husband was alive we help each other. When one covers the cost of the rent, the other covers the food consumption and other things. He was our grace. My children also regret because they lost their father in their early age. So, it is very difficult to manage all things only by myself. From my experience, it is more complicated for women if they are FHHs.*

Therefore, based on qualitative and quantitative data, FHHs have various challenges to lead their life and to secure their household as they are FHHS, unemployed and illiterate.



## CHAPTER FIVE

### 5. Conclusion and Recommendation

Food security status and coping strategy of FHHs in Addis Ababa the case of *Woreda* 01, Gullelle Sub City in general shows that most of the FHHs are facing difficulty in securing their daily meal. Accordingly, this chapter presents conclusions drawn on the basis of the major findings and recommendations that are considered to be useful.

#### 5.1. Conclusions

Food insecurity is a very serious issue in the study area, Gullelle Sub-City, *Woreda* 01. From the sample FHHs almost all of FHHs are food insecure that the severity of the issue can only be felt by those who are experiencing the food crises day and night.

Regarding the coping strategies, it is found that the most common mechanisms to cope with food insecurity is relying on less preferred and less expensive food items and limit amount of meal by minimizing the daily food intake to one time or totally skip for the day. Among the strategies deployed by the FHHs is sending children to eat with neighbors and households members to beg is the most severe strategies that are used by a good number of FHHs.

Most of the respondents consume less nutritional food such as *Dabo*, *Kisca*, *Kita*, *Kollo* and *Injera* with *shireo wat*. 5.7% of the FHHs consume fat product such as meat, egg and milk. The FCS shows that most of the FHHs are in poor food consumption level.

In addition, the study found out that food security situation of FHHs are correlated with age, education and family size. The more they are illiterate, the more they are food insecure, while the more they are educated, the less food insecure. The older their age is, the more they tended to be food secure and the younger their age is, and the more likely they are food insecure. Exceptionally, FHHs with less family size member are also more likely vulnerable to food insecurity than those having larger family size members.

The analysis indicates that the FHHs are more likely to be poor and more vulnerable to food insecurity because of various factors. For instance, lack of education, unemployment, poor

house infrastructure, inadequate food consumption and less social capital are the major factors which make the FHHs vulnerable to food insecurity.

Most of the FHHs source of livelihood is based on informal and unsecured jobs which lead to food insecurity. Commonly they earn income from washing clothes, baking and selling *Injera*, daily labour, and street vendors etc. 3.3% of the FHHs are employed in governmental organization comparing to the above they are leading a better life.

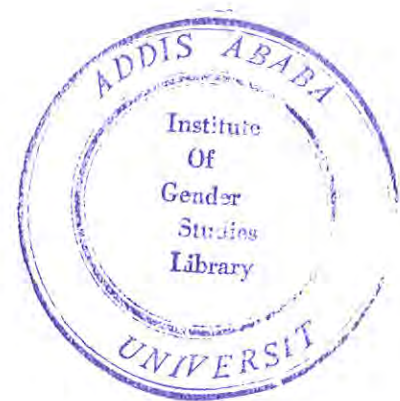
The current price inflation on daily consumed foods impose additional burden on securing their daily meal. Currently, the government is not given the required emphasis to urban areas food insecurity as there are other major problems to tackle.

## **5.2. Recommendations**

Based on the facts gathered and conclusions made the following recommendations can be forwarded in relation to food security status and coping strategy of FHHs in Addis Ababa the case of *Woreda* 01, Gullelle Sub City.

- ❖ Results of the study have explicitly shown that food insecurity is a very serious issue in the sample FHHs in urban areas. Therefore, development planners should include urban food security issue in subsequent poverty reduction strategies in order to address vulnerable groups of urban society such as FHHs.
- ❖ Moreover, the mainly rural-based PSNP (Productive Safety Net Program) should be expanded by development planners to cover the most vulnerable urban FHHs whose incomes do not allow them to meet their food needs.
- ❖ Furthermore, urban agriculture related to garden crops and small livestock raising such as poultry production should be practiced and expand by around urban food insecure people particularly FHHs around their compounds if they have any pieces of land individually or in group. This is effective for those who have *kebele* houses with pieces of compounds.

- ❖ FHHs under the study area also should expand their social network through forming group and associations so that it is possible to develop their saving and credit culture which is one mechanism to alleviate the food shortage.
- ❖ Employment in urban areas should be broadened. 22.5% of the food insecure FHHs are unemployed. Therefore, it is advisable to encourage and strengthens small enterprises and other micro level enterprises through giving medium or low level training to empower them for job opportunity by the local public administer (*Woreda*).
- ❖ More awareness should be given to the FHHs towards education by Ministry of Education with the collaboration of the *Woreda* 01 administrators. Therefore, it is advisable to give a non-formal education to develop a way of getting their means of subsistence.
- ❖ Researchers also should give attention and expand their work to urban food security situations by focusing on vulnerable groups, specifically on FHHs in informal sectors.



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## 7. ANNEXES

### ANNEX I

Addis Ababa University  
Institute of Gender Studies  
Focus Group Discussion Guides for Female-Headed Households

#### Introduction

The purpose of this questionnaire is to gather information on food security status and coping strategies female-headed households in order to understand the source of livelihood, status of food security, coping strategies among female-headed households of *Woreda 01* in four *Kebeles* of Gullele sub-city. Therefore, the response that you give for the questions are very vital for the research, and I can assure you that your responses are utilized for the academic research work only. Would you please, therefore, give honest response for the questions raised? Your genuine participation by responding patiently to the questions is highly appreciated.

Thank you in advance.

1. **Questions Related With Demographic Aspects.**
  - Address: Sub-City \_\_\_\_\_ *Kebele* \_\_\_\_\_
  - Age: \_\_\_\_\_
  - Marital status: \_\_\_\_\_
  - Educational status: \_\_\_\_\_
  - Family size: Total \_\_\_\_\_ (Male \_\_\_\_\_ and Female \_\_\_\_\_).
2. **Questions related to source of livelihood and status of FHH food security.**
  - What reasons for your becoming household head/female-headed households?
  - What are the major sources of income for covering the household basic needs?
  - Do you encounter food shortage in your households?
  - If yes, what is the cause of food security in your household?
  - When does your household not have enough food or money to buy food? End of the month/end of the year/holiday month?
3. **Questions related to coping mechanism of FHH.**
  - What do you do when your household does not have enough food or money to buy food?
  - What coping mechanisms are employed at time of food shortage (Explain according to their severity).
4. **Questions related to workable solution to improve the poor FHH of food insure?**
  - How can organization/government help you to alleviate the problem of food insecurity?
  - In your opinion what should be done to solve the problem of food scarcity in poor female-head households?

## ANNEX II

**Addis Ababa University  
Institute of Gender Studies  
In-depth Interview Guide for Female-Headed Households**

### Introduction

The purpose of this questionnaire is to gather information on food security status and coping strategies of food insecure female-headed households in order to understand the source of livelihood, statuses of food security, survival strategies, coping mechanisms among female-headed households of *Woreda 01* in four *Kebeles* of Gullele sub-city. Therefore, the response that you give for the questions are very vital for the research, and I can assure you that your responses are utilized for the academic research work only. Would you please, therefore, give honest response for the questions raised? Your genuine participation by responding patiently to the questions is highly appreciated.

Thank you in advance.

1. **Questions Related With Demographic Aspects.**
  - Address: Sub-City \_\_\_\_\_ *Kebele* \_\_\_\_\_
  - Age: \_\_\_\_\_
  - Marital status: \_\_\_\_\_
  - Educational status: \_\_\_\_\_
  - Family size: Total \_\_\_\_\_ (Male \_\_\_\_\_ and Female \_\_\_\_\_).
  - Number of individuals working : Total \_\_\_\_\_ (Male \_\_\_\_\_ and Female \_\_\_\_\_).
  - Family monthly income (in Birr): \_\_\_\_\_.
2. **Questions related to source of livelihood and statuses of the FHH.**
  - What reasons for your becoming household head/female headed households?
  - What are the major sources of income for covering the household basic needs?
  - Do you encounter food shortage in your households?
  - When does your household not have enough food or money to buy food? End of the month/end of the year/holiday month?
3. **Questions related to coping mechanism of FHH.**
  - How often do you eat meal most frequently? Three times, Two times, One times per a day.
  - What coping mechanisms are employed at time of food shortage (Explain according to their severity).
4. **Questions related to workable solution to improve the poor FHH of food insure?**
  - How can organization/government help you to alleviate the problem of food insecurity?
  - In your opinion what should be done to solve the problem of food scarcity in poor female-headed households?
  - What do you think the government role is to bring workable solution for food shortage/food insecure?

## ANNEX III

Addis Ababa University  
Institute of Gender Studies  
Household Survey Questionnaire for Female-Headed Households

### Introduction

The purpose of this questionnaire is to gather information on food security status and coping strategies of food insecure female-headed households in order to understand the source of livelihood, statuses of food security, survival strategies, coping mechanisms among female-headed households of *Woreda 01* in four *Kebeles* of Gullele sub-city. Therefore, the response that you give for the questions are very vital for the research, and I can assure you that your responses are utilized for the academic research work only. Would you please, therefore, give honest response for the questions raised? Your genuine participation by responding patiently to the questions is highly appreciated.

Thank you in advance.

**Direction for enumerator:** put “mark inside the bracket for close ended questions, and write responses of the informants on the space provided for open-ended questions.

### Part 1 : General Background Information

#### A. Identification:

- 1.1. Name of the Sub-city \_\_\_\_\_
- 1.2. *Woreda* \_\_\_\_\_
- 1.3. *Kebele* \_\_\_\_\_
- 1.4. Household Identification Number: \_\_\_\_\_

#### B. Household Profile of the Female- Headed Household:

- 1.4. Age (year) \_\_\_\_\_
- 1.5. Marital status 1. Never married  2. Married  3. Divorced   
4. Widowed
- 1.6. Educational status 1. Illiterate  2. Read & Write only  3. Grade 1-8   
4. Grade 9-12  5. Higher Education
- 1.8 Number of the household members at the time (including the head)  
\_\_\_\_\_

No	Male	Female	Age
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			

**Part 2: Reason for Female Headship/Female-Headed Households.**

2. How did you become head of the household?

1. Divorce       2. Death of husband       3. Unmarried   
 4. Others (specify) \_\_\_\_\_

**Part 3: Role of Female Headed Household in Food Security.**

3. Are you the major breadwinner in household?      1. Yes       2. No

4. Is there any non-income generating activity that contributes to your livelihood?

1. Yes       2. No

5. Is there somebody else that contributes to income of your household?

1. Yes       2. No

6. If yes for the Q. 5 who contributes to your income?

\_\_\_\_\_

7. What types of activity does household do to ensure your livelihood?

\_\_\_\_\_

8. How often do you encounter food shortage in your household?

1. Every 7 day       2. Every 2-3 days       3. Every 4-5 days

9. Would you tell your total household income per month (in Birr)? \_\_\_\_\_

10. How much does your household normally spend on food per month (in Birr)? \_\_\_\_\_

11. Has your household ever benefited from food aid?      1. Yes       2. No

12. If your answer for Q. 11 is "yes" from whom did you get? \_\_\_\_\_

13. How frequently did you receive food aid in the past six months?

1. Every week  2. Monthly  3. Quarterly

14. How much was the monthly distribution rate? 1. Cereals(kgs)  2. Pulses Oil(liters)

3. Salt (kgs)  4. Other

**Part 4: Status of Food Security.**

15. What is your opinion about in your average monthly income in relation to the food requirements of your household?

1. Insufficient  2. Sufficient  3. Highly Sufficient

16. How do you evaluate your household food security status?

1. Food secure  2. Transitory food insecure  3. Chronic food insecure

4. None

17. If you are food insecure (choose no 2 and no. 3), what consequences are you facing?

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18. What are the major causes for food insecurity in your household (allowing multiple responses)?

1. Low Income  2. Unemployment  3. Others specify \_\_\_\_\_

19. How many times a day does you take meal? 1. Two times  2. Three times

3. Once

20. The current market price of food, compared to 12 months ago.

1. Same  2. Decreased  3. Increased

4. Highly increased

21. The amount of food consumption by the household compared to 12 month ago.

1. Better  2. Same  3. Worse  4. Do not know

**Part 5: Source of livelihood of the FHHs**

22. What is your source of livelihood (allowing multiple responses)?

No.	Source livelihood of the FHHs	Rank
1.	Engaging in petty or retail trading in consumer goods (potato, Tomato, etc	
2.	Selling of local drinks and foods	
3.	Selling of grasses and fuel woods	
4.	Selling handicraft products	
5.	Selling charcoal	
6.	If other specify	

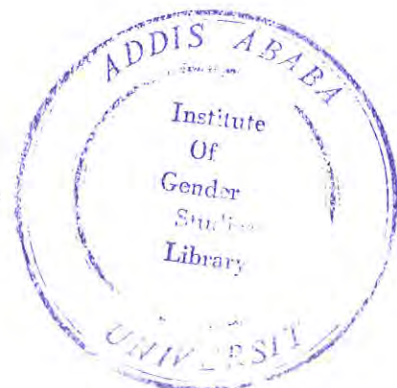
**Part 6: Coping Mechanism of FHHs.**

23. How did you cope with food shortage in terms of reducing food security in the household (allowing multiple responses)?

No.	Coping mechanisms	Rank
1.	Rely on less preferred and less expensive food	
2.	Borrow food from a friend or relative	
3.	Purchase food on credit	
4.	Get government food aid	
5.	Limit amount size at meal times	
6.	Restrict consumption order for small children to eat	
7.	Skip meals	
8.	Send children to eat with neighbors	
9.	Send household members to beg	
10.	If other specify	

24. Would you ration food with respect to age in the household during food shortage?

1. Yes       2. No



25. If "yes" to Q.23, how do you make priority for rationing of food?

Household Member	Sex	Age	Rank
Small children	Female	0-5	
		6-11	
	Male	0-5	
		6-11	
Young children	Female	15-20	
		21-25	
	Male	15-20	
		21-25	
Adult people	Female	26-30	
		31-35	
		>35	
	Male	26-30	
		31-35	
		>35	

26. Indicate the most common food stuff(s) consumed in your family in order of the importance.

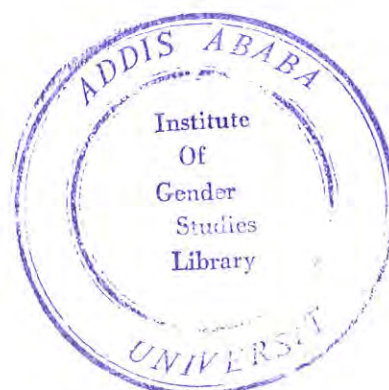
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### Part 7: Household Coping Strategies Index

27. In the Past 7 days, how often has your household had to :-	All the time every days	Pretty often 3-6 per weeks	Once in a while 1-2 per week	Hardly at all < 1 per week	Never per weeks
1. Rely on less preferred and less expensive foods					
2. Borrow food from a friend or relative					
3. Get government food aid					
4. Send children to eat with neighbors					
5. Send household members to beg					
6. Limit amount of Meals					
7. Restrict consumption order for small children to eat					
8. Skip meals					
9. Purchase food on credit					
10. Sell jewellery or household items to purchase food					



28. Which food stuffs are consumed at your home?

No	Food Stuff	Rank	How many times was it consumed at your home during the last seven days
1.	Injera (barley, wheat, teff)		
2.	Bread (Dabbo)		
3.	Wat (Shero, Mesere, Ater)		
4.	Oil (oil seeds)		
5.	Meat (beef, lamb, goat, chicken)		
6.	Eggs		
7.	Milk or cheese		
8.	Butter		
9.	Potatoes		
10.	Vegetables (cabbage, carrot, tomato, etc).		
11.	Fruits (Papaya, banana, mango)		

29. What do you think the workable solution of this problem of food insecurity in this area?

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30. In your opinion what do you suggest to come out of food security problem?

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**Part 8:- Loan**

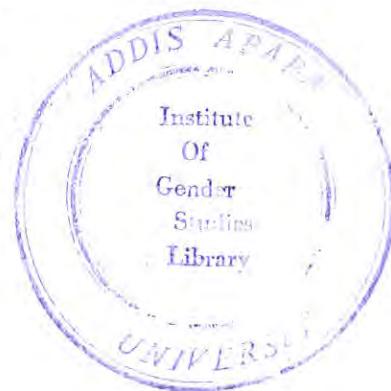
31. Are loan money from small enterprise? 1. Yes  2. No

32. If the answer is "No" for Q. 31 what is the cause not loan?

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33. If the answer is "Yes" for Q. 31 for what reason do you loan?



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34. If the answer is “Yes” for Q. 32 did you use the loan properly? 1. Yes  2. No

35. If the answer is “No” for Q. 34 what is the cause not use properly?

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## DECLARATION

I, the undersigned student declare that this is my original work and has not been presented for a degree in any other university and that all sources of materials used in this thesis have been duly acknowledged.

Name of Student Rahel Messele

Signature 

Date 08/11/2011

This thesis has been submitted for examination with my approval as a university advisor.

Advisor's Name Dr. Emebet Mulugeta

Signature 

Date Sept. 30, 2011

