

B 8250

ADDIS ABABA UNIVERSITY  
AKAKI CAMPUS LIBRARY

**Addis Ababa University**  
**School of Graduate Studies**  
**Institute of Development Studies**  
**Center for Urban Development**

**HOUSEHOLD FOOD SECURITY SITUATION AND COPING  
STRATEGIES IN URBAN SETTING: THE CASE STUDY  
FROM HOSAINA TOWN, SNNPR. ETHIOPIA**

**BY: TESEMA LENDEBO ERKETO**

**JUNE 2012**

**ADDIS ABABA**

THE  
T3146  
2012

38250



**Addis Ababa University**  
**School of Graduate Studies**  
**Institute of Development Studies**  
**Center for Urban Development**

**HOUSEHOLD FOOD SECURITY SITUATION AND COPING  
STRATEGIES IN URBAN SETTING: THE CASE STUDY  
FROM HOSAINA TOWN, SNNPR.**

**BY: TESEMA LENDEBO**

**TO: YIRGALEM MAHITEME (Ph.D)**

**A Thesis Submitted to the School of Graduate Studies of Addis  
Ababa University in Partial Fulfillment of the Requirements for  
the Degree of Master of Arts in Urban Development and Urban  
Challenges in East Africa**

**JUNE 2012**

**ADDIS ABABA**

FHE  
T3H6  
2012

**HOUSEHOLD FOOD SECURITY SITUATION AND COPING STRATEGIES IN URBAN SETTING: THE CASE STUDY FROM HOSSANA TOWN, SNNPR. ETHIOPIA**

**BY: TESEMA LENDEBO ERKETO**

**Approved by the Examining Board**

_____ (Chairman, Graduate Committee)	_____ Signature
<u>Yirgalem Maniteme</u>	<u>Yirgalem</u>
(Advisor)	Signature
<u>Peypa Senbete</u>	<u>Peypa</u>
(Internal Examiner)	Signature
<u>Solomon Mulugeta</u>	<u>SMS</u>
(External Examiner)	Signature

**JUNE 2012**  
**Addis Ababa University**  
**Addis Ababa**



## ACKNOWLEDGEMENTS

Various institutions and individuals have rendered tremendous contributions in order to make this academic study successful thus I now wish to acknowledge them.

Foremost I thank and glorify the Almighty God, for my life and health, support throughout my academic career, without His grace and wish this work cannot be accomplished successfully. After that I would like to extend my heartfelt gratitude to my thesis advisor Yirgalem Mahiteme (PhD) for his constructive criticism, comments, guidance and countless fruitful discussions during overall processes of writing this thesis. His constructive comments and assistance was vital to how this thesis looks today. I extend my whole hearted indebtedness to the Norwegian and NOMA fellowship program for funding my study both at NTNU and A.A.U. All staff members of the Department of Geography at NTNU, Rita Kumar: the coordinator of the NOMA Program at International Office at NTNU, Degefa Tolossa :coordinator of the NOMA program in A.A.U, and other staff members of the Institute of Regional and Local Development Studies of A.A.U deserve many thanks for their invaluable information and all other forms of help during the study period, and for their unreserved effort in facilitating conducive learning environment that I have enjoyed throughout my stay both at Norway (NTNU) and Ethiopia (A.A.U). I also wish to thank my employer, Dunna Woreda Administrative Offices in general and the Duna Woreda Women's, Youth's and Children's Affairs Office in special for granting me a study leave. I am also grateful to all the informants who gave me valuable information during my fieldwork without them this study would never be completed. Field assistants, staffs of the three sub-cities and the three sample *kebele's* administrative offices deserve thanks. Thank you very much to all of you for your kind cooperation and for providing information.

Above all, I extend my special aspiration to my parents who encouraged, inspired and brought me up to this academic level by their great effort. I am also very thankful to all my brothers, sisters, and other relatives and friends for all forms of support that they have provided.

Lastly but not the least, I am also grateful to the classmates, Leykun suldolo, Abebew Waqjira, Tesfaye Gebeyeu, Segen Ye., Echiru Kizito and Lucy for sharing memorable experiences, invaluable information and fascinating stay during the two years study.

## Table of Contents

<b>Contents</b>	<b>Page</b>
Acknowledgement .....	i
Table of Contents .....	ii
List of Tables. ....	v
List of Figures .....	vi
List of Box .....	vii
List of Appendices.....	viii
Abbreviations and Acronyms.....	ix
Local Terms .....	xi
Abstract. ....	xii
<b>Chapter One: Introduction</b>	
1.1. Background of the study.....	1
1.2. Statement of the problem .....	5
1.3. Objectives of the study .....	8
1.3.1. General objective.....	8
1.3.2. Specific objectives of the study .....	8
1.4. Research questions.....	8
1.5. Organization of the Paper.....	8
<b>Chapter Two: Review of Related Literatures and Theoretical orientation</b>	
2.1. Conceptual Framework and Empirical Review.....	10
2.1.1. Conceptual evolution of food security.....	10
2.1.2. Types of Food insecurity. ....	10
2.1.3. Dimensions and determinants of food security .....	11
2.1.4. Causes of urban household food insecurity. ....	13
2.1.5. Impacts of Food insecurity.....	15
2.1.6. Food insecurity coping strategies. ....	16
<b>2.2. Theoretical Approaches of Food security .....</b>	<b>16</b>
2.2.1. Food availability decline approach.....	17
2.2.2. The Food Entitlement Decline Approach.....	18

2.2.3. Food Intervention Decline (FID) approach.....	19
--	----

### **Chapter Three: Methodology and Design of the Study**

3.1. Description of the Study Area .....	23
3.2. Location of the study area. ....	24
3.3. Design of the Study: sampling procedure.....	25
3.4. Methodology and Instruments of Data Collection.....	26
3.4.1. Qualitative and quantitative Methods... ..	26
3.4.2. Sources of data collection. ....	27
3.4.2.1. Primary data collection. ....	27
3.4.2.2 Secondary data Production.....	30
3.5. Data Recording and Analysis. ....	31
3.6. Ethical Issues. ....	32
3.7. Data Validity and Reliability. ....	32

### **Chapter Four: Descriptive Analysis of the Data**

<b>4.1. Socio-economic and Demographic Characteristics of Sample households.....</b>	<b>34</b>
4.1.1. Sex and Age of Sample Household Heads .....	34
4.1.2. Family Size and Age Composition of Sample households.....	35
4.1.3. Marital Status of household heads .....	36
4.1.4. Educational Status of sample households.....	36
4.1.5. Occupation Status of Sample Household Heads.....	37
4.1.6. Migration .....	38
4.1.7. Housing/ Shelter, water and sanitation.....	39
4.1.8. Status of Household Asset ownership.....	40
4.1.9. Status of Household Savings .....	41
<b>4. 2. Factors that determine urban household food security .....</b>	<b>42</b>
4.2.1. Sources of household income .....	42
4.2.2. Sources of food for the household .....	45
4.2.3. Household Expenditure pattern .....	45

<b>4. 3. Factors contributing for the occurrence or exacerbating household</b>	
<b>food insecurity</b> .....	46
4. 3.1. Unemployment .....	46
4.3.2. High dependency on the Casual jobs.....	47
4.3.3. Rapid urbanization: as loss of agricultural land and areas of population	
Concentration .....	48
4. 3.4. Increase in prices of food and other commodities .....	50
4.3.5. Poor human capital /Household composition Pattern/ .....	51
4.3.6. Poor urban infrastructure and services .....	52
4.3.7. Weakening Social Capital .....	53
4. 4. Current state of diet of the households: food variety, number of	
meals per day and trends of food consumption over time .....	54
4.5. Impacts of food insecurity on the urban households.....	61
4. 6. Coping strategies employed by households against food insecurity.....	64

## **Chapter Five: Conclusion and Recommendations**

5.1. Conclusion .....	68
5.2. Recommendations .....	70
References	
Appendices	

## List of Tables

Table 1: Sample household heads by sex, age and kebele.....	34
Table 2: Marital status of the sample households.....	36
Table 3: Educational status of the sample HHs.....	36
Table 4: Occupation status of the sample HHs.....	37
Table 5: Migration status of the sample HHs.....	38
Table 6: Status of HHs asset ownership.....	40
Table 7: Reported food items consumed during the seven days prior to the interview.....	55
Table 8: Reported number of meals per day consumed during the seven days prior to the interview .....	56
Table 9: The responses of sample HHs regarding to the level of food consumption and Current state of the HHs food security.....	57
Table 10: The responses of sample households on the occurrence of food insecurity experiences and the frequency of occurrence in the last 30 days prior to the day of interview.....	59

## List of Figures

Figure 1: Analytical framework to understand urban food security.....	21
Figure 2: Location of study area.....	24
Figure 3: Illustrates the triangulation of tools used to collect data for this study .....	31
Figure 4: Status of shelter and living environment of some respondents.....	39
Figure 5: Absence of adequate and clean water may affect the food security situation of urban residents in different ways.....	40
Figure 6: Small scale urban agriculture that can contribute to households' food security.....	43
Figure 7: Large number of people buying food (cabbage) for consumption Which is relatively low in price as a consumption related strategy.....	65
Figure 8: Large number of people buying second-hand clothes at relatively low prices as an expenditure related strategy.....	66

**List of Box**

Box-1: Narrative explanations of the case household -1 .....54  
Box-2: Narrative explanations of the case household-2 ..... 58  
Box-3: Narrative explanations of the case household -3 ..... 61

## **List of Appendices**

Appendix-A: Loosely structured questionnaire: sample household interview

Appendix-B: Key informants interview guides (KIIs)

Appendix-C: Interview guide for focus group informant households

Appendix-D: Interview guide for the in-depth interview and case study households

Appendix-E: Socio-economic and demographic characteristics of the participants of FGDs

## Abbreviations and Acronyms

AA:	Addis Ababa
AAU:	Addis Ababa University
AFSBQBI:	Africa Food Security Brief Quarterly Bulletin Issue
AIDS:	Acquired Immune Deficiency Syndrome
CSA:	Central Statistical Authority
DFID:	Department for International Development
Dr.	Doctor
EFSO:	Ethiopia Food Security Outlook
e.g.	Example
F:	Female
FAD:	Food availability decline approach
FAO:	Food and Agriculture Organisation
FED:	Food Entitlement Decline Approach
FGD:	Focus group discussions
FID:	Food Intervention Decline
HH:	Household
HIV:	Human Immune Virus
HTAO:	Hosaina Town Administrative Office
HZFEDO:	Hadiya Zone Finance and Economic Development Office
IDIs:	In-depth interviews
IFPRI:	International Food Policy Research Institute
KIIs:	Key informant interviews
LIFDC:	Low-Income-Food-Deficit-Countries
M:	Male
m:	meter
MDG:	Millennium Development Goal
NGOs:	Non Governmental Organizations
NTNU:	Norwegian University of Science and Technology
SNNPR:	Southern Nation Nationalities
TWN:	Third World Network
UA:	Urban Agriculture

UN:	United Nations
UNCDF:	United Nations Capital Development Fund's
UNDP:	United Nations Development Program
UNICEF:	United Nations International Children Emergency Fund
UN Habitat:	United Nations Human Settlements Programme
UNWFP:	United Nation World Food Program
WFP:	World Food Programme
WFS:	World Food Summit

## Local Terms

<i>Areqe</i>	<i>Refers to an alcoholic drink commonly made at home from various ingredients</i>
<i>Birr</i>	<i>Ethiopian currency</i>
<i>Enset</i>	<i>The false banana plant which is commonly grown in the Zone.</i>
<i>Idir</i>	<i>Voluntarily formed burial association</i>
<i>Injera</i>	<i>Ethiopian thin flat bread made from teff or a mixture of teff and other cereals</i>
<i>Kebele</i>	<i>An administrative unit, one level lower than woreda</i>
<i>Mahber</i>	<i>Refers to voluntary association that are formed based on various objectives</i>
<i>Qita</i>	<i>A thin bread, but relatively thicker and stronger than injera and can be made from any cereals.</i>
<i>Qocho</i>	<i>A kind of bread prepared from the false banana plant.</i>
<i>Qollo</i>	<i>A kind of roasted snack food prepared from one or a mixture of cereals.</i>
<i>Tella</i>	<i>A kind of alcoholic drink brewed commonly at home</i>
<i>Woreda</i>	<i>An administrative unit, one level higher than kebele and one level lower than Zone.</i>

## ABSTRACT

*Rapid urbanization is possibly the most prevailing demographic process in most developing countries in recent decades, but some urban areas are not well prepared to satisfy the growing demands of the residents. With the current continuing urbanization, increasing urban poverty trends, and rapid run-up in prices of food, the question of urban food security could become one of the greatest challenge for many urban households, and the concern of food security are progressively shifting from rural to urban. A study was conducted in to investigate the main determinants and state of urban household food security, causes and impacts of food insecurity on the household's behavioural and socio-economic aspects as well as their coping strategies. Both qualitative and quantitative methodologies were applied. By considering as the most appropriate approach to have a great understanding of realities regarding the research objectives through dialogue between the researcher and respondents; for soliciting knowledge, opinions, perceptions, experiences and views of participants to get the intricate details of phenomena, qualitative methods were applied as a dominant approach in the study. Quantitative method was also applied to show some numerical data. The triangulation of semi-structured interview of sample households, in-depth interview with key informants, focus group discussions, observations, in-depth study of case households, published and unpublished materials were employed as sources of data. The entire data were analyzed based on the meanings, opinions, and life experiences of the people reside in Hosaina town. Generally, the study found that the state of food security for the majority of the sample households was get worse. This was verified mainly by the data collected regarding to the current state of diet of the households: food variety, number of meals per day and trends of food consumption over time had declined to a low level. Household composition, Sources of income, amount of income and market prices were identified as the major factors that determine urban household food security. Poverty, lack of productive assets, unemployment, high dependency on the casual jobs, rapid urbanization, and increase in prices of food and other commodities were distinguished as factors contributing for the occurrence or exacerbating household food insecurity. Emotional problems, hunger, productivity losses, inefficient income earning, poor performance and higher risk of chronic disease were explained by the households as some of the impacts of food insecurity. A number of coping strategies were employed to cope with food shortages. After all, the study recommended expanding income earning opportunities, addressing food prices, improving urban infrastructure and social services, promoting urban agriculture and the social capital, and rural development as strategies to enhance the accessibility of food for urban households.*

*Key words: urban; household; food security; food insecurity; determinants; impacts; coping strategies*

## **Chapter One: Introduction**

### **1.1. Background of the Study**

The majority of the global human population is currently residing in cities with all the accompanying effects and consequences, particularly on food consumption pattern, and achieving food security is one of the concerns for many households. At the beginning of the twentieth century, there were less than 20 cities in the world with a population of one million or more. Most of these cities were in developed countries. By the turn of the twenty-first century, this figure had crossed 400. Around 75 per cent of these cities were in low and middle income countries (Cohen, 2004 cited in World Food Programme (2010). Since 2007, cities became the living areas of more than 50% of the world's population (Frayne, Battersby, et al., 2009). Thus, this century seems the century of urbanisation. Urbanization in the context of development is not a new phenomenon. However, the unprecedented rate of urbanization that has taken place in developing countries in recent decades poses new challenges to food security in these countries. In countries, whose per capita incomes have been declining while urbanization has continued to increase, urban food security issues are particularly challenging. In the light of this, the current continuing urbanization and increased urban poverty trends, the question of urban food security could become the "greatest humanitarian challenge of the next century" (Atkinson, 1995 cited in Maxwell (1999).

The Joint Meeting of the Executive Boards of UNDP, UNICEF and WFP (2009), recognised that in 2008, the world reaches an invisible but momentous milestone: for the first time in history, more than half its population, 3.3 billion people, living in urban areas. By 2030, this is expected to swell to almost 5 billion. Many of the new urbanites will be poor, with a direct impact on food security. Over the last 15 to 20 years, the absolute number of urban poor and undernourished people has increased at an extremely rapid rate. According to the report of the meeting, increased poverty, food insecurity and malnutrition will continue to accompany this process of urbanization, and urban areas are currently growing by almost 1.3 million people a week.

The World Food Program (2010) also projected that the number of people living in urban area is expected to increase to 70 per cent by 2050. Most of this growth will be in the developing world (UN, 2008). Clearly, managing urbanisation is a key contemporary challenge across the developing world. As the Third World urbanises rapidly, ensuring food

security has become another daunting challenge. As described by Teng (2010) while most of the world's poor still currently live in rural areas, the numbers of the urban poor are substantial and continue to grow at an alarming rate. According to the UN (2010), the absolute number of slum dwellers has actually increased from 776.7 million in 2000 to some 827.6 million in 2010, and it is projected that the world slum population will probably grow by six million each year (or another 61 million people) to hit a total of 889 million by 2020. Moreover, in 2025 more than half of the urban agglomerations will have over 20 million inhabitants and some will even have as much as 30 millions (Paul ,2010). As urban populations grow, poverty, food insecurity and malnutrition are also increasing (WFP, 2002).

This urban population growth will be most significant in low income countries, notably in Africa and Asia. According to FAO cited in Africa Food Security Brief Quarterly Bulletin Issue (2011), 43 African countries fell under the category of LIFDCs (Low-Income-Food-Deficit-Countries) in 2011. As explained in the same source, out of 29 countries worldwide requiring external assistance for food, 21 countries, including Ethiopia, are in Africa. They are confronted with different types/causes of food insecurity. The reasons for these critical food security situations are various and multifaceted. Particularly, Sub-Saharan African cities face a daunting set of problems including rapid growth of urban population, increasing poverty, deteriorating infrastructure, and inadequate capacity for service provision. According to FAO (2010), the number of undernourished people in sub-Saharan Africa represents one-third of the population. This constitutes a significant indicator of food insecurity. Despite gains in food production and food security in the world scale, many countries in Sub-Saharan region failed to make progress in recent decades. In the light of this, Devereux and Maxwell (2001) stated that Sub-Saharan Africa is the only region of the world in which chronic food insecurity and threats of famine remain endemic for most of the population and the number of malnourished people is steadily increasing. In addition, Clemens, et al (2007) explained that African countries have collectively made the least progress towards achieving the (MDG) Millennium Development Goal of reducing hunger by half by 2015.

However, a current agenda is shaping up around issues of urban development, there is little attention given to the question of urban food security, and urban food security problems have been relatively invisible to urban planners, managers and national policy makers in Sub-

Saharan African cities (Maxwell, 1999). He has identified three reasons for this: First, it is relatively invisible to urban planners and managers in comparison with more urgently visible urban political problems, unemployment, the burgeoning informal sector, overcrowding, decaying infrastructure, and declining services-even though food insecurity (and malnutrition) are intimately linked with all of these other problems. Second, it is made invisible to both urban managers and national policy makers by the very nature of its manifestation: Food insecurity in cities is not necessarily linked to seasonal changes or other community-wide phenomena, but rather to the individual fortunes of households and household members on the labour market and in the informal economy, and is therefore much less a community phenomenon, than in rural Africa. Third, for more than two decades, development theory has suggested that food insecurity and poverty in general are rural problems. The static urban/rural welfare indicator comparisons mentioned above reinforce this belief, but do little to depict the changes in trends (Maxwell, 1999).

Ethiopia is among the countries in Sub-Saharan Africa with the most precarious, long-term food situations, and historical documents record that the country has experienced famine over centuries (Degefa, 2005). While explaining the food security situation, Messay (2010) also described that in case of Ethiopia, it is not only the individuals' or households' inability to obtain adequate food that matters but the inadequate food production at the national level is also a source of great concern for the prevailing severe food insecurity in the country. Ethiopia is presently one of the most food insecure and food aid dependent sub-Saharan African countries. The African food security brief quarterly bulletin issue also termed Ethiopia's food insecurity situation as "severe localized food insecurity". In the "*summary of food security and vulnerability in selected urban centres of Ethiopia*", World Food Programme (2009) expressed that the urban areas of Ethiopia have experienced rising food prices since mid 2005, and WFP (2011) in *Ethiopia Food Security Outlook* farther explained as the overall food security situation in most parts of the country is deteriorating as depleting stocks from the 2010 main *meher* harvest are compounded by price increases leading to increased needs for humanitarian assistance. So, as described in these sources rising food prices has also a great influence on urban household's food security.

According to the UN (2008) among African countries, and in the foreseeable future, East Africa will experience total and urban population growth rates significantly higher than the African average, and Addis Ababa already ranks among the 31 fastest growing cities and

urban areas. But, even after a three-fold increase in urban population between 1984 and 2007 census, with only 16.2% people living in towns and cities, Ethiopia is among the least urbanized and one of the rapidly urbanizing countries of the Sub-Saharan Africa. As explained by Degefa (2008), the rural-urban exodus that accounts for the largest proportion of urban population increase puts a tremendous pressure upon physical, economic and social infrastructure and services of urban centres, and Ethiopian towns of different sizes have not well developed to receive the ever-increasing rural-urban migrants. As the number of population residing in urban areas has been on the increase and given the economic shocks, food insecurity in urban areas has become a major concern. Despite the fact that the progress in Ethiopia's struggle against food security problem has been improving, elements of both chronic and transitory food insecurity are prevalent and severe in the country. Chronic food insecurity is mostly caused by high magnitude of persistent unemployment in urban areas (Tilaye, 2004).

According to the Hosaina town Administrative office report (2011), Hosaina, the town in which this study is carried out acquiring large number of people each year without well developed urban physical and social infrastructures, as explained by Solomon (2008) the food security problem which plagues the rural population of the Zone is also very much an issue in the town of Hosaina. But, as mentioned in the same report, its population are growing at a very rapid rate. With the current population of 78,474, it is projected to be about 88,000 in the year 2015 E.C. (Hosaina Town Administrative Office report, 2011). If the town is not well prepared to satisfy the appetite of this population, it may resulted in poverty, unemployment, inadequate shelter; poor sanitation, contaminated or depleted water supplies, air pollution, and other forms of environmental degradation. These issues have a great role in exposing the urban poor to food security problem and/or aggravating the food insecurity of urban poor. In the light of this, Degefa (2008) mentioned that among the well noticed net results of unprecedented increase of urban population has been the expansion of urban poverty and food insecurity.

Some features of urban food security, 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 security problem. The main feature of urban food insecurity is vulnerability to changes in food prices and wages (Jeremy and Kate, 2000). Urban dwellers may adopt various coping

strategies to cope with such food security problems. Thus, based on the responses of the sample households and their own perception and meanings, this study tried to assess the household food security situation in urban area by investigating the main determining factors of food security, causes and impacts of food insecurity, and coping strategies adopted by the urban households against food insecurity.

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

Growth in urban poverty, food insecurity, and malnutrition and a shift in their concentration from rural to urban areas will accompany urbanization (Garrett, 2001).

As clarified by the town's administrative office, Hosaina, where this research was conducted, is currently experiencing increasing rate of rural-urban migration, rapid urbanisation and the growing number of poor people residing in the town. But, the town is characterised as with what Degefa (2008) described for the most Ethiopian cities and towns, i.e. it is not well developed to receive the ever-increasing urban population. This concept is also agrees with what the United Nations Capital Development Fund's (2007) idea which is stated as rapid urban growth is characterized by the unplanned arrival of poor migrants settling in overcrowded conditions. Rakodi and Lloyd-Jones (2002) also argue that when people move from rural to urban areas, they carry poverty with them. Furthermore, it is realised that poverty is a driving force for household food insecurity, and food insecurity impoverishes a household (Degefa, 2008). Urban lifestyles can lead to a breakdown of traditional family structures that impacts on dietary habits, while new arrivals are often marginalized as they have yet to integrate into the social networks that can help them meet their basic requirements. Most food has to be purchased in cities, but high levels of unemployment and food insecurity can make it difficult to find safe and affordable food.

The ever-increasing urban population exert additional pressure on existing urban demand for food and others basic needs. It is clear that with the demand for urban socioeconomic amenities exceeding their supply, the urban areas often become spectacles of multifarious problems such as food shortage, overcrowding, congestion, inadequate housing, high rates of unemployment and underemployment, crime and other forms of delinquency. As the number of poor urban dwellers increases, so does the challenge to provide adequate basic necessities and other social amenities to meet the daily growing demand. One of the major challenges

facing unprecedentedly growing population will be the lack of adequate food. It is projected that, between 1997 and 2020, a growing and urbanizing population with rising incomes will increase global demand for cereals by 35%, and one of the most significant challenges facing humanity during 21<sup>st</sup> century will be how to pursue three key goals simultaneously: global food security, environmental sustainability and poverty reduction (Vosti and Reardon, 1997) in Rattan, David, Normand, & Steven, (2003).

To achieve household food security and other demands of urban population, urgent and sustainable measures should be adopted, because the number of dwellers is increasing at alarming rate. In line with this, Wally N'Dow, secretary-general of Habitat II says "The developing world is now experiencing urbanization in the way developed countries did in the past, with urban populations doubling and tripling in one or two decades," ( Ellen, 2001) . Unless, the rapidly growing but who are not meet their basic demand including food security may led to another socioeconomic problem. Even the recent food and economic crises of 2007-2009 saw protest and demonstrations taking place in at least 43 countries, almost all of them occurring in urban areas (Teng, 2010). These events have highlighted the increasing problem of urban food security in many countries and have brought to light the fact that urban poverty and urban food security need just as much attention from the international community as its rural counterparts. Though, the recent development of the study area improve/rise the income and livelihoods of few households, access to food and other purchasing power between households within the town became wider and wider. Large numbers of households are characterized by poverty and food insecurity. Majority of the selected kebele's people are living in relatively low standard type of housing and deteriorated environment. Limited access to piped water supply and waste disposal facility, un/under employment, casual work, low income level, large size of household, and limited access to other facilities are some of the features of the households of the sample kebele's. These conditions are highly interrelated with their food security situations.

Even though, there are various determining factors, migration of rural agrarian people to the town is one of the major contributing factors for the rising food insecurity among urban poor. The phenomenon is very common in the developing countries where the migration happens for better wages and prosperous life. The situation for the migrants is alarming as they end up becoming economically poorer daily workers who earn and pay for the food daily with no

scope for savings. In relation to rural-urban migrants and urban poor, Mustafa et al. (1999) stated that poverty is increasingly an urban phenomenon: more of the rural poor are migrating to the cities, more of those born in cities are of poor families, and more urban middle-class residents fall under the poverty line. It has been also discussed that in developing countries, the ranks of the urban poor have swelled as a result of such factors as the continuous migration of the rural poor into the cities, the limited ability of the urban informal sector to absorb the unemployed, the limited employment opportunities in formal labour markets, and negative impacts of the global economic crisis (Mustafa et al., 1999). Obviously, this situation aggravates the food security problem of the urban poor.

Over several decades, resources have been mobilized to reduce the number of hungry in the world, particularly in developing countries. The 1996 World Food Summit set the ambitious goal of halving to 400 million the number of hungry in the world by the year 2015. But the attempts to assure food security both at micro and macro level are threatening by various interrelated factors. Currently, households food insecurity is become one of the major problems that have aroused the attention of international institutions, political analysts, governments and researchers in urban settings in developing countries.

Undoubtedly, a lot of gaps still exist in understanding food security status issues in general and urban areas in particular at the household level. Even the issue of food security has been considered as rural problem. In the study area, studies which has been done after the 2008/2009 rapid rise in the prices of food and other basic commodities that has a great impact on household food security situation of the urban residents is not available. Even if other studies were conducted in earlier years, due to changing situations, there may be variation in the household's food security situation from year to year, and though there are few studies that endeavour to analyze food security situation in urban settings in Addis Ababa and some other regional towns, it is not trouble-free to generalise to other Zonal and regional towns. So, this study tried to study the food security situation of urban households in Hosaina town in the 2012. The other reason that instigate me for the selection of this area for this study is the rapidly increasing number of people in the town with limited urban infrastructure, and as a result of rising income of few households: like households who receive remittances from abroad, there is a great income disparity as well as a wide gap among households in terms of food purchasing power (access to food) with rising prices of food that affect the food security of the households. Personal

acquaintance with the area which can help the researcher to get access to valuable data is also seen. Thus, this contributes to the dearth of literature on food security situations in urban areas and provides insights that can assist researchers that may conduct in the area to explore food and nutrition security situation in urban settings.

### **1.3. Objectives of the Study**

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

To assess households food security situations and coping strategies in Hosaina town

#### **1.3.2. Specific Objectives**

- ❖ Identify the major factors that determine household food security at urban setting ;
- ❖ Study perceptions of urban residents with regards to causal factors that contributes for the occurrence of household food insecurity at urban setting;
- ❖ Investigate the current situation of diet: food variety, number of meals per day and consumption trends of the urban households in the study area;
- ❖ Explore the impacts of food insecurity on the households behavioural and socio-economic aspects;
- ❖ Identify the coping strategies employed by urban household's against food insecurity;

### **1.4. Research Questions**

- What are the major factors that determine household food security at urban setting?
- What are the causal factors that contribute for the occurrence and/or exacerbating household food insecurity in urban setting?
- What is the current situation of diet: food variety, number of meals per day and food consumption trends of the households in the study area?
- What are the impacts of food insecurity on the household's behavioural and socio-economic aspects?
- What are the coping strategies employed by households against food insecurity?

### **1.5. Organization of the Paper**

This research paper is arranged as follows. The first chapter begins with introduction and followed by statement of the problem, objective of the study and it includes the limitations/ constraints/ that had encountered in the process of conducting this research. The second

chapter contained the definitions, concepts, and theories of food security which were reviewed from the previous works of others in relation to the study objective. Chapter three deals with area of the study, design and methodology of the study, sources of data, tools of data collection, and method of data analysis. Chapter four represents the presentation, analysis, discussion and interpretation of obtained data. The fifth chapter contained conclusion and recommendations of the study.

## **Chapter Two: Review of Related Literatures and Theoretical orientation**

### **2.1. Conceptual Framework and Empirical Review**

#### **2.1.1. Conceptual Evolution of Food Security**

As reflected in the many attempts at defining in research and policy usage, the concept of food security is one of the flexible concepts: variously defined and interpreted .It has greatly evolved since its introduction in the 1970's: as cited in Degefa (2008), ever since, over 250 definitions were recorded which shows the diversity of approaches. The earliest definition of food security emerged from the World Food Conference of 1970s and focused on “the availability at all times of adequate world supplies of basic foodstuffs to sustain a steady expansion of food consumption” (Maxwell and Watkins, 2003). Its focus was on aggregate food supplies at national and global levels. In 1980s the focus shifted to questions of access to food at household and individual levels (Foster, 1992) and since then it has been recognised that the achievement of food security requires paying attention to both supply-side and demand-side variables. Several other major shifts in food security studies and policies have occurred since the 1970s. For example, food security/insecurity indicators are shifted from ‘objective indicators’ (quantitative) to ‘subjective perceptions’ (qualitative) Maxwell (1996) cited in Degefa (2005).

For the purposes of this thesis, food security is defined consistent with definition given as relatively broad concept by the Food and Agricultural Organization (2002) stated as “Food security is a situation that exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life”, while household food insecurity is described as the lack of physical and economic access by households to enough food for an active and healthy life. It describes the phenomenon of food deficit in the household level for part or all of the year. Food security can be also explained as the condition of having regular access to enough nutritious food for a healthy life whereas food insecurity is the condition of not having regular access to enough nutritious food for a healthy life.

#### **2.1.2. Types of Food Insecurity**

Based on duration of persistence, food security analysts have defined two general types of food insecurity: chronic and transitory. According to Food and Agricultural Organization, chronic food insecurity is long-term or persistent problem. It occurs when people are unable

to meet their minimum food requirements over a sustained period of time, and results from extended periods of poverty(chronic poverty) , lack of assets and inadequate access to productive or financial resources which persistently curtail food availability and access over a protracted period of time (DFID, 2004; FAO, 2005) cited in Hart(2009). It is often a normal state of affairs. It can be overcome with typical long term development measures also used to address poverty, such as education or access to productive resources, such as credit. Households may also need more direct access to food to enable them to raise their productive capacity. Nichola (2006) described it as a situation where on average food availability is below the required level for a long time. Transitory food insecurity, on the other hand, is usually sudden in onset, short-term or temporary and refers to short periods of extreme scarcity of food availability and access (Barrett & Sahn, 2001) in (Hart,2009) ; and it can be results from short-term shocks (temporary illness or unemployment among productive members of households) and fluctuations in food availability and food access, including year-to-year variations in domestic food production, food prices and household incomes, climatic shocks, natural disasters, economic crises or conflict. Nevertheless, this distinction is often ambiguous, because chronically insecure households are usually the most vulnerable to the shocks that create transitory insecurity, and because an accumulation of transitory food crises also makes households chronically insecure.

### **2.1.3. Dimensions and Determinants of Food Security**

The concept of food security is multidimensional in nature and is determined by a whole range of factors such as domestic production of food, import and export of food, purchasing power of people to access food as well as factors that influence absorption of food in the body (WFP, 2010). Various authors and literatures depict dimensions of food security/insecurity/ and its determinants in different ways. In this study, as clearly explained by Teng and Escaler (2010), the different elements that influence food security can be classified into four dimensions – food availability, physical access to food, economic access to food and food utilization.

The first dimension (availability of food) addresses the supply side of the food and determined by the level of domestic food production, domestic stock levels, food aid and net trade (Riely, et al., 1999). Agro-climatic conditions and an entire range of socio-economic and cultural factors that determine where and how farmers perform in response to market conditions can influence the availability of food. Ruel et al. (1998) stated that in urban areas,

the main determinants of food availability at the household level are prices and income, access to home production (urban agriculture), and access to formal and informal transfers. Although this dimension is often the focus of much of the debate on food security; and raising farm productivity is very necessary, it is not sufficient to guarantee urban household food security. In the light of this (Yaro,2004) clarify that food availability alone does not ensure access by all to it, that inequality in access to resources will led to unequal distribution of food and, above all, that purchasing power is of paramount importance.

The second dimension (physical access to food): means that an adequate amount of food should be within the physical reach of the households through any ways. Food may be physically accessible through own production and transfers. War, poor infrastructures, inadequate logistics to distribute food and market imperfections are also some of the factors that disrupts physical access. However, these problems more exist in rural settings. Raising the efficiency of market supply chains to deliver food to consumers is the main concern to physical access to food in urban areas.

The third dimension (economic access to food): means the ability of the households to purchase food it requires. It is the most important dimension for urban dwellers. Therefore, purchasing power of households, real incomes and food prices are the key element of this dimension. Thus, in contrast to their rural counterparts, urban residents are more dependent on cash incomes and employment opportunities. A household would be afflicted by food insecurity if the purchasing power obtained from the sum of all forms of Sen's household entitlements (production-based, trade-based, labour-based and transfer-based) at a given period of time were not adequate to meet target consumption levels. The capacity of a household's purchasing power would be dependent on not only on the size of these ownerships but on the prices of these ownerships relative to the price of food Teng and Escaler (2010). So, status of employment & income, food market- price, labour market, human resources, macroeconomic- polices: ex. national market policy, saving potentials of households largely determines this dimension.

The fourth dimension (food utilization): the appropriate use of the available food. A household may have the capacity to purchase all the food it requires but it may not always have the ability to utilise that capacity at fullest. The utilisation dimension is determined by households' access to safe drinking water, adequate sanitation, knowledge of food preparation, quality of dietary intake, general child care and feeding practices, and the conditions of health of household members. It is not enough that an individual is getting what appears to be an adequate quantity of food if that person is unable to consume the food

because he/she always falling sick (Riely, et al., 1999).

Gebrehiwot (2006) also widely described per capita aggregate production (amount of supply); household resource endowment; household income and employment; access to financial services; family size and composition or dependency ratio :in the absence of opportunities to work or jobs the contribution of the working hands may fall far short of the consumption needs; age: experience(skill) in managing a budget to secure adequate food; education /literacy/: nutritional knowledge and managerial skill in allocating income between food and non-food expenses, functioning marketing system, and infrastructure as some of the factors that determines households food security.

Household food security can be also influenced by national policy. National policy can affect all production-based, trade-based, labour-based and transfer-based entitlements and hence food security in two ways: directly, by introducing change to prices and to the policies (of both domestic and foreign governments) that impact on entitlements (e.g. by altering food prices, the availability of food aid, or the access of exports to foreign markets); and indirectly, by making more or less feasible some of the policies that are considered desirable to promote or protect entitlements (e.g. by altering the legality or practicality of input subsidies) (FAO,2003).

#### **2.1.4. Causes of urban household food insecurity**

It is realised that poverty is the root cause for household food security problem because it prevents people from producing or purchasing adequate food. A study by WFP (2009) indicated that poverty in urban areas of Ethiopia is driven by unemployment, underemployment, lack of sanitation, increase in prices due to a general inflation, reduced inter-dependency amongst urban households, household composition, low asset ownership, lack of education, high dependency on the informal sector, HIV/AIDS and increased population pressure due to natural growth and rural urban migration.

The causes of food insecurity in urban settings are different from those in rural areas, owing to a number of factors that characterize poor people's livelihoods in urban settings. The United Nation World Food Program (2002) identified the following key elements as factors that shape urban dwellers' food security. These include the structure of urban households, nature of the urban livelihood systems, women's work schedules, nature of urban food markets, the nature of urban infrastructure and social services, nature of urban safety nets, and lack of access to the land and resources necessary for urban agricultural production.

The structure of urban households: while average household size is usually smaller in an

urban context, the ratio of children to adults is often higher, thus putting pressure on an income earner's ability to ensure the household's food security. The second factor refers to the nature of the urban livelihood systems. According to the WFP, in most cities in developing countries, employment opportunities in the informal sector are growing, while those in the formal sector are rapidly shrinking. The absence of formal employment limits the livelihood opportunities available to the urban poor. Informal-sector employment is highly unstable, poorly salaried and susceptible to seasonal variations. Much of the informal-sector activity takes place outdoors (example: construction and street vending) making the rainy season an especially difficult period. Although urban agriculture and rural-to-urban food transfers play an important role in urban household food security, most food is purchased, highlighting the importance of markets and income-earning opportunities to urban livelihoods and household food security. The other factor is related to the women's work schedules: urban women typically work outside the home, making childcare difficult. Women adapt their work schedules to respond to the needs of young children; this can jeopardize their ability to generate sufficient income to maintain their families' food security. Moreover, the urban people pay more for food than the rural residents. This concept agrees with what Argenti (2000) stated as urban dwellers can pay almost 30 percent more for their food than rural denizens, and the fragmented nature of urban food markets results in even higher food costs in the poorest neighbourhoods (Argenti, 2000). Urban households buy not only most of their food but also their water. Lack of access to clean water forces the urban populations to devote a significant share of their limited household budget to drinking water. The nature of urban infrastructure and social services is another factor: in general, the urban environment is highly polluted. The shortage of basic water, sanitation, and drainage and solid-waste disposal services makes it impossible for the urban dwellers to prevent contamination of water and food, maintain adequate levels of hygiene or control insect-vectors of diseases such as malaria. All of these factors contribute to food insecurity. The nature of urban safety nets: urban areas tend to have weaker informal safety nets to minimize people's exposure to adverse shocks or help households cope with ongoing shocks. They include food-sharing, childcare, loans, membership in groups and sharing of houses. Urban agriculture is also an important component of urban food security. At the household level, urban agricultural production can provide a key source of food as well as income. However, the poorest often lack access to the land and resources necessary for such production.

Additionally, lack of assets and purchasing power, low productivity, lack of employment opportunities, poor transport system and infrastructure and lack of appropriate storage

facilities, depression in economic activity, disruption of food trade and variations in food price are mentioned as responsible factors for the occurrence of food insecurity (Gebrehiwot, 2006). It is no longer viewed as the result of agriculture's failure to produce sufficient food, but rather as the consequence of the failure of livelihood systems to guarantee access to sufficient food at the household level (Devereux & Maxwell 2001). Rapid increase in basic foods commodities has also great effect on urban household food security. In the light of this, the TWN(2009) explained that the recent sharp increase in food prices are likely to drive the number of people vulnerable to food stress even higher, with at least another 100 million likely to be chronically hungry.

### **2.1.5. Impacts of Food Insecurity**

Food insecurity and the frequently extreme efforts made by affected households to avert it lead to much human suffering. Moreover, food insecurity results substantial productivity losses in both the short and long runs because of reduced work performance, lower cognitive ability and school performance, and inefficient or ineffective income earning. Food insecurity can thus leads to a misallocation of secure resources and loss through sale of productive assets (Joachim, 1992). It disrupts many aspects of the individual and family life and is associated with increased levels of parental depression and emotional, behavioural and cognitive problems in children (Campbell, 1991; Olson, 1999).

It undermines people's ability to learn, work, and make progress on other fronts. Malnutrition is a result of pronounced food insecurity. People in large cities may suffer from as much malnutrition as those in rural areas. In fact, the rate of malnutrition is often higher in urban slums than in typical rural areas (Mustafa, Rod, Luc & Jennifer (eds.) (1999). Literature also explained the relationship that exist between food insecurity and anxiety and stress, increased risk of birth defect, poor development of social skills (children), lower school enrolment rates, poor academic performance and higher risk of chronic disease(Bronte-Tinkew, et al., 2007); (Jyoti, 2005) cited in Mercy Corps(2008) and Yared (2010).

According to (Joachim, 1992) explanation, not only does food insecurity have deleterious effects on households and individuals, but also the effort to achieve food security may also exact a heavy toll from households if, for example, it involves their spending most of their income in obtaining food living little for the basic necessities of life such as housing and

health. In the extreme case a household that uses almost all resources of it to achieve food security in the present renders itself highly vulnerable to food insecurity in the future. Food shortage is one of the basic causes constraining future development of households and countries affected. In fact, long-lasting low levels of nutrition reduce the capability of people to work, to study, to acquire more food, to take care of sick people, and, in general, to invest in the future. Definitely, all these effects deteriorate the ability of a society to recover even in the long run.

#### **2.1.6. Food Insecurity Coping Strategies**

Coping strategies are defined as responses to adverse events or shocks (Devereux, 2001). Snel and Staring (2001) broadly conceptualized coping strategies as all the strategically selected acts that individuals and households in a poor socio-economic position use to restrict their expense or earn some extra income to enable them to pay for the basic necessities (food, clothing, shelter) and not fall too far below their society's level of welfare (Snel and Staring, 2001). Ellis (2000) characterizes it as the methods used by households to survive when confronted with unanticipated livelihood failure. Due to varying degrees of wealth among households, different coping behaviours are adopted by households at different poverty levels. However, some coping strategies are common to all households although the extent to which such strategies enable a household to remain afloat depend on the assets at their disposal (Devereux, 2001).

Maxwell et al. (1999) categorize household food insecurity coping strategies into four: consumption, expenditure, income, and migration. Buying food on credit, relying on less-preferred food, reducing the number of meals eaten per-day, regularly skipping food for an entire day, restricting consumption of adults so children can eat normally, and feeding working members at the expense of nonworking members are some of the Consumption strategies. Expenditure strategies include avoiding health care or education costs in order to buy food. Income strategies include selling household and livelihood assets. Migration strategies include sending children to relatives' or friends' homes or migrating to find work (Maxwell et al., 1999).

### **2.2. Theoretical Approaches of Food Security**

Various literatures described that although attempts to give explanation on food security and why food crisis happen go back much further than Malthus in the late 1700s, at the beginning of the 21st century there remains a lack of consensus among analysts. Sassi (2010) in a

critical review of main approaches and further causal factors that influence food security clarify that actually there is a growing consensus on the idea that the issue of food crisis are too complicated to be explained by a single factor or a single academic discipline. Several approaches have been suggested in order to give explanations on food security/insecurity/, each focusing on different aspects, following mainly the academic background of their proponents: each theories /approaches/ of food security has different backgrounds, assumptions and perspectives on food security. Nonetheless, there is a growing recognition that all food crises have multiple causes.

### **2.2.1. Food Availability Decline Approach**

Literatures on food security witnessed that the Food Availability Decline Approach (FAD) had been a dominant theoretical explanatory framework for food crises since the eighteenth century until the year 1980. According to this approach, food supply is considered as the main focus in explaining food security. The FAD hypothesis implies that food security is essentially a matter of expanding food availability, and this approach claims that whatever the cause, an acute decline in the supply of food is a necessary condition for food insecurity to emerge (Fine, 1997 cited in Yaro (2004). Raising the supply, and consequently the availability of food is considered as a solution to food insecurity problem. As explained by Maria (2010) , unfortunately, such a solution has been strongly criticized by Sen (1981) who states that food crisis may have many causes and may happen also in regions that had not experienced a decline in food production or availability.

The FAD approach assumes that food insecurity is caused by a sudden reduction of per capita food supply; and a decline in food availability usually triggered by demographic factors (rapid population growth) and other associated factors like failing of per capita livelihood resources; natural disaster (drought, crop and livestock diseases, etc.), wars, and epidemics determining a contraction of food supply. As a consequence, food prices go up and people, who are not able to bear such an increase, consume less food: the most vulnerable people start reducing their food consumption because of price selection. Giving emphasis on insufficient production and availability of food as the main cause of food insecurity, this approach implicitly assumes an equal division of the available food. Unfortunately, such an assumption fails to reflect reality. In fact, if it was true, people would be indifferently hit by a crisis. Instead, analysing the impact of food crisis numerous authors (Sen, 1981; Cornia,

2006) cited in Sassi(2010) find that famines involve primarily the lowest social classes while the wealthier classes are less damaged. Thus, FAD approach does not supply any information in this regard (Sassi,2010) .Moreover, Yaro(2004) also criticized the FAD approach by signifying the realization that food availability alone does not ensure access by all, food insecurity could be caused by other factors ,thus inequality in access to resources will lead to unequal distribution of food and opportunities and above all, that purchasing power is of paramount importance, led to the decline of this approach and the emergence of the entitlement approach.

### **2.2.2. The Food Entitlement Decline Approach**

The groundbreaking work of Sen in *Poverty and Famines* (1981) introduced a new paradigm in food security studies by rejecting Malthusian notions of Food Availability Decline (FAD) per head (Yaro, 2004). In explaining food security, the Food Entitlement Decline Approach (FED) focuses on the ability of households to command food through the legal means available in that society. Entitlements have been defined by Sen as the set of alternative commodity bundles that a person can command in a society using the totality of rights and opportunities that he or she faces (Sen, 1984). These legal sources of food, are grouped by Sen (1981) into four categories of entitlement relationships: 1) production-based entitlements, meaning that people are entitled to what they produce; 2) trade-based entitlements, which entail that individuals are entitled to what they can obtain by trading physical assets; 3) labor-based entitlements, which mean that individuals are entitled to what they can obtain through the sale of their labor power; 4) transfer-based entitlements, meaning that people are entitled to what is willingly given to them through legal transfer, be it formal (from government) or informal (from friends and relatives). Thus, this theory explains the sum of the possible sources through which access to food is facilitated. According to this approach entitlement set that does not include adequate quantities of food implies food insecurity since an entitlement failure has occurred.

Another possible economic explanation for food insecurity has introduced by Devereux (1993). According to this explanation market failure that can be happen in two ways (demand failure and supply failure) is responsible factor for food insecurity. As described by Devereux, demand failure can happen when people lack purchasing power which is caused by poverty whereas supply failure can happen when markets fail effectively to meet people's demand.

The FED theory perceived that a household may suffer from food shortage in regions or countries which had food surpluses elsewhere, in countries that continued to export food. Under these circumstances food shortage becomes a matter of lack of accesses, that is, the inability to produce or purchase. According to the FED theorists, market functioning is central to a household's ability to access food, and food insecurity can occur even when food is readily available at local markets if a household lacks the appropriate entitlements. Food insecurity is thus characterized by a collapse of entitlements for certain segments of society and the failure of the state to protect those entitlements. How much food households actually have access to come from their own production, exchange, income, gathering of wild foods, community support and assets (Frankenberger 1992) cited Yaro (2004). A range of socio economic factors is sought that determine access to food. Household income and economic assets, prices, demographic factors( number, gender, and age composition of household), and socio-cultural factors such as health and sanitation, education level, cultural norms, and consumption habits are some factors stated by Okyere et al.(1997).

Emphasizing upon demand rather than supply, to allow more vulnerable groups to be identified and suggesting more appropriate policy intervention are some of the points described as positive features of the FED approach over FAD (Devereux and Maxwell, 2003). The entitlement theory has been also widely criticized on some fronts. The vagueness and multiplicity of associations attached to the term entitlement is considered as the main problem: the entitlement approach does not specify one particular causation of food security problem, only a general one that a food insecurity reflects widespread failure of entitlements on the part of substantial sections of the population(Sen,1995) cited in Yaro (2004)

### **2.2.3. Food Intervention Decline (FID) Approach**

This approach originates from the recent and growing awareness that governments, and more generally political institutions and humanitarian agencies have the responsibility to protect all citizens by promoting direct public interventions (Sassi, 2010). According to this author's explanation, Food Intervention Decline approach argues that people become food insecure because food policies fail to guarantee food security. In particular, when these policies lack or decline people start suffering and severe food shortage may result in famines. This approach, being focused on policies, identifies as major actors or all those institutions deputed to produce and implement actions to secure food. Governments, national and international organizations and agencies (such as FAO, WFP, etc.), are some of them.

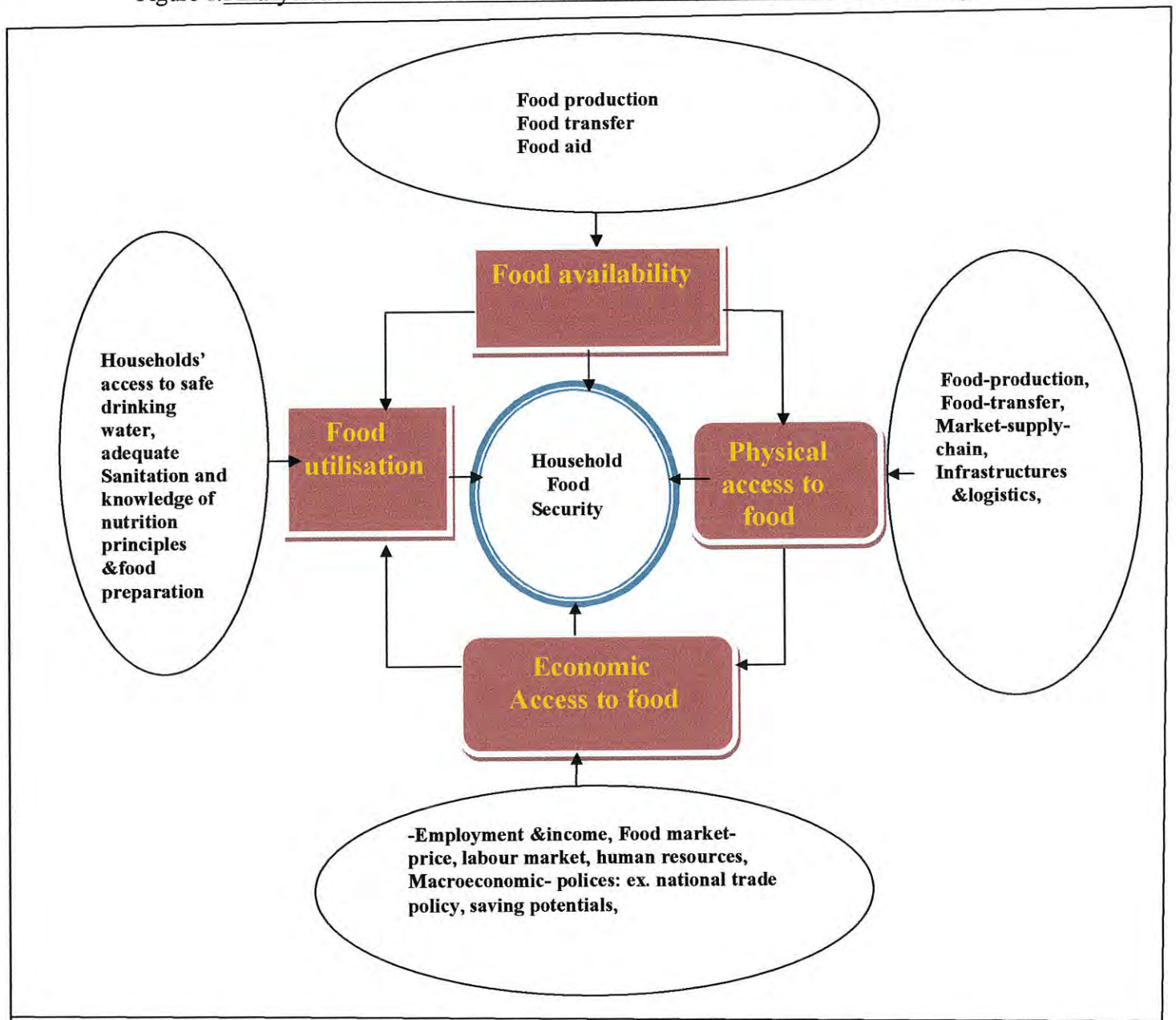
In the course of implementing this theory in to action, the involvement of communities is very important in problem analysis and identifying local practices that has to be encouraged. According to this approach, injection of public food stocks into key markets at free or subsidized prices; mixture of food supply and price control policies; cereal banks; direct transfer based intervention; credit support schemes; etc. are some of the proposals aimed at tackling an on-going crisis, experience coming from different countries. Sassi, (2010) clarified that to directly focus on policies and institutions failures in securing a safe and healthy food supply as the main merit of this approach, and some critical pints arise considering intervention of foreign institutions or associations which are external to interested countries. In this case, agents have to pay great attention to make interested people participating in the planning and developing interventions. For example, when planning food aid interventions, international actors should pay particular attention to religious and cultural habits of interested populations in order to not deliver food that they “cannot eat”(Webb, 2003) cited in Sassi (2010). Moreover, local institutions and governments preparedness to crisis is fundamental to propose an efficient policy.

It should be highlighted that this approach still lacks a well structured formulation, and until now it has always been suggested as a complement to other explanations rather as a unique cause of food insecurity, and needs further investigation (Sassi, 2010). However, it is useful in developing food policies and because it focuses on new subjects that may have important roles in managing crisis. Its weak aspect is that it does not help to completely explain why food insecurity happens: it needs further causal relationships to explain famines and to address their underlying causes (Sassi, 2010).

Generally, each approach has its own strengths and limitations. In this study, the issue of food security/insecurity/ is described on the bases of the explanations given by the three approaches mentioned above and food utilization, with great emphasis on the Sen’s Food Entitlement Decline Approach explanation because being the target of this study is households in urban setting, their food security is highly determined by households capabilities to acquire food. It is also highlighted that since Sen (1981) the food security debate is generally shifted away from an exclusive focus on the availability of international and national food supplies, towards a focus on the ability of households to access food: the effect of household entitlements (resources used for production, exchange and transfers) in ensuring access to food, and their purchasing power is considered key to accessing food and is dependent on market integration, pricing policies and temporal market circumstances.

regulating food markets and in securing a safe and healthy food supply are too another important factors that influences food security in urban areas.

Figure 1. Analytical framework to understand urban household food security



Source: Adopted from Teng and Escaler (2010) with major modifications of the researcher

As presented in the above figure and discussed earlier on, household food security is explained based on the indicated four dimensions that are generally essential for food security.

The above analytical framework shows that though it is not sufficient to guarantee urban household food security, one of the most important determinant dimensions is the availability of food. In turn, the main determinants of food availability at the urban household level are access to home production (urban agriculture), access to formal and informal transfers, and food aid. Physical access to food is considered as the other dimension that can influence food security. It refers to an adequacy of food within the physical reach of the households. Food may be physically accessible through own production and transfers directly. However, they are not common problems in urban areas, poor infrastructures; inadequate logistics to distribute food from where it is produced to be consumed are some of the factors that disrupt or influences physical access to food. So, raising the efficiency of market supply chains to deliver food to consumers is the main concern to physical access to food in urban areas. Economic access to food is the third dimension of food security. This refers to the ability of the households to purchase food that they require. It is the most important dimension for urban residents. Purchasing power of households, income and food prices are the key determinants of this dimension. Therefore, household's purchasing power in general and status of employment & amount of income, food market- price, nature of labour market, human capital, macroeconomic- polices (e.g. market policy) and saving potentials of households in particular are the main determinant factors of household's economic access to food. Food utilization is also the other dimension of food security. It refers to the appropriate use of the available food. A household may have the capacity to purchase all the food it requires but it may not always have the ability to utilise that capacity at fullest. The utilisation dimension is largely influenced by a range of urban infrastructure and social services. Households' access to safe drinking water, adequate sanitation, knowledge of food preparation, quality of dietary intake, general child care and feeding practices, and the conditions of health of household members are among the main determinants of the utilization dimension of food security. So, poor urban infrastructure and services are identified as one of the basic issues in influencing the utilisation/absorption/ dimension of food security/insecurity

## Chapter Three: Methodology and Design of the Study

### 3.1. Description of the Study Area

This study was conducted in the capital of the Hadiya Zone, Hosaina Town. The town is located in the Southern Nation Nationalities and Peoples Region in the Southwest central part of Ethiopia at a distance of 232km from the capital city of Ethiopia, Addis Ababa in the South via Alemgena- Butajira – Sodo main road, and 196km from the Regional Capital Hawassa in the Northeast. Geographically, Hosaina town is situated at 7°15'00" North latitudes and 37°50'30" East longitude. Hadiya zone in general is one of the most densely populated areas in the country. According to the CSA (2006) the Zone's population density surpasses 388 persons per square kilometer. Out of 1,284,366 total Zone's population, 69,957 populations are living in the Hosanna town. The Hadiya Zone Finance and Economic Development and Hosaina Town Administrative Office report indicated that the number of population residing in Hosaina town by the year 2011 is 78,474 and it is projected to be about 91,000 by 2015. The town is classified in to three sub cities and eight administrative *kebeles*. The town has been organized as a reform town in which urban reform is being practised similar to 22 towns in the region (SNNPRS).

Peasant associations namely Ambicho and Kalisha bound Hosaina in the north; Lereba, Jewe and Hyse in the south, Ambicho again in the east and Gora, Bobicho and Allela in the west. The average elevation of Hosaina is about 2276m above sea level.

Topographically, Hosaina is located on a higher area. Elevation with in the town ranges from 2400 m. above sea level around the zones' largest hospital to 2200 m. above sea level around Tekle Haymanot Church. Climatically, due to its topography, within the Ethiopian context, the town experiences cool temperate climate. The air is usually humid as a result of abundant vegetation cover and enough rainfall, and gets rainfall almost throughout the year. July to September is the period when the highest rainfall is recorded in the town while From November to February is the period when the lowest rainfall occurs and are relatively dry months. January to March is the time when the highest temperature is experienced while July to September is the time when the lowest temperature is recorded. The mean monthly temperature of the town rages from 14.4°C in September to 18.0°C in March. Summer is the coldest season with abundant rainfall. March and April are the hottest months.

### 3.2. Location of the study area

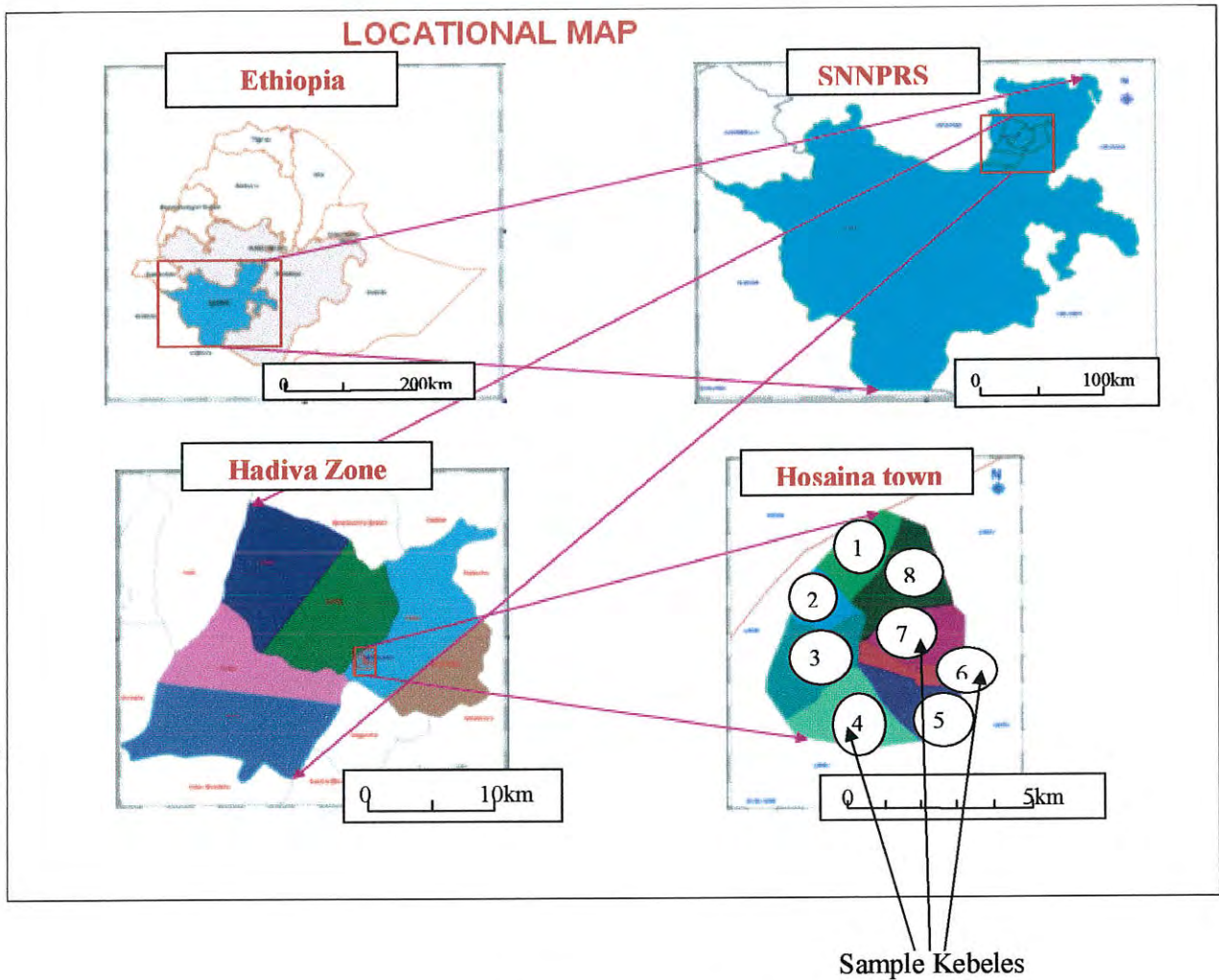


Fig-2: Location map of Hosaina town

### 3.3. Design of the Study: Sampling Procedure

The methods or procedures section is really one of the basic parts in a research proposal. The activities should be described with as much detail as possible, and the continuity between them should be apparent (Wiersma, 1995).

Due to limited time and resources, including all *kebeles* of the town and all households in this study was considered as difficult in effecting the intended in-depth study within the time frame available for fieldwork. So, with the consideration of the above constraints the researcher have selected three *kebeles* purposefully from the town. The three *kebeles* was from the three sub city: one per one sub-city. The *kebeles* were selected not only by the researcher but also with the help of the three sub-cities Administrative and Municipality offices representatives targeting on the *kebeles* where the level of urban infrastructures are relatively lower than the others, and relatively more poor households are dwell than the others, i.e. they were selected on the basis of being homes to the majority of the urban poor. Thus, *Arada*, *Meil-amba* and *Hetto* were the three sample *kebeles*. Before identifying the sample households, the list of the peoples who are living in the selected three *kebeles* was taken from the existing lists held in the selected three *kebeles*' offices. The entire people living in the three *kebeles* were 24,228. From this, 8822, 7665 and 7741 people are belongs to *Arada*, *Meil-amba* and *Hetto* *kebeles* respectively. Deliberately, people who are living in relatively lower standard than the others were selected in collaboration with the three sub-cities and *kebeles* offices' representatives. Accordingly, households in *Arada*, *Meil-amba* and *Hetto* *kebeles* are 1609, 1398, and 1412 respectively. These households are categorised in three groups in ranking order based on identified criteria. Household income level is used as the basic criteria for grouping them. In addition, the administration of the three sample *kebeles* know the neighbourhoods where living environment, access to piped water supply and waste disposal facility, and other facilities were well established, and the neighbourhoods which were not facilitated than the others. So, these factors were also considered as additional points while identifying the households. The group which is labelled as the relatively poorest and have more food security problem than the rest groups is taken from the three *kebeles* and this is identified as the sample frame. Consequently, 483,360, and 212 is the sample frame from *Arada*, *Meil-amba* and *Hetto* *kebeles* respectively. As explained by Onwuegbuzie and Leech (2007), the main indicator of the total sample size in qualitative research is often the point at which information redundancy, or theoretical saturation of the data, is achieved. Specifically, qualitative researchers correctly contend that the goal of qualitative research

typically is to obtain insights into particular processes and practices that prevail within a specific location (Connolly, 1998) cited in Onwuegbuzie and Leech (2007). In order to gain insights, qualitative researchers usually strive to extract meaning from their data. To know specific sample household in each sample *kebele*, *systematic sampling* method was applied: every 10th member of the sample frame from the list of households were selected, after purposefully selecting the first member as the starting point in the three *kebeles*.

### **3.4. Methodology and Instruments of Data Collection**

According to Bryman (2008), research methods are the techniques and procedures of collecting and gathering data. Furthermore, the manner in which social reality is conceptualised and studied is methodology. As described by Straus et al (1990), methodology provides the medium of achieving the various components of a research. There are many approaches for collecting data. In the social sciences, the most popular methodologies used are qualitative and quantitative. In order to achieve the objectives of this research through collecting relevant information from the responsible individuals and organisations, qualitative methodology was applied as the main method. Quantitative method was also applied to show some numerical data or to count some phenomenon.

#### **3.4.1. Qualitative and Quantitative Methods**

Qualitative method is perceived as direct, and simple to administer, analyze and interpret, reflects the perception of food security and hunger by those affected: the method enable to understand the concept of food security/insecurity/from the perspective of those who have actually experienced the condition. Therefore, this method is considered as the most appropriate and was applied as the dominant approach in this study for seeking knowledge of households and other responsible governmental officials and key informants regarding the study objectives. This is because the research needs soliciting opinions, perceptions and views of households, governmental officials or administrators, and other key informants with the aim of assessing the general situations of household food security, determinants of urban food security, causes and impacts of food insecurity, current state of diet and coping strategies of the food insecure households, and this method was helped me to collect such information. It also provided a great understanding of realities regarding the research problem through dialogue between the researcher and respondents. Moreover, qualitative methods can give the intricate details of phenomena that are difficult to convey with quantitative

methods, and its techniques emphasise quality, depth, richness and understanding, instead of the statistical representativeness (Strauss & Corbin, 1990). It is also argued that it seeks answers to questions by examining various social settings and the individuals who inhabit these settings. Technical household sample survey using loosely structured (both close and open-ended questionnaire), in-depth interview, key informant interview, focus group discussions, observation and case narration were the main tools that has been used to collect primary data. Quantitative method was applied to collect some data through semi-structured questionnaire, and to supplement the data collected through qualitative method.

### **3.4.2. Sources of Data**

Both primary and secondary sources of data and various data collection tools have been used for the purpose of studying different dimensions of the research object that were set earlier. The study is, therefore, based on primary data generated from semi-structured interviews, personal observations, FGDs, in-depth interview; case narration and secondary data from official records, previously conducted studies, book publications, journal articles, reports and other documents.

#### **3.4.2.1. Primary Data Collection**

Primary data was collected through household interview, key informants interviews, focus group discussion, personal observation, in-depth interviews and case studies. An interview is a complex social interaction that facilitates knowledge about a person's experiences or thoughts on a specific topic (Kitchin et al, 2000). It could also be defined as a conversation between two or more people (the interviewer and the interviewee) where questions are asked by the interviewer to obtain information from the interviewee. The interviews were conducted with the aid of an interview guide. The interview guide approach consists of topics and issues that need to be covered in an interview. It is also flexible in that the wording of the questions and the sequence in which the questions are tackled will be varied by the interviewer (Kitchin and Tate, 2000).

**Household interview with Semi-structured questionnaires:** commonly, interviewing is defined simply as a conversation with a purpose: to gather information, and understanding the experience of other people and the meaning they make of that experience (Berg, 2001). It

allows higher response rate and it enables respondents to express their opinions freely. Flowerdew et al.(1997) cited in Kristiansen (2009) explained the advantage of this approach by declaring that it is sensitive and people-oriented, allowing interviewees to construct their own accounts of their experiences by describing and explaining their lives in their own words. For this purpose, semi-structured interviews were conducted with 53 sample households. All households selected to be covered with this method were asked the same questions with essentially the same words and in the same sequence. Data regarding demographic characteristics, socio-economic status, house and other household assets, causes and impacts of food insecurity, and their coping strategies against food insecurity, number of meal per day, food items, and trends of food consumption were among the major ones collected using questionnaire. It was conducted with the help of survey guideline to keep the survey's implementation consistent in all the sample *kebeles* as well as households. Three assistants: one per *kebele* was hired for the assisting, and orientation was given for them on the details of household interview guideline.

**Observation:** According to Weinberg (2002) observational fieldwork involves placing oneself in direct personal contact with the social group one is intending to study as they go about their affairs. As described by Degefa (2005), every day of fieldwork was an opportunity to observe realities in the study communities, either something new or repetitions of previous experiences, and critically observing and recording them provides first-hand information, enabling deeper insights into the issue under consideration. It entails the systematic noting and recording of events, behaviours and the like in the social setting by using field note. It has given more detailed and context-related information and permits collection of information on facts not mentioned in an interview. Kitchin et al. (2000) underlined that observation is the only method available that can help to study what people actually do rather than what they say. It has also permitted the reliability of responses to questionnaires. I have tried to observe housing conditions and other physical assets that they have, the environment where the respondent households are living, what they do and, waste management and sewerage system and tried to understand the world of the participants by visiting some of them while they were at their houses during day time. It was also realized while I have conducted interviews and generally used to understand and explain about the apparent situations among the people in the households. These were helped me to take note using a field note on characteristics of households in relation to food security/insecurity/, and how food insecurity and their living environment including housing conditions are related,

and how these affects them. Having the same language and culture with the informants was helped me to collect the intended information and it was advantageous to me.

**Focus group discussions:** can be regarded as with what Bauer et al. (2000) expressed as the ideal public sphere or an open debate that is accessible to all with common concerns. Focus group discussions were designed to discuss a particular topic chosen by the researcher. It was helped the researcher to get data on views and opinions of respondents concerning causes and consequences of food insecurity, their current state of diet, coping strategies, and measures to be taken to alleviate the problem of food. Gray (2004), in expressing the benefits of focus groups notes that one of the advantages of using focused interviews is the opportunity they give the interviewer to re-focus the respondents if they move away from the objectives of the study. Multiplicity of views, beliefs and feeling on the same issue is also another benefit of this method. For this purpose I have organized three focus groups from both sexes in the three sample *kebeles*, one FGD per *kebele*. Each focus group was consisting of purposefully selected 4 households. It was realized with the help of predetermined interview guide to direct a discussion towards the intended study objective in a flexible approach. In order to explore different experiences, participants that have different socio-demographic and economic background were selected: from different sex, occupation, migration status and neighbourhood of the *kebeles*. To enable the participants to express their views freely and actively, relatively relaxing places were selected for discussion in each *kebeles*. In this regard, the compounds where the offices of respective *kebeles* located were used as the comfortable place of discussions. Promoting the interaction, keeping the discussion to be flexible, instigating (probing) participants to contribute ideas which was not mentioned in order to get fuller data, controlling the discussion in general and the balance between individual contributions, directing their conversation, taking notes and the like were among my roles in this method.

**In-depth interviews:** was conducted with purposefully selected households by explaining the purpose and objective of the study in order to get deeper information on the urban household's food security situation. This method was also successful as it was considered with what Jorgensen (1989) distinguished that, this method seeks to explore particular matters in elaborative and comprehensive detail. Six households, two from each *kebeles* were selected, and I have tried to interview and generate information pertaining to determinants of urban food security, causes and impacts of food insecurity, household demography and life

history, and condition of the present diet, number of meal per day, coping strategies adopted by households against food insecurity and the like.

**Key informant interviews:** was conducted with selected key informants to get information on the urban household's food security situation. I interviewed fourteen key informants: community elders, *edir* leaders, kebele administration officials, municipality representatives were included in the key informants. These informants were selected purposefully considering them as they have better knowledge about the intended data. In the light of this Mikkelsen (1995) described key informants as persons that possess particular knowledge or insight in the topic under study. I have tried to interview and generate information concerning determinants of urban food security, causes and impacts of food insecurity, urban social services and infrastructures, pattern of social capital and condition of the present diet, coping strategies adopted by households against food insecurity and the like. The tool was administered by the researcher with the help of predetermined interview guide. It helped me to cross-check the information collected through other methods.

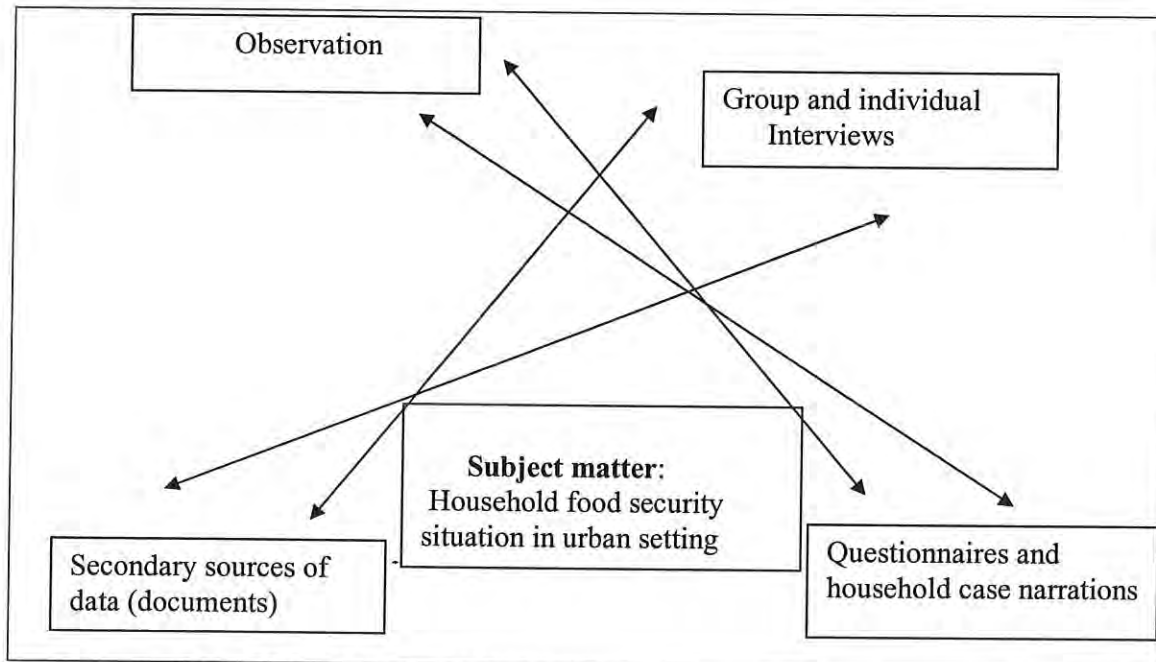
**Case studies:** can be explained as word-by word records of informants' explanation. It gives direct insights in the ways individuals think and experience life. The issue of food security has been explored as a dynamic phenomenon and it has association with other household characteristics and assets. One social research approach for capturing its features is by sharing knowledge with people through listening to the tales of their life histories. Accordingly, with the purpose of generating data for this study, three households who were purposefully chosen among relatively poor households, each from a sample kebele were narrated their households experiences/life histories in relation to food security and what their households encountered.

#### **3.4.2.2. Secondary Data Production**

Secondary data is collected from analysis of documentation and research on the related topic. For instance, data was taken from Hosaina town administrative office, municipality and other governmental and non-governmental office reports, articles, the internet and other literature on the topic. Secondary data is useful because it helps to compliment primary data in a research. It is noted that secondary data provides a wealth of information from a variety of studies that can be utilised to re-organise and mould research studies.

Generally, the triangulation of data collection approaches is used in collecting the data used for this study. This approach was used to associate the data collected by the aforementioned tools used, in order to diminish possible biases/weaknesses/. Responses collected from different respondents to the same questions asked in unlike circumstances (e.g.to correlate responses of individual respondents with the responses of group respondents to the same question).

Figure-3: Illustrates the triangulation of tools used to collect data for this study.



Source: Adopted from Laws et al (2003)

In the above figure, the straight lines criss-crossing indicate the connection (triangulation) of the data collected through a method with a corresponding one. The subject matter with in the middle rectangular box is to remind the reader that the fundamental objective of the study is to assess the status of household food security in urban setting.

### 3.5. Data Recording and Analysis

The researcher tried to sort and sift the data, searching for types, sequences, Processes, patterns or wholes. The aim of this process is to assemble or reconstruct the data in a meaningful or comprehensible fashion (Jorgensen, 1989). Data generated from both primary and secondary sources is analysed and presented. This process consisted of the reviewing the

data, identifying key ideas of the research questions and relating them to the objectives of the study. Field data is recorded in a field book and transcribed in a word document in its originally spoken manner. The data is then analysed and linked to theories in order to answer the research questions, (to achieve the objective of the research). Though the dominant method was qualitative, some data generated from the semi-structured questionnaire were indicated quantitatively.

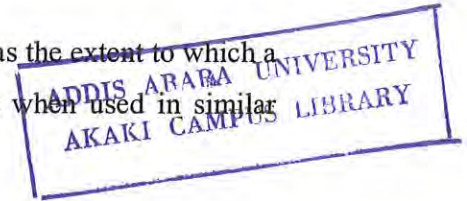
### **3.6. Ethical Issues**

The researcher considered the confidentiality of the key informants as very important and the role of ethical issues how can affect the study population. Their views were respected and protected throughout the whole process. Although the respondents were not care about anonymity, they were precise as to which information I have documented because they thought some information are very sensitive and not to be documented. Generally, during the study, particularly in the field work, the researcher tried to obtain information before the study or the interview begins not to explore sensitive issues before a good relationship is established with the informants, to ensure confidentiality of the data obtained. According to Maguire (1987), one of the most important ethical issues during research is the need to respect and be accountable to the people of the community where the research is carried out. So, I have tried to respect and accountable to the people.

### **3.7. Data Validity and Reliability**

These are among the very important issues researchers should be concerned about while proposing a study, selecting tools of data collection and analyzing results of the study. Since all researches are expected to be valid and reliable. Thus, validity refers to the truthfulness of the collected data or the relevance of the data to answer the intended research questions. In the light of this, Gorbich (1999) explained validity as the ability with which the results of a study can be verified against the stated objectives, and Kirk and Miller (1986) also defines validity as the degree to which the findings of the study are interpreted in a correct way. According to Kitchin and Tate (2000), validity concerns the soundness, legitimacy and relevance of a research theory and its investigation or practice. In order to make the study valid I applied various methods to collect information, so that they help to counter check. Mikkelsen (1995) argues that the use of triangulation for crosschecking information enhances the validity of research results, but biases do not disappear. According to this argument, using several methods is a typical approach for improving the validity and reliability of a study.

Hay (2000) cited in Kristiansen (2009) also conceptualized reliability as the extent to which a method of data collection yields consistent and reproducible results when used in similar circumstances by different researchers or at different times



Reliability, checking the trustworthiness is a very fundamental issue in qualitative research. Seale (1999) cited in Frank (2006) while establishing good quality studies through reliability and validity in qualitative research, states that the trustworthiness of a research report lies at the heart of issues conventionally discussed as validity and reliability, and the concept of validity is described by a wide range of terms in qualitative studies, and according to the explanation given by Winter (2000) in Frank (2006) the concept of validity is not a single, fixed or universal concept, but rather a contingent construct, inescapably grounded in the processes and intentions of particular research methodologies and projects.

Likewise, to make this study a valid and reliable, I clearly explained the objective of the study in general and the purpose of the data collection in specific to the informants; discussions/ interviews/ was carried out in appropriate places with the help of predetermined guides; thus, entire data was collected without any disturbances, and not only all questions were asked in a clear and common language (*Amharic*) but also attempts were made to clarify them in understandable way. There was no cultural and linguistic difference between the interviewer and interviewees. Consequently, such factors have its own contribution to the validity and reliability of a study.

All the responsible respondents know that the problems related to food security are a critical issue as well as I understand the reality. Therefore, as I expected they provided the correct (accurate) data honestly. In addition to these, the application of various tools and highly reliance on the primary data increased the trustworthiness: validity and reliability of the data. In order to ensure validity of the study, I have tried to refer the objectives of the research as well as the research questions in relation to the questions administered to the participants and collected data.

## Chapter Four: Descriptive Analysis of the Data

### 4.1. Socio- Economic and Demographic Characteristics of Sample households

The following basic information about socio-demographic characteristics of sample households was collected and discussed in this section.

#### 4.1.1. Sex and Age of Sample Household Heads

Obviously, the sex and age of households' heads are among the important variables that influence the food security of a respective household by determining the household's incomes. Because sex affects the status of household food security by affecting the choice of livelihood of households; as a result of the existing socio-cultural influences men and women may not prefer to equally engage in a similar livelihood, and this in turn has dissimilar effect on food security status. The age of the household head also implies the experience (skill) in managing a budget to secure adequate food. This idea also agrees with what Zeller (1995) in Gebrehiwot (2006) notes as "food consumption at an adequate calorie intake is also a matter of the household members' managerial skills to convert and assign income –and cash-flow to the family's food consumption". Besides, often younger households and older households are not the same in terms of resource endowment.

As the study indicated the number of male-headed households is quite higher than that of the female-headed households. The total sample households that have covered for this study were 53 households. Of these, 39 households were male-headed households and the remaining 14 were female-headed households. The age of sample household heads ranged between 31 and 72 years: 41 households were within 31-64 year age, and the remaining was within 65-72 years age.

**Table-1:** Sample household heads by sex, age and kebele

Age category	Kebele: Arade			kebele :Me'ilamba			Kebele: Heto		
	M	F	Subtotal	M	F	Subtotal	M	F	Subtotal
≤14	-	-	-	-	-	-	-	-	-
15-64	13	5	18	10	3	13	6	4	10
≥65	5	1	6	4	1	5	1	-	1
Total	18	6	24	14	4	18	7	4	11

*Source: fieldwork, 2012*

#### **4.1.2. Family Size and Age Composition of Sample households**

As discussed in the previous unit, family size and age composition of households are other important factors that can influence household food security. Often in a family where there are extended family members and broad based age distribution, there is a need to have extra food for family consumption than where there are few family members, and this may require more expenditure for food and less for other household necessities and savings. The average household size in the 53 sample households only had been 5 members. Of the 53 households interviewed, majority (30) of them had between 3-5 members while 23 of the interviewed households had between 6-9 members. Regarding the age composition, 123 household members were under 15 years while 164 were within 15-64 years old. The remaining 12 were 65 and above years old. More than 95% of household members were immediate family of the household head: mother/father, spouse, and son/daughter.

Households were also asked to provide their opinion on the current household size in a relation to the resources that they have and their capacity to feed the household members. Accordingly, the responses of 13, 22, 10 and 8 interviewed households depicted that as they were in need for additional children, as their household sizes were sufficient, as their household sizes were large and as their household sizes were too much respectively. As the result of the rising living costs, inability to fulfil the appetite and other fundamental necessities of their family's members with inadequate or limited resources was commonly mentioned by the respondents as the main reason for those who were responded as their household sizes were sufficient, large and too much. Based on the opinion of the respondents, it is possible to say that majority of them have no optimistic view on additional birth and very large or excessive family sizes in relation to the ability of them to feed their family. On the other hand, it may imply the perception developed by them towards the burden levied on their livelihood and in turn, on their food security.

#### 4.1.3. Marital Status of Household Heads

**Table 2:** Marital Status of the sample Households

Marital Status	M	F	Total
Never married	-	-	-
Married	38	10	48
Widowed	1	2	3
Divorced	-	2	2
Separated	-	-	-
Total	39	14	53

*Source: Fieldwork, 2012*

The other socio-demographic variable considered in this study was the marital status of household heads. The marital status of the household head has social implication, and various social problems resulted from divorce and the like may have its effect on the status of the household food security. As indicated in the above table, the data showed that the majority of respondents were married followed by widowed and divorced household heads. From those who reported as they were widowed and divorced, the number of female headed households exceeds that of the male-headed.

#### 4.1.4. Educational Status of sample households

**Table 3:** Educational status of the sample households

Educational status	M	F	Sub total
Not read and write	4	6	10
Grade 1-4	2	2	4
Grade 5-8	8	2	10
Grade 9-10	9	2	11
Grade 11-12	10	1	11
Above grade 12	6	1	7
Total	39	14	53

*Source: fieldwork, 2012*

Level of education can influence food security of urban households by determining the employment (income) prospects in urban households and the capability of households to manage shocks. Of the interviewed household heads, 43 household heads are educated with different level of schooling, the majority of the households included in this study being in grades 1-8. In terms of educational status, male households do much better than female households, accounting 35 of the 39 male respondents and 8 of the 14 female respondents

respectively. Moreover, majority of the female heads tend to concentrate in grades below 12 while the number of male heads with school levels higher than grades 12 is greater than that of the female heads.

In addition to the educational status of the household heads, data was collected regarding household members particularly children who are at school age (5-17). Accordingly, of the total number (165) of the members who were at school age, 112 were reported as currently attending school and these households also reported the average amount of money that they spent on each student per month for schooling. Consequently, birr 360 was the highest and birr 80 was the lowest amount reported by the respondents though majority of them were attending in the government/public/ schools. While 53 of the total reported as not attending school (including the drop-out), and these households also reported a range of reasons for not attending school. Poverty, more specifically lack of income to fulfil basic necessities and schooling related expenses were reported by many households, and the interest of the children by small number of respondents as the major reasons. Thus, young people could not afford to attend school, needed to work and bring income into the household or were suffering from health problems that prevented them from enrolling and attending.

#### 4.1.5. Occupation Status of Sample Household Heads

**Table 4:** Occupational status of the sample households

Occupation status	No. of HHs engaged in each sector
Employed by Government sectors	20
Employed by small business	18
Daily laborers	8
Agriculturists	4
pensioners	3
Total	53

*Source: Fieldwork, 2012*

It is realised that occupations are the sources of cash income and food for households and the ability to earn cash income and food is an especially important determinant of urban household food security. Therefore, an understanding of the kinds of occupations that the sample household heads engaged in is very important in this study. Accordingly, they were requested to tell the kinds of occupations by which they were engaged in. From the total number of the sample households included in this study, 20 and 18 households reported as

they were employed by the government sectors and small business/self-employed sector respectively while 8 and 4 households reported as they were daily laborers, and agriculturalists respectively. Three households were pensioners. Lack of required educational level, specialised skills and training, and lack of base capital was mentioned as the main reason for those who were not employed both in government and small business.

#### 4.1.6. Migration

**Table 5:** Migration status of the sample households

Status of migration	No. of reported sample HHs
HHs who were not migrated from rural to Hosaina town/born in the town/	17
Migrated to Hosaina in the years between 1967-1980	8
Migrated to Hosaina in the years between 1981-1990	10
Migrated to Hosaina since 1991	18
Total	53

*Source: Fieldwork, 2012*

Because of its role in influencing the food security of a given area, rural-urban migration and rapid urbanization is one of the main concerns in the study area. This is further supported by the findings of this study. More than half of the sample household heads had migrated to Hosaina town since 1967 E.C. Almost all migrants in the three kebeles' came from rural areas typically in order to better access job opportunities, education and other urban services, and due to marriage.

Based on the existing context of the new environment or destination, migration may have its influence on food security of the migrant households, because recent arrivals may have impeded access to important economic resources relative to long time residents of the town if the existing context is not favourable to facilitate job opportunities, access to community resources, and the like which may have a direct impact on the food security of their household. According to the provided data, from those who were migrated, only a very small number of households were reported that they were food secure households while the majority explained that they are not food secure households.

#### 4.1.7. Status of house/Shelter/, water and sanitation

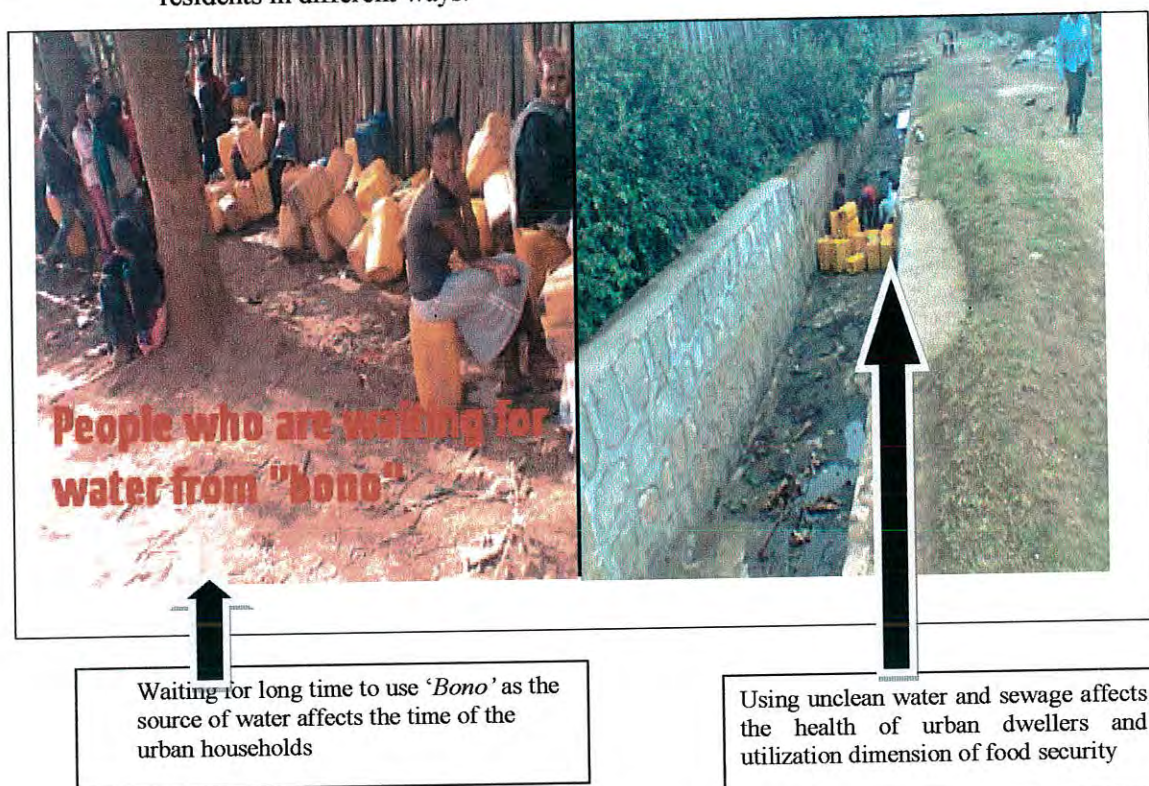


**Figure 4:** Status of shelter and living environment of some respondents.

Not only the status of house/shelter/ is one of the fundamental indicators of the household's well being in a given society but also it is an indirect indicator of household's food security status, and the importance of the clean water and improved toilet facilities for household food security arises through its contribution to good health and the human capital of household members. Thus, households were asked some questions relating to dwellings. According to the data collected, greater part of households lived in houses built with non-durable materials: mud houses and the number of households live in dwellings they themselves own is greater than the number of households live in rented houses. But, this does not mean that the status of house/shelter/ has always direct relation with household food security situation.

A total of 75% households used communal tap (bono) as the primary source of water and 20% of households used piped water whereas 5% of the respondents used both. More than half of the total households who mentioned "bono" and "piped water" as their primary source also reported the importance of well as sources of water mainly for cooking and washing. On the other hand, majority of the respondents reported the shortage of clean water as their common problem. Concerning sanitation, data indicated that private pit toilet facility is used by more than 97% of the respondent households in the study area.

**Figure 5:** Absence of adequate and clean water may affect the food security situation of urban residents in different ways.



#### 4.1.8. Status of Household Asset ownership

Table 6: Status of the sample household's asset ownership

No	Reported HH assets owned	No. of HHs reporting	No	Reported HH assets owned	No. of HHs reporting
1	Beds	53	11	Sofa seat	19
2	Radio	32	12	tables	50
3	Television	26	13	chairs	52
4	Refrigerator	11			
5	Shovels	32			
6	Axes	35			
7	Goats	6			
8	Cattle	10			
9	Donkey	14			
10	Chicken	19			

Source: fieldwork, 2012

Sample households were asked to provide information about household asset ownership by listing the asset that they have (own) at the time of data collection, and purchased and sold in

security/insecurity. Accordingly, the most commonly listed and owned assets during the data collection/fieldwork/ were basic household properties with varying quality: beds, tables and chairs, radio, Televisions and refrigerator were reported assets in a decreasing order from most commonly owned to least commonly owned assets by the sample households. Assets such as shovels, axes and the like were also reported as owned by a small number of respondents. Goats, cattle, donkey and chicken were among the least commonly owned assets by the households. Respondents were also asked whether the assets that they have owned were satisfactory or not. In the light of this, the responses of large proportion of sample households showed that they were not satisfied, and lack of purchasing ability with rising living costs and prices of assets is mentioned as the common reason for the failure to meet their needs related to assets. Even, according to the focus group discussions carried out in Arada and Meil amba kebeles some poor households were forced to sold existing assets to purchase food instead of purchasing other household assets.

#### **4.1.9. Status of Household Savings**

The role of access to needs-based financial services in improving household food security either directly through income gains from credit use (by increasing income level and diversifying income sources) or indirectly through consumption loans is clearly explained by Zeller(1995) cited in Gebrehiwot (2006) . For instance, as explained in the same source, saving allows households to efficiently manage liquidity and provides a self-insurance mechanism-i.e. saving provide a cushion against shortages of income and food. In the light of this, households were asked whether any adult household members had any savings in the past 12 months, currently have any savings, as well as those households who were positively responded for the household savings were further asked the type of their savings that they have, and whether they had received loans (cash or goods) from anyone in the last 12 months. Consequently, about one third of the respondents reported that they had monetary savings in the past 12 months and current savings with varying amount. However, majority of them were reported that they had no savings in the past as well as during the data collection.

Moreover, quarter of sample households had taken a loan in the last 12 months. Purchasing food items and covering medical and schooling expenses were by far the most commonly cited reason for receiving loans.

## **4.2. Major factors that Determine household food security at urban setting**

### **4.2.1. Sources of Household Income**

Sources of household income determine the amount of household income. In turn, this determines the food security situation of the respective households. In this regard, households were asked to identify the major sources of incomes. Thus, the following were identified by them.

#### **➤ Salary / employment/**

Participants of this study realised that employment is one of the major sources of cash income, and the ability to earn cash income is an especially important determinant of urban household food security. For that reason, an understanding of the status of the household heads employment is also very important in this study. Data was collected pertaining to the amount of income per month of all household members including the head of the household, and the number of household members who were participated in income earning employment for the last 12 months. Only 30 households reported that one or more members of their household members were worked for pay (income). According to the data collected, from the total household members including the household head, 42 people were employed in income earning occupations with varying monthly income. The maximum and minimum amount of payment (income) per month mentioned by the respondents was 3000 and 270 Ethiopian birr respectively, and the payment of the most of them being between birr 270-1000 while the remaining 23 households were not earn cash from employment for different reasons. Being unemployed due to inability to fulfil requirements (e.g. education and lack of special skill), lack of job opportunities, lack of adequate money to produce job, being student and economically inactiveness due to varying reasons were mentioned by the respondents as the most common reasons for not working for pay or not employed in income earning occupations.

#### **➤ Transfers/remittances/ and Social Assistance as sources of income**

Transfer in the form of social assistance, aid, gifts and the like from people who are living in rural, urban and abroad, from Governmental and NGOs and others in the forms of money is one of the important sources of income for urban households. So, households were asked

information about the income received from different sources in the form of transfers. Though all households included in this study have the same opinion on the importance of transfers and social assistance as a source of household income, and as one of the factors determining food security at urban household level, the data indicated that only small number (21) of the sample population had admitted that they have received transfers in the past 12 months with an average total value of 4728 Eth. Birr. From these, 13 households received transfer from people who are living in rural area (in the form of food) and abroad (in the form of cash income) while 3 and 5 of them reported as they received transfer income from government programmes including pension and urban residents respectively. However, majority of sample households were not received. The provided data indicated that transfers from rural residents to urban residents were the most commonly received forms of transfers. Though it is not trouble-free to say rural residents are wealthier and food secure than urban residents, the data indicates the role of social relationship and rural-urban ties in supporting the urban households to cope up with food shortages.

#### ➤ Urban Agriculture/ Home Gardens/



**Figure 6: small scale urban agriculture that can contribute to households' food security**

There is a growing body of evidences that demonstrate the role of urban agriculture in helping to reduce urban food security problem. United Nations Food and Agricultural Organization (2009) recognized the importance of urban agriculture as the source of income and food for urban dwellers: urban households are involved in urban agriculture generally

Armah-Klemesu (2000), expressed as with 15-20% of the world's food being produced in the urban areas, urban agriculture can significantly benefit poor households' food security.

Considering the importance of urban agriculture as a source of both food and cash income for urban residents, households were asked questions concerning whether the household has access to land used to urban agricultural production or not; whether participating in fruit and/or vegetable production and raising livestock or not and about the net income of the households from urban agriculture. Accordingly, few of them particularly among those who were migrated from rural areas articulated that they had agricultural land outside the town; only some households responded as they had access to very small size of land (home gardens) used for urban agriculture, and they were reported that they had no access to other adequate land used to agriculture within the town apart from the home garden. Although some households reported as they were participating in production of fruit, vegetable and others in their home gardens, these households also mentioned that any of the production was not sold or given away. However, the advantage and significance of the fruit, vegetables and others production for their food security was underlined, enabled them to save the money that required for purchasing it if not produced. The highlighted importance of food production for household food security agrees with what the Food Availability Decline Approach argues: argues that food production and supply is considered as the main factor in explaining food security.

Few households claimed that even though they have access to cultivate own gardens, they were never practiced agriculture or produce fruits and vegetables. This may be due to lack of adequate water, lack of proper skills in caring for and cultivating vegetables, the fear of negative impact of high daily temperatures and unreliable rains, considering it as insignificant. Moreover, household's access to, and availability of land and agricultural inputs and municipal policies toward farming determine the extent of urban agriculture. Being the residence of sample households is not located in fringe (peri-urban) of the town, intra-urban agriculture tends to be more small-scale and more subsistence-oriented than peri-urban agriculture in the town, and regardless the Zone's project to find a long-lasting solution, the shortage of water was also a common problem in the town until the time of this data collection. The contribution of urban agriculture for household food security is explained by a 46 male household-head key informant as follows:



*Vegetable and fruits are not only used as direct sources of household food but also people are benefiting from selling it and purchasing other food items. For uneducated as well as poor people like me, having access to land is very essential capital to work and create food and money for my household. God has given me strong muscles to work, but the problem is that I do not have access to land to work. So, I am spending much money to purchase vegetable and fruits in addition to other food and basic necessities.*

#### ➤ **Small businesses and Casual jobs**

The involvement of household members in the urban labour market is also an important factor in determining household's income and their food security. In this regard, the nature of the work for which labour is required (demand side) and the human capital: the skill, training and physical capacity of household members (supply side) are crucial in determining the degree to which the household can guarantee its access to food using commercial sources. Building houses of wood and filling its wall cavity with mud, assisting individuals working in construction sectors, and food preparation, were among the mentioned. Petty trade and small business were also listed as other important sources of income for their households.

#### **4.2.2. Sources of Food for the Households**

Data was collected from the household heads regarding the main sources of food. As argued by Sen in the theory of Food Entitlement Decline Approach (FED), various sources were mentioned by the respondents: for majority (32) of the sample households their food is coming from purchases, for some (8) of the households from rural relatives: transfer from rural residents as the second main source of food after purchase and the other source of food reported was their own production specifically fruit and vegetables though in small scale. The fact that largest part of food was purchased for most of the households imply that the rise in the prices of food market had an immense impact on food access for the urban households.

#### **4.2.3. Household Expenditure Pattern**

Households were asked to identify the major expenditure items. Because, household's monthly expenditure on food and non-food items is one of the factors that can affects a household's food security and welfare. In view of that, purchasing food is reported as the

largest and by far the most common expenditure item with varying amount of monthly household expenditure. After food, non-food expenditures including utilities (water, electricity, telephone and fuel), education, health, clothing, personal items, furniture and other household goods, and transport are the second most important expenditure items identified by respondents. The amount of expenditures however differed across the households. It is indicated that urban residents have to purchase almost all their food as well as other utilities, services, and the aforementioned expenditure items. So, the ability of the urban household to access food and non food items depends on household income, as well as prices of food and non-food items, and food security in the cities thus depends to a large extent on individual household purchasing power. Moreover, the data implies that shortage of cash income and rapid changes in prices of food and non-food items in the market are more acute problems for the urban poor :since they are highly vulnerable to price changes, their food security is negatively influenced by price rising.

### **4.3. Factors Contributing for the Occurrence or Exacerbating Household Food Insecurity**

Respondents who were interviewed individually and in group have explained diverse factors that can either cause or exacerbate food insecurity in urban household level.

#### **4.3.1. Unemployment**

Lack of employment in both “formal” and “informal” sectors was one of the concerns discussed by them as a major factor that cause food insecurity. In the light of this, World Food Program stated that in most cities in developing countries, employment opportunities in the informal sector are growing, while those in the formal sector are rapidly shrinking. A major consequence of rapid urbanisation has been the growth of the urban labour force in both the formal and informal urban economies. According to the informants, with increasing population due to natural growth and rural- urban migration and inadequacy of market to provide job and take up the growing needs for work, unemployment is becoming a common problem for both educated and uneducated. The participants of focus group discussions have emphasize that unemployment in urban area is caused by a mismatch between labour force and needs of local employers, an inflow of workers that is consistently higher than the ability of an area to absorb them, and generally low job availability in the urban economies. Employment is one of the major sources of income to urban households, so, as households

lack job opportunity, they not only lack income earning opportunities but also capacity to purchase food and other household necessities. Low payment due to underemployment (underutilisation of labour) or working fewer hours than they would like and fluctuations in jobs when there is little or no work was asserted, as well. Besides absolute unemployment, underemployment is an important constraint to sufficient income in urban areas and in turn to food security of urban households. There suggestion agrees with what Ruel et al (1999) explained as “Because urban dwellers must rely on income in order to survive, urban poverty tends not to be primarily the result of lack of work but the lack of well-paying, steady jobs”. Though some poor people simply are not working full time, with a rareness of other sources of livelihood and a need for cash income, they have no choice but to work. Households who lack access to education, qualifications, skills, training, health and other human capital were emphasized as the most disadvantageous. A 38 years old female informant stated her difficulty to satisfy the household’s appetite due to lack of job opportunities and shortage of income as follows:

*I have three children. We are living in rented house. I sometimes earn 30 birr per day from the daily labour on which four family members have depended. Nowadays finding any work is becoming difficult. If my husband was with me, it would be easier struggling for survive together. But I am alone and it has become very hard to earn money as well as to satisfy the appetite of my children and me with increasing living cost and decreasing job opportunities as well as inadequate income.*

#### **4.3.2. High Dependency on the Informal Sector Job / Casual Jobs/**

Urban household’s high reliance on the informal sector job was also argued as another contributing factor. Often, the urban poor were relying on informal-sector occupations as the main source of their income. But, sometimes they are highly unstable, casual, insecure, uncertain and low-paying and susceptible to seasonal variations. For instance informal activities like street vending, rickshaw driving or construction by which the poor earn money are difficult in the rainy seasons. Furthermore, when work disappears in the rural areas, as when harvest ends, people migrate temporarily to the towns searching for jobs. This increases labour forces and competition for jobs between urban and rural residents adds another dimension to seasonal impacts on urban household’s income. Because labour is often the only productive resource for some urban households, their dependence on highly variable wages

and employment puts them at high risk of poverty and food insecurity. Even though the informants have claimed the low wages that the majority of informal sectors often pay as its weakness, they also see the sector as a promising sector to absorb the increasing labour force and source of economic growth. Therefore, informal sectors are viewed in a constructive light and must be encouraged as one way of increasing the opportunity of obtaining a regular income.

#### **4.3.3. Rapid Urbanization: as Loss of Agricultural Land and Areas of Population**

##### **Concentration**

Based on their experience urban residents discussed both advantages and disadvantages that come over with urbanization. The effect of rapid urbanization on food security was discussed mainly based in two concepts: urbanization as the physical/horizontal/ expansion (loss of agricultural land) and as the cause for attracting large number of people/ labour force / from rural and other urban areas. The effects of rapid expansion of urban area are very clear in the urban and peri-urban areas. As the town expand, the main neighbourhood of direct impact is the households who reside in peri-urban area, and those living in the peri-urban interface face many new challenges.

Even though urban centres serve as 'engines' of development by providing opportunities for employment, education, knowledge and technology transfer and ready markets for industrial and agricultural products, unprecedented urban populations pressure place massive stress on natural resources and affects the food security of the households living in peri-urban areas at most, and of food availability level in urban level. For instance, urbanization leads to the horizontal expansion of urban margin and results in changes in land use whereby peri-urban inhabitants used primarily for agricultural purpose into residential or commercial/industrial/ purposes. The conversion of farm lands for residential and commercial/industrial/ purposes have negative consequences on food security and the health of the households, both in the inner urban and peri-urban areas. Problems like the lack of access to land used to agricultural production (sources of food and cash income), sewage and rubbish disposal, and vulnerability to pollution, and consecutively to various diseases were the major points of arguments discussed by the key informants as well as the participants of focus group discussions as these factors have negative impact on food security of urban households. Therefore, the process of urbanisation is leading to the horizontal expansion of urban area, often destroying valuable agricultural land, increasing the cost of living in the town, and may lead the urban poor to food insecurity.

Urban centres, as a force to attract people including farmers from rural areas to urban areas is another key concern regarding food security. Without a corresponding increase in job opportunities and social services these increasing number of migrants may cause shortages in terms of employment and provision of services including housing and water. As demand side outstrips the supply side often it is common to increase competition and there is a tendency of rising in cost. Likewise, as the number of people who compete to search for work increases it may not be easy to have employment and earn income for urban households. The result is often poverty, unemployment; inadequate shelter, poor sanitation, inadequate water supplies, and air pollution stemming from inadequate supply and waste disposal systems, and urban areas also tend to make demands on land that are disproportionately high in relation to their population. These factors have considerable negative impacts on household's food security. However, because of the persistent inequalities among urban dwellers, the poor households are point out as the most substance of the negative aspects of urbanization. On the other hand, informants were stressed that people who were migrated and planned to migrate to urban areas by leave off their agricultural activities specifically from producing food items can influence food security by influencing the availability and prices of food in the market since urbanisation is often leads to loss of existing agricultural lands, and rural-urban migration can also result in the loss of young, and often more educated, people who could have contributed to the enhancement of food production in rural areas. Thus, in spite of its several positive effects, urbanization is perceived with its ills.

Generally, the effect of increasing population growth on food security is discussed in line with the Thomas Robert Malthus' concept: who proposed that famine followed excessive population growth and served to keep carrying capacity in check by reducing populations to a level consistent with food production, because, by his calculations, populations tend to grow geometrically, a rate that easily exceeds the usual arithmetic rate of growth in food production (Malthus and Gilbert, 1798).

Possibly, population growth is one of the most important worldwide factors influencing food security, and rapid urbanisation is also a main driving force that causing pressure in urban areas. According to the perception of participants of focus group discussion , unless all lands suitable for agriculture (both in urban and rural areas) is fully cultivated with the help of improved method and technology; all farmers are encouraged to actively participate and invest in food production; and wide income earning opportunities with adequate social services particularly for urban residents are created, the rate of growing human population

and their appetite seems to outstrip food production and supply. Moreover, the absence of fair distribution of food is also mentioned as a factor that creates food shortage in urban area.

#### **4.3.4. Increase in Prices of Food and other Commodities**

All the participants of this study were acknowledge the effect of rise in price of food and other commodities and services on household food security. They articulate that large proportion of urban dwellers have to purchase almost all their food as well as other goods and services, including education, healthcare, housing, transportation, etc. So, the food security of households in the urban areas depends to a large extent on individual household purchasing power. Therefore, the urban households are highly susceptible to price variations on the markets. Those who have enough income still buy enough to eat though the prices rise. However, large number of households is vulnerable to prices rises. Majority of them were fall in to food shortage due to the rise in food price since 2008/2009. A 72 years old male community elder key informant claimed the influence of high rise in market prices as follows:

*In addition to insufficient production and failure of rural residents to transfer food to support urban residents in the form of gift to cover the food consumption requirements of the urban households, basically, it is the rise in the cost of living since the years 2008/2009 that brought about food shortages in urban area. Our relatives who are living and producing food in the rural areas were begun to think the rising price of food instead of transferring food to urban relatives.*

The other 40 years female key informant described the role of market price in curbing the power of households from having adequate food as follows:

*It is very difficult, the cost of living, the price of all food and other commodities and services is beyond the purchasing capacity of poor like me, leave the others, nowadays the price of qocho and cabbage which were cheap as well available before three or four years is an amazing, our income is not increase as such, how the poor could survive? No option except praying.*

The other 57 years old male informant also adds the following:

*I often use to buy any food item with the street traders. I have never entered into the shop because I have no capacity to afford the food items that they are selling in the stores. For poor people like me, street traders provide food and*

*other item which can fit with my purchasing power in affordable price. If there was no such market, actually I would not able to provide food and necessities to my children.*

In general, the explanation of the respondents tends to agree with what the TWN (2009) described as the 2007/2008 rapid and simultaneous rise in World prices of all basic food crops is having a devastating effect on poor people all over the world. Almost everybody's standard of living has been reduced; the middle class are spending more on food purchases, the near poor drop into poverty and the poor suffer even more (TWN, 2009). Some of the perceived factors contributing to the rise in prices of the food include progressive increase in population without corresponding increases in food items and purchasing power, the inadequacy of food subsidies and national policy. The nature of food marketing systems that connects areas where large proportion of food is produced (countryside) with urban areas: inefficiency of marketing systems by rising the costs of food for urban inhabitants, were discussed by participants, and in turn seem to have worsened the food security situation in household level. While explaining the contribution of national policy for the rise in food price, a 58 years old male informant stated as follows:

*Well, for me, though there are other factors that contribute for the rise in prices and consequently for my household's food shortage, the national free market policy accounts the largest portion. Because, the policy has given full right to producers and traders of food as well as other commodities to sell their products in a price that they wish without appropriate follow-up and regulation. When we ask the sellers to reduce the price, it is common to them to say this is my right if you do not want it, you can go. We could not buy anything due to their prices.*

This suggestion have the same opinion with what Walton and Seddon (1994) explained as for many years, and in many countries, "cheap food" policies deliberately kept the price of urban food low, but structural adjustment programs in the 1980s and 1990s have reversed many of these policies; and it also agrees with the analysis of Food Intervention Decline Approach to food security discussed earlier on.

#### **4.3.5. Poor Human Capital/Household Composition Pattern/**

By giving emphasis on this factor as a base for all sources of household's livelihood, respondents were expressed the role of household composition. The human capital of

household members as they relate to the local labour market is critical in determining the degree to which the household can assure its access to food using commercial sources. The absence of household members who have better knowledge/skill and physical capacity; better education, qualifications and age level to actively participate and compete in labour market to earn income and produce food for the household members contribute for the household food insecurity because the demand for the labour of household members is largely dependent on the aforementioned character.

#### **4.3.6. Poor Urban Infrastructure and Services**

Participants of this study were also discussed the role of poor infrastructure and services in exacerbating household food insecurity. It was expressed that urban residents are sufferers of poor sanitation that threatens their health. The availability, cost, and quality of services such as water, sewage, waste disposal, and health services are among the important factors that can determine health. Households who live in crowded conditions with poor-quality housing, poor or non-existent garbage collection, unsafe drinking water and non-functional or nonexistent sewage systems are highly vulnerable to various diseases in urban setting. These undermine the safety and the nutritional wellbeing of individual households by influencing the health status. When a poor household head or members of a household become ill due to these conditions it exacerbates the existing household problem. Though medical centres, infrastructure and health personnel are often concentrated in urban areas, this may not guarantee for the availability, accessibility and for the good quality provision for water, sanitation, drainage, waste disposal and health care at lower cost for all urban households.

Often, poor households are preferred to concentrate in areas where the owners of houses require lower rent, in low quality residential environment, in crowded shelters and in surroundings where people dump wastes; and this frequently reflects the economic status of households who reside in that area. These people are commonly vulnerable to a range of environmental and health hazards: suffer from diseases and injuries resulting from nearness to toxic and hazardous wastes; shortages of clean water and sanitation; water, air and noise pollution. Diseases associated with poor drainage, garbage collection and contaminated water and food such as typhoid, malaria and common cold were reported by informants as threatening the household's health as well as food security. Because this condition may affect directly their ability to undertake livelihood activities by occupying time which could otherwise be used for income generating activities. In turn this threatening household's food

security. Furthermore, health problems of any household member not only reduce the man-hours available to labour market and household food acquisition, but also increase the burden of household in acquiring food and health care as well.

#### **4.3.7. Weakening Social Capital**

Social capital can be described as social resources involving networks, social claims, social relations, affiliations, and associations upon which people draw in pursuit of livelihoods (Degefa, 2009). Key informants and participants of focus group discussions were given great value for the social capital and discussed the role of the lack of well established formal and informal social capital in exacerbating the precarious and unstable living conditions of some poor households. It is explained that social capitals maintained among the pursuant of different religions, and with relatives (both in urban and rural areas), friends, village fellows who are living in the same community plays an important role in coping with urban life in general and food insecurity in particular by transferring and sharing food, food items and money, caring child, providing loans, membership in groups and sharing of houses and the like. In the past it was common to observe individuals and households that provide various kinds of support to individuals and even to households who were relatively poor within the community to sustain their livelihood. Nevertheless, informants claimed that nowadays such culture tend to be weaker in urban areas mainly because of the rising living costs. Lack of family members living close by, lack of allegiance among households particularly along with different generation and the newly arrived migrants due to the incidence of violence and crime which quickly diminishes the trust was also stated as additional factors for the weakening informal safety nets. Scoones (1998) and Ellis (2000) cited in Degefa (2009) also discussed the significance of social capital by describing as it constitutes one of the five forms of livelihood assets (along with natural, physical, financial, and human capitals) which directly affect the level of food security at individual and household levels.

#### 4.4. Current state of diet of the households: food variety, number of meals per day and trends of food consumption over time

##### **Box-1: Case household -1**

A 64 years old male household head who told me as he migrated to Hosanna town in the year 1979 narrate his household's living condition in relation to food security as follows:

*My household comprises 6 members, including me, 2 males and 4 females. I am not literate, nor are any of the other household members. None of them were not attended school except the 14 years old son who drop-out from grade 6 due to the lack of support with all necessities. Before eight years ago I am the only worker outside of the home, labourer at daily base. At that time, even if the amount that I earn on average was 25-30ETB per day, it was enough to cover our household's expense, everything was cheap. We are living in a rented house made of mud walls, with roof of tin sheets. Communal tap/bono/ is our main source of water, but often have to wait up to 2hours to collect water from this source, and often there is no water in the bono. We have a pit toilet which gives service to us in share with other households. Our residential surrounding is not clean: it is an area where people drop wastes that threaten our health. We have a few material assets. We do not engage in any agricultural activity because we have no access to land. We did not give or receive any gifts and aid in the past month, but did borrow money. Since few years onwards life is becoming tedious, the income that comes from the selling of areqe and tella(35-40ETB per day) is not sufficient to cover our expenses, two of the household members: one son and one daughter have health problem, the rest are not active as well as lacks skills to involve in any labour markets, the prices in the market is running up from day to day, the number of people seems exceeding the amount of food in the market. As I know consuming insufficient amount of food is become common to my household – the common food that we have in the past week is qitta made from maize with cabbage. Moreover, due to lack of purchasing power, having three meals per day is also becoming not easy, since last year sometimes we are obliged to exercise jumping one meal unwillingly and having two meals within a day below our requirements. Over the past 3months I were always worried that my household would not have enough food to eat, often ate food that they would have preferred not to eat, often limited portions at mealtimes, and sometimes some members went to bed hungry. The diversity of the diet we consume is somewhat limited– we only ate food from few food groups like maize, cabbage and rarely oil in the past week, while the other households may not. I feel depressing that the amount of food that we had to consume over the past month was less than adequate, and I viewed my households' income as very insufficient, to the extent that I have to borrow to cover the expenses of the household. In general, I am neither satisfied nor happy with the household's life; I feel that we are on a downward track, worse off today than a year ago and expecting to be even worse off a year from now. When personally assessing my household's condition carefully, I observe as among the poorest and most food insecure in the society.*

As all points of the discussions and analysis based on the meanings and opinions of interviewed households, I asked them to identify the food items that was consumed and how many times each food item consumed during the last seven days; information about the number of meals per day and trends of food consumption through time.

The current state of diet of the urban households was assessed using the diversity of food, frequency of meals per day and trends of consumption of food items consumed by them. Diversity of diet and frequency of meals were assessed by asking the household's food consumption situation for the seven days prior to the interview. Attention was given to food items reported by the household as been consumed by them.

**Table 7:** Reported food items consumed during the last seven days prior to the interview

Food items	No of HHs reporting
Injera( <i>Teff</i> )	36
Qitta or ambasha	49
Qocho	28
Qollo	41
Fruits	12
Vegetables	22
Animal products	6
Pulses (bean & pea)	17

*Source: fieldwork, 2012*

The provided data indicates that the most common consumed element of households food include *injera*, *qita(ambasha)* or bread, *qollo* and *qocho*. According to the majority of interviewed households *injera* is mostly made from *teff* with varying quality or *teff* and wheat; *qitta* or *ambasha* is made from wheat and/or maize; *qollo* is made from barely and/or wheat, and *qocho* is made from *ensat*. These were also the types of food items that were consumed by households included in this study several times in the last seven days. According to the informants, often majority of them used either the relatively least costly *teff* or/and other cereals (wheat, maize, sorghum) to mix up with *teff* in order to make *injera* as a method of maximizing the amount of food. Moreover, they also admitted that some households were reduced the quantity of *teff* (*injera*) which is consuming by the household from time to time with the rapid raise in its price. Vegetables and pulses (bean & pea) were consumed by some households and many times next to *injera*, *qitta* or bread, *qocho* and *qollo*. Animal products like meat, dairy, eggs and fruits were reported as the food items that were consumed rarely and by small proportion of sample households in the past seven days;

and the respondents also claimed that as a result of the rise in price, these food items were considered as luxuries food since two and three years ago by some households while they struggling to find other food items. Participants were complaining on the rise of food prices as an emergence that put pressure on households' access to food. In the absence of significant modification (increment) of minimum income, the purchasing power of households remained depressed and affected the size and diversity of food consumed by them.

**Table 8:** Reported number of meals consumed during the seven days before the interview

Reported number of meals per day	No. of HHs reported
1	1
2	26
3	25
4	1
Total	53

*Source: Household interview, 2012*

Information on the number of meals consumed per day during the seven days before the data was collected. To have at least three meals per day per person is usually perceived as the standard in the residents of the town. In view of that, 26 & 25 sample households were reported that they had consumed three & two meals per day including the day prior to the day of interview respectively. However, among households who were reported as they have three meals per day, a considerable number of households also told me that they were reduce the portion size of meals. By those households who were admitted as they having less than three meals per day, adults were mentioned as the members of households who are mostly skip a meal in order for small children to eat, although informants were claimed that there is a time when young children were miss a meal. Those who had two meals mentioned that they reduced the number of meals as a coping strategy against food shortage. One and four meals per day were also reported by other two sample households.

Regarding the trends in food consumption over time, majority of the informants were told me that as their households' food consumption have been declining from time to time. The responses of the sample households were indicated in the following table.

**Table 9:** The responses of sample HHs regarding to the level of food consumption and Current state of the HHs food security

Responses of the HHs	Current State of food security	No. of respondents
It was adequate and no change through time	Food secure	5
It was adequate, but currently reduced in quality and quantity	Food insecure	27
It was inadequate (poor) and no change	Food insecure	18
It was inadequate (poor), but currently adequate (improved)	Food secure	3
Total		53

*Source: Household interview, 2012*

Among the interviewed 53 sample households, 27 households were responded as their food consumption level was adequate before three or four years ago and became poor and declining since three and two years ago, and 18 households were responded that their food consumption was poor before three or four years ago and they not only could not improve but also as it becoming poorer and declining since three and two years ago. As the responses of households in table showed, 45(84 percent) of the interviewed sample HHs have food security problem. This also agrees with what the study of Solomon (2008) in the 'Socio-Economic Baseline Survey of The Hadiya Zone' was indicated as 83% of the households reporting the problem were food insecurity for a period varying between 6 months to one year, and thus the urban food crisis in the Zone appears to be even worse than the one observed in its rural areas. Having limited variety of food all the time, consuming food items which was considered as less preferred and cheap by the household formerly, reduction in the size and sometimes the number of meals which was not well-known by them was explained as some of the indicators for the collapse of their food consumption level. Thus, some households were not dissatisfied of their food and consumption trend. Yet, rapid and incredible increase in food prices which was occurred since 2008/2009 was perceived as the foremost cause for the declining food consumption and/or/ for the aggravating the existing food shortage. According to them, many households who were mostly relayed on market as the main source of food became increasingly food insecure since rapid changes in prices of food and other commodities in the markets, and this situation forced people to make changes in their consumption trends: to rely on less expensive and less preferred food and reduce the size and number of meals per day. Their purchasing power has decreased since their incomes did not enjoy an escalation comparable to the price rise. Therefore, large number of urban households is in increasingly weak and susceptible circumstances having often exhausted available coping strategies.

### **Box-2: Case household-2**

Another 41 years old female household head has narrated her household's life history in relation to food security and as follows.

*Now I have 4 household members, one male and three females. My husband is living in A.A. We are living in rented house, and have no access to land in the town, have few material assets. We moved to this town 14 years ago mainly by the interest of my husband to look for job because there are no jobs that enable us to earn cash income in the rural area, and the land which is gifted from my husband's father is very small. At that time, life was not very difficult because my husband as well as I could find money from daily labour, and everything was affordable and possible to purchase in relatively low prices. Five years ago my husband also migrated to A.A in order to look for a job because the opportunity to get job has been declined in the town due to increasing labour force as well as the money that we earned from it could not satisfy our interest. Since then life is becoming very difficult. Moreover, he told me that he was not successful in attaining the needed goal and the situation is not better than the earlier one for him. As a result of this not only he could not send us money but also he is not interested to return back to the home. Because of that we had to do more work at daily base. I and a female daughter often sell injera by preparing at our house, wash clothes of other households with payment and we are also trying to earn money by doing any other types of daily labour works. Really we are struggling to survive. We have to do all the work within our house and outside the house though we feel so tired all the time. If I refuse to do any work, how I feed my children and buy their clothes because we have no any kinds of saving. If my husband has a job and is able to send us some money, it could be better. Despite our endeavour, the money that we earn from daily labour is not enough to buy appropriate food and the children's clothes and pays for their school needs. Due to the rising prices of food and related living costs we are facing with food shortage. The habit of eating food till become full is leave off; we could not buy enough food. Everything seems on the way to be out of our capacity, but God knows more....*

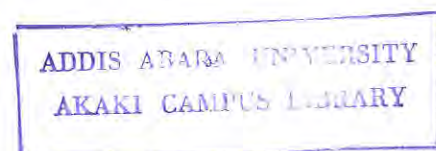
As the result of the rapidly increased prices of food and other commodities and services that happened since few years ago, lacking purchasing power to obtain existing food was emphasised as the main factor for the households' food insecurity. Low purchasing power, in turn, is associated to low income, unemployment and under-employment, low educational quality that limits access to well-paid jobs; poor safety nets which does not provide appropriate support to cop against shocks as such illness and lack of income or job, and food shortages. Households not only reduced their purchase and consumption of food but also the rise in food price affected non-food items. Moreover, households were asked to reply about

their food security situation based on the following two types of food security related questions. They were first asked an occurrence question – that is, whether the condition associated with the experience of food insecurity in the question happened in the last 30 days prior to the day of interview (yes or no), and those households who have answered “yes” for the occurrence question were also asked to tell frequency of occurrence to determine whether the condition happened rarely (once or twice), sometimes (three to ten times), often (more than ten times) or never (not happened) in the last 30 days. Accordingly, the number of HHs who answered “never” and “Yes” for the occurrence questions and their responses on the frequency of occurrence were indicated in the following table.

Table-10: Indicates the responses of sample households on the occurrence of food insecurity experiences and the frequency of occurrence in the last 30 days prior to the day of interview.

Occurrence Questions	No of HHs who were responded			
	Yes			Never
	Rarely	Some times	Often	
1. Did you ever worry that your household would not have enough food?	20	9	8	16
2. Were you or any household members not able to eat the kinds of foods you preferred because of a lack of resources?	17	9	8	19
3. Did you or any household member have to eat only a few types of foods due to a lack of resources?	14	13	7	19
4. Did you or any household member have to eat some foods that you really did not want to eat because of a lack of resources to obtain other types of food?	16	8	7	22
5. Did you or any household member ever have to eat a smaller portion than you felt you needed because there was not enough food?	16	7	5	25
6. Did you or any household member have to skip breakfast, lunch or dinner because there was not enough food?	11	7	4	27
7. Was there ever no food to eat of any kind in your household because of a lack of resources to get food?	6	3	-	44
8. Did you or any household member go to sleep hungry at night because there was not enough food?	4	-	-	49
9. Did you or any household member go a whole day and night without eating anything because there was not enough food?	-	-	-	53

Source: Household interview, 2012



The above table shows that the respondents were experienced food security/ insecurity at different level: some households had little or no evidence of food insecurity or they were not report any kinds of experience related to food insecurity; some households were reported as they were unable to eat preferred foods, eat just a few kinds of foods and eat foods they really do not want eat (shown food insecurity by concern about and adjustments to food management) ; some households were reported as they eat a smaller meal as well as eat fewer meals in a day ( as adults were reduced food intake, and they are experiencing hunger) owing to resource constraints, and some households were reported as there is no food of any kind in the household, and go to sleep hungry, go a whole day and night without eating (as children were reduced food intake as a result of inadequate resources within the household). According to John and Karen (2009):in <http://www.docfiles.com/pdf/1/child-food-insecurity> (accessed in 23 may,2012) on the least severe level (mildly food insecure stage), food insecurity manifests as household members' worries or concerns about the foods they can obtain, and as adjustments to household food management, including reductions in diet quality through the purchase of less-expensive foods. There is generally little or no reduction in the quantity of household members' food intake at this level of severity, but micro-nutrient deficiencies are common. As the severity of food insecurity increases (moderately food insecure) adults in the household often reduce the quantity of their food intake, to such an extent that they repeatedly experience the physical sensation of hunger. Because adults tend to ration their food as much as possible to shield the children in the household from the effects of food insecurity, children do not generally experience hunger at this level of insecurity, though their diets tend to be extremely poor in nutrients. In the most severe range of food insecurity, caretakers are forced to frequently reduce children's food intake to such an extent that the children experience the physical sensation of hunger. The provided data also revealed that the most commonly reported food insecurity experiences were related to anxiety and uncertainty about the household food supply. The second common group of experiences was related to poor dietary quality (includes variety and preferences of the type of food): and the third group of experiences was related to insufficient food intake and its physical consequences.

### **Box-3: Case household -3**

A male household head who told me as he was born in Hosanna town in the year 1943E.C has narrated his household's living condition in relation to food security as follows:

*Excluding me and my wife, the number of other household members are 6, 4 males and 2 females. The age of the smallest boy is 10 years. Regarding to education, I have completed grade 7 and my wife completed grade 5, thus we can write as well as read. However, we have had planned to facilitate better ground to our male and female offspring to be educated, employed and to be in better status, but it is not as such. The first, 25 years old girl has completed grade 10, the second boy is now attending preparatory education, and the rest are also attending school at grades below 8. Ten years ago, I was a merchant, the income (profit) was very good and enough to cover all the living expenses because everything was inexpensive in the market. Worrying about food was not an issue for my household. There were no other sources of income. Though it is not well facilitated and low quality, we are living in our own narrow house which is made of mud and wood walls, with roof of tin sheets, and a mud floor. As I know we did not encountered with any health related problems. We are using both communal tap/bono/ which is situated nearby to the dwelling and well as the sources of water. We have a private pit toilet and assets like old tables, chairs, radio and television. Surprisingly, everything has been changed; since some years ago I could not buy any kinds of new material assets, and I have lost capacity to help my children with schooling and other necessities satisfactorily. Even having appropriate meal is becoming difficult. Therefore, they are forced to do any work to gain money in addition to learning. The main reason that hinders me from assisting them is poverty. The household's need and capacity to consume is increased, my capacity to acquire income in order to satisfy the appetite of the family with food and other necessities is deteriorated, prices of everything in the market is running up (increasing) from time to time. Subsequently, the quality, quantity and verity of food consuming by the household is declining from time to time. Therefore, students could not learn their education with full attention and time. In general, there is a problem of instability of living condition due to rising costs of living.*

#### 4.5. Impacts of Food Insecurity on the Households Behavioural and Socio-Economic Aspects

Respondents who were admitted their household's food insecurity also were inquired to state the adverse impacts of food insecurity on the household level. In view of that they reported that food insecurity and the frequently extreme efforts made by affected households to avoid it resulted in the following problems.

Individual and group informants were discussed the emotional problems (stress and anxiety, fatigue related to depression, shame) impact that food insecurity was having on them as a serious and invisible problem. Hunger, productivity losses, inefficient or ineffective income earning, development of inappropriate behaviour (children), lower school enrolment rates, poor academic performance and higher risk of chronic disease were also mentioned as the impacts of food shortage.

The hidden (emotional) impacts of food insecurity on poor household's daily lives were explained by different informants as follows:

*The situation is somewhat a restless struggle to get by for me; it's very stressful to think of the way how I could feed my family and where I'm going to find food for the next meal after having a meal. Besides, the impact of consuming less preferred food on the household's health that may have in the long run is another concern.*

*(A 59 years old male household head from Arada kebele)*

*When I don't have appropriate meal, soon I get actually exhausted, and once I get exhausted it's not possible to do anything, even I can't think anymore, it leads me to the state of depression*

*(A 46 years old male informant from Me'il amba kebele)*

Another participant of focus group discussion has expressed shame as one of the consequences of food shortage as follows:

*Often ,however I have the problem of food shortage, sometimes it's not easy for me to ask for aid, even when I haven't eaten for a day and my stomach is groaning, because I felt ashamed to beg food from someone but I have little choice.*

Informants who participated in focus group discussions held in the three sample kebeles were agreed that the existence of direct relationship between the level of food shortage and

households and individuals exposure to various diseases. Though health related impacts were common to all people, the health of children, rather than that of other household members was emphasized, mainly because of their greater biological vulnerability. Young children are more susceptible to infectious diseases than the adults. Respondents were mentioned that in addition to the long-term adverse impacts of food shortage on physical, cognitive, and reproductive performance at adulthood, as their children were repeatedly sick from various diseases ever since their households were experience the problem of food shortage. The level of household's productivity and earning, school enrolment , academic performance and children's behaviour were also stated as areas that are negatively affected as a results of food insecurity of households.

According to the information given by participants, as households or members of households lack adequate food to eat they have get tired and become physically weak, thus, their capacity to perform any work efficiently and effectively is became weedy. As this situation repeatedly takes place, their motivation to involve in any activities was adversely influenced. Due to this reason it's not possible to do anything, even to think anymore. Therefore, as vulnerability to food insecurity increases, households and individuals are susceptible to productivity losses, inefficient or ineffective income earning, high absenteeism occasion from school as well as other works, poor academic performance, development of inappropriate behaviour (children), and poor academic performance. Moreover, they asserted that food insecurity disrupts many aspects of households and individuals by leading to a misallocation of household resources either by loss through sale or by weakening the capability of people to work, to study, to acquire more food, to take care of sick people, and, in general, to invest in the future. Another 55 years old male key informant described the impact of food insecurity on households and individuals productivity as follows:

*If you think, better achievements in any activities comes as the result of having adequate food, or from the one who lacks food to eat, no one expects better achievement. Moreover, people who face the shortage of food lack their internal and physical endurance. So, they may not use their full potential and their level of competition may decreases. As they are not competent enough in any sector or activities in which they were take part, they are forced to have lower achievement. It also increases mortality rates, weakens the cognitive abilities of children and lowers their educational attainment, diminishes labour productivity and reduces the opportunities of having employment, income and quality of life of all affected households in general.*

Generally, the provided data showed that food insecurity causes several kinds of direct and indirect impacts on individuals, families, and the socio-economic system. Immediate impact may arise from expenditures and emotional problems, directly related to the consequences of food insecurity, which would not be made in the absence of food insecurity. The costs food assistance systems, and medical care for illnesses or conditions resulting from or exacerbated by food insecurity are direct impacts whereas the loss or reduction of human capital in the overall workforce is among the indirect impacts of food insecurity.

#### **4.6. Coping Strategies Employed by Households against Food Insecurity**

At household level, coping strategies that are adopted by households are one of the important determinants of vulnerability to food insecurity. The strategies were aimed at enabling the households to keep their members alive under the existing household food security situation or to recover from the problem of food insecurity. Sample households were asked whether food shortage had occurred in the last twelve months prior to the date of data collection; to tell whether the household is “food secure”, food insecure” or “the food security situation varies from time to time” (i.e. sometimes it is food secure and sometimes it is food insecure), and those households who faced the food insecurity problems were also asked to state the coping strategies which were adopted by them to deal with food shortages. Accordingly, those who had passed through food shortage and know that their households were in the state of food insecurity reported the following strategies: Participation of children in labour force, spending money mostly for food items, avoiding spending money for non food items, buying second-hand clothes at low price, renting low cost housing, using local pharmacies for medicine, consuming less preferred food, reducing the quantity of food served by the household members, reducing the number of meals, borrowing food from neighbours, sending household members to eat elsewhere, selling household asset and borrowing money were mentioned by respondents. Consuming less preferred food, reducing the quantity of food served by the household members, reducing the number of meals, borrowing food from neighbours are categorised under consumption strategies; Avoiding spending money for non food items to buy mostly food items, buying second-hand clothes at low price, renting low cost housing, using local pharmacies for medicine and borrowing money are grouped under expenditure strategies; Participation of children in labour force, selling household asset and borrowing money are categorised in to income strategies; and sending household members to eat elsewhere(both to urban and rural relatives’ home) is categorised under migration strategies

household's consumption pattern. Reducing the size of food: eating half of a *injera* instead of eating full of it; relying on less preferred foods: consuming *qitta* (made from maize) and cabbage as a substitute of *injera* (made from *teff*) and animal products; reducing the number of meals: having two or one meals instead of having four or three; and borrowing food grain or money to buy food from their relatives were the most commonly employed coping strategies by interviewed households. Consumption related coping strategies are explained by the participants as follows:

*I am a customer of street traders, because there is a possibility to find a small amount and less preferred food item with relatively lower price. Even if we need to eat such food items, there are several days where we don't have meat, fruit and other animal products because we can't afford it, so we substitute cabbage which is relatively low in price.*

*(A 41 years old female informant from Me'ilamba kebele)*



**Figure 7: Large number of people buying food (cabbage) for consumption which is relatively low in price as a consumption related strategy**

*It is possible to say that some of my household members don't eat appropriate food at appropriate time. Particularly in the morning [breakfast], while we face with food shortage, only the two small children eat *qitta* with tea. The other members may or may not eat, it depends.*

*(A 49 years male informant from Hetto kebele)*

*Until we have access to obtain adequate food enough to all members we have make difference in households' feeding pattern , except the children and a son who go to the school, the adults were forced to reduce the size of meal and to share two injera with four household members.*

*(A53years old male informant from Arada kebele)*

**Strategies related to expenditure:** in the light of this, among interviewed households who were faced food shortage problem reported as they practiced avoiding spending money for non food items like jewelry, entertainment, furniture and appliances (refrig, stove) to buy mostly food items; saving money by buying second-hand clothes at low price; by renting low cost housing; by using local pharmacies for medicine and by avoiding spending money on students.



**Figure 8: Large number of people buying second-hand clothes at relatively low prices as an expenditure related strategy**

**Strategies related to income:** participation of children in labour force to earn income, involvement of household head and other members in income earning activities which is not common under normal circumstances, selling household asset like table and jewelry; borrowing food items and money to buy food items from relatives, and visiting their relatives who resides in rural area to request support. A 42 years old female who has affirmed that her husband was separated seven years ago by death stated the following income related action which is taken to cope with food shortage:

*The state of my household's living is troubled because of the lack of access to*

*The state of my household's living is troubled because of the lack of access to adequate food, six months ago my household have had shortage of any food to eat, as the head of my household I thought how to obtain money to buy food, and at the end I decided to sell my jewelry. However, the decision that has been made only by me created quarrel between me and my son. His idea has been to borrow money to buy food.*

Another 37 years old female who has told me that her main livelihood is daily labour explained her income related coping strategies as follows:

*To cope with the problem of food shortage, I frequently borrow money from a relative who supports my household by giving loan to purchase food to my household. Even if sometimes it is difficult to repay within the time limit in which he wants the money to be returned, as much as possible I honestly repay by saving the income that I obtain from my daily labour.*

**Strategies related to migration:** sending household members to eat elsewhere (both to urban and rural relatives' home) so as to minimize the burden were mentioned by respondents. A 40 years old male respondent from *Arada kebele* explained his migration related coping strategy as follows:

*Until we acquire income to purchase sufficient food, we have sent two children to their grandfather who is living in rural area; they will come back when we will obtain enough income as well as the food shortage period over.*

Households were employed several coping strategies while they encounter by lack of food access. It is also evident that as the extent of the food security problem increases, households are more likely to use various strategies to cope with food shortages. Participants of this study claimed that attitude of the communities; cultural practices and beliefs of the households influence the kind of strategy that can be adopted to address food security, and one of the key informants asserted that there is a tendency to consider households who employ more coping strategies as households who are not able to win bread and vulnerable to food shortage.

## **Chapter Five: Conclusion and Recommendations**

### **5.1. Conclusion**

This research was carried out in urban area in the case of the three kebeles (Arada, Meilamba and Hetto) of Hosaina town; the capital of Hadiya Zone. The study assessed the food security situation of households residing the study area in general, and identified the main factors that determine food security of urban households, investigated the current state of household food consumption: diversity of food, number of meals per day and trends in food consumption from time to time, and causes and impacts of urban household food insecurity as well as their coping strategies specifically. Though the study was basically qualitative in nature, some data were indicated quantitatively in this study; the triangulation of semi structured face-to-face interview of sample households, in-depth interview with key informants, focus group discussions, in-depth study of case households, direct observation of the realities, published and unpublished materials were employed as sources of data.

The study found that owing to multifaceted factors, the state of food security for the majority of households covered was in a low level. This was confirmed mainly by the data provided regarding to the current state of diet of the households: variety of food, number of meals per day and trends of food consumption over time had declined to a low level. Some households were forced to reduce the number of meals per day as well as the quality and quantity of food consumed. Majority of the households were experienced anxiety and uncertainty about the household food supply. Some of them experienced having poor dietary quality including variety and preferences of the type of food, and the others were experienced insufficient food intake and skipping meals. As the result of the rapidly increased prices of food and other commodities and services that happened since few years ago, lacking purchasing power to obtain existing food was emphasised as the main factor for the households' food insecurity. Low purchasing power, in turn, is associated to low income, unemployment and under-employment, low educational quality that limits access to well-paid jobs. Households not only reduced their purchase and consumption of food but also the rise in food price affected non-food items.

Access and absorption (utilization) dimensions of food security are the main concerns in urban food security. Regarding to access, the key is the amount of household income which is

related to the nature of employment whereas absorption (utilization) of food is related to safe drinking water, toilet facilities and sanitation, drainage facilities, nutrition education and health care system. Basically, the nature of the sources (e.g. employment and urban agriculture) of income, amount of income, market prices, household composition and the nature of urban infrastructure and social services were identified as the major determinants of urban household food security. On the other hand, poverty, lack of productive assets, unemployment, underemployment, high dependency on the casual jobs, rapid urbanization, and increase in prices of food and other commodities, poor urban infrastructure and social services :like shortage of safe drinking water which was a serious concern during data collection for this study, unsafe toilet facilities and sanitation, poor or/and lack of drainage facilities, low level of nutrition education and insufficient improved public health care, weakening safety-nets were distinguished as factors contributing for the occurrence or exacerbating household food insecurity. Emotional problems (stress and anxiety, fatigue related to depression, shame), hunger, productivity losses, inefficient or ineffective income earning, development of inappropriate behaviour in children, lower school enrolment rates, poor academic performance and higher risk of chronic disease were identified as some of the impacts of food insecurity.

Households were employed a number of strategies to cope with food shortages. These includes consuming less preferred food, reducing the quantity of food served by the household members, reducing the number of meals, borrowing food from neighbours, avoiding spending money for non food items to buy mostly food items, buying second-hand clothes at low price, renting low cost housing, using local pharmacies for medicine and borrowing money, participation of children in labour force, selling household asset and borrowing money and sending household members to eat elsewhere both to urban and rural relatives' home. Because of multifaceted nature of food security/insecurity/, a number of policies, strategies, or interventions that addresses the socio-economic and living environments of the vulnerable people could help to improve the level of food security of the households in the study area. Thus, the following were recommended to improve food security situation of urban households.

## **5.2. Recommendations**

The provided data indicated that the issue of urban food security/insecurity/ has linked with various factors existing within the town as well as outside the town. Therefore, the current and future urban food security/insecurity/ problem may be mitigated by strategies which can address not only urban areas but also the countryside. The following may be some of them.

### **1. Expanding income-earning opportunities**

#### **1.1. Providing and expanding productive employment opportunities:**

This includes giving special assistance (e.g. financial, appropriate space for businesses, consultancy) to the creation and expansion of numerous micro enterprises and other informal sectors jobs which has potential to create new businesses and new sources of employment opportunities in the urban areas. In turn, these not only boost the incomes of the people employed in these sectors and thereby their access to food but also enhance both the quantity and quality of wage-paid employment.

#### **1.2. Improving workforce quality: addressing the supply side**

This may include programs like providing skill development training for all youths and adults, both for the self-employed and those seeking, or already, in wage employment, are also recommended as an important input to improve their income by improving the quality of employment as well as by increasing the opportunities to get employment.

### **2. Addressing food prices**

Responsible authorities should improve the efficiency of urban markets by proper planning and supervision of both wholesale and retail markets. There should be intermittent participatory discussions among actors like consumers, traders and transport associations on the way how to improve market efficiencies. Specific and clear market regulations and regular follow-up should be applied with care to control artificial shortages in food availability and other commodities as well as to control seeker of inappropriate charge/profit/ that may lead to aggravate market price. Lowering the cost of production (inputs) will also help producers lower their prices. In addition to these, the subsidised food/grain/ which is supplying by the government as well as other basic commodities supplying by consumer' cooperatives is appreciated as a factor contribute to calm down the prices in the market. Therefore, such food-related interventions provided by a wide range of partners operating at different levels should be improved and strengthened in supplying adequate grains and other

basic commodities in coordinated and well organised manner by prioritizing the vulnerable people. Encouraging the formulation adequate consumers' cooperatives and enabling them to make direct chain with producers' cooperatives is also another strategy to minimize the prices.

### **3. Investing in human capital**

The absence of household members who have full health, better knowledge/skill and physical capacity; and better education/ qualifications/ to actively participate and compete in labour market to earn income and produce food for the household members is addressed as a contributor for the household food insecurity because the demand for the labour of household members is largely dependent on the aforementioned character. The nature of human capital influence food security of urban households mostly by determining the employment (income) prospects of households and the capability of households to manage shocks. Therefore, investing in human capital is recommended as a base for all sources of household's livelihood.

### **4. Improving urban infrastructure and social services**

Poor urban infrastructure and services are identified as one of the basic issues in influencing the utilisation/absorption/ dimension of food security/insecurity. Therefore, access to safe and adequate drinking water which was a serious concern during data collection for this study, toilet facilities, hygienic sanitation, drainage facilities, nutrition education, and improved public health care system should be facilitated and guaranteed for all urban residents. Services should be available and accessible in such a way as to benefit vulnerable groups.

### **5. Promoting urban agriculture**

Urban agriculture should be wholly incorporated into the ongoing municipal development programmes as one of the strategies to improve urban household food security. Urban farmers should be supported by vocational trainings that can improve their skills concerning land use, food production and marketing technologies, and by subsidized farm inputs. Corresponding opportunities that arise from the current supportive policy framework concerning farm production in rural parts of the country should also address urban areas.

### **6. Promoting the urban Social Capital**

Participants were justified the role of social capital in coping with urban life in general and

food insecurity in particular by transferring and sharing food, food items and money, caring child, providing loans, membership in groups and sharing of houses and the like, and the weakening of this asset is also identified as a factor that exacerbates the precarious and unstable living conditions of the food insecure households. Thus, social capital should be appreciated and promoted. For instance, indigenous associations like *idir and mahber* that have a great role in supporting the vulnerable people should be promoted. Addressing issues of land and housing security may also have its contribution on the existence of social capital, as secure tenure helps ensure that the poor do not lose their investments in tangible assets as well as in social capitals.

### **7. Rural development**

Efforts to improve urban food security must go beyond a focus on only urban centre/urban policy/. Because, urban and rural lives are intertwined through goods, services, and people, and large number of urban inhabitants depend indirectly on agriculture for their livelihoods and food through employment in food transport, retailing, and processing. Therefore, the enhancement of food production in rural areas not only enhances job opportunities and income for urban residents but also increases the availability of food at urban centres. These factors have considerable impacts on household's food security situation.

## References

- Argenti, O. (2000). Achieving Urban Food and Nutrition Security in the Developing World: Feeding the Cities: Food Supply and Distribution. Washington, IFPRI.
- Armar-Klemesu, M. (2000). *Urban Agriculture and Food Security, Nutrition, and Health* in Bakker et al. (eds), *Growing Cities, Growing Food*, Feldafing: DSE
- Bauer, W. et al. (2000): *Qualitative Researching with Text, Image and Sound*, London: Sage publications
- Berg, B. L. (2001) *Qualitative research methods for the social sciences*, Allyn and Bacon, United States
- Campbell, C.C. (1991). Food insecurity a nutritional outcome or a predictor variable? *Journal of Nutrition*, 121, 408-415.
- Clemens, M. (2007 “The trouble with the MDGs: Confronting expectations of aid and development success”, *World Development* 35(5)
- Degefa Tolossa (2005). Rural livelihoods, poverty and food insecurity in Ethiopia. A case Study at Erenssa and Garbi communities in Oromiya Zone, Amhara National Regional State. Department of Geography, Faculty of Social Sciences and Technology Management, Norwegian University of Science and Technology, NTNU, Trondheim
- Degefa Tolossa (2008). Understanding the realities of Urban Poor and their Food Security Situations: A case Study at Berta Gibi and Gemachu Safar in Addis Ababa City, Ethiopia, V.R.F. Series No. 440
- Degefa Tolossa (2009) An Assessment of the Role of Local Institutions and Social Capital in Household Food Security: A Case Study at Two Rural Communities in Oromiya Zone, Amhara Region: InProceedings of the 16th International Conference of Ethiopian Studies, ed. by Svein Ege, Harald Aspen, Birhanu Teferra and Shiferaw Bekele, Trondheim.
- Devereux, S. (2001). *Food Security in Sub-Saharan Africa*. London: ITDG
- Ellen, W. (2001). Urbanization and Agriculture to the Year 2020 in Pinstруп, A. & Pandya, L. (eds). *The Unfinished Agenda: Perspectives on Overcoming Hunger, Poverty, and Environmental Degradation*, Washington D.C. International Food Policy Research Institute
- Devereux, S. (2001). Livelihood insecurity and social protection: re-emerging issue in rural development. *Development Policy Review*, 19(4): 517-519.

- Ellis, F. (2000). *Rural livelihoods and diversity in developing countries*, Oxford, OUP in Mfusi M.; Mjabuliseni N. and Sheryl L. H (2009). Investigating Household Food Insecurity Coping Strategies and the Impact of Crop Production on Food Security Using Coping Strategy Index. 17th international farm management congress, bloomington/normal, illinois, usa peer review paper. 312-326
- FAO. (2002). *The State of Food Insecurity in the World 2001*. Rome.
- FAO. (2003). *Trade reforms and food security: Conceptualising the linkage*. Rome
- Gray, D. E. (2004). *Doing Research in the Real World*, London: SAGE Publications.
- Frayne, B. et al. (2009). *Urban Food Security in South Africa: Case study of Cape Town, Msunduzi and Johannesburg*. Development Planning Division Working Paper Series No.15, DBSA: Midrand
- Foster, P. (1992). *The world food problem: Tackling the causes of undernutrition in the Third World*. Boulder, Colo., U.S.A.: Lynne Rienner Publishers.
- Frank, M. (2006). *The Public –Private Sector Approach to Municipal Solid Waste Management. How does it Work in Makindye Division, Kampala District, Uganda*. Master Thesis Department of Geography, Norwegian University of Science and Technology (NTNU), Trondheim,
- Gebrehiwot Ageba (2006) *Mainstreaming Microfinance Institutions in Food & Income Security: A case Study of Ethiopia & Sudan*; Occasional Paper No.16. Addis Ababa
- Hart, T. (2009). *Exploring definitions of food insecurity and vulnerability: time to refocus assessments*, *Agrekon*, Vol. 48, No 4
- Hosaina Town Administrative Office report (2011) *Data related to Hosaina town population statistics* (unpublished)
- HZFEDO (Hadiya Zone Finance and Economic Development) report (2011) *Data related to Hadiya zone population number and its Projection* (unpublished)
- IFPRI (International Food Policy Research Institute) 2001. *The Unfinished Agenda Perspectives on Overcoming Hunger, Poverty, and Environmental Degradation: "Urbanization and Agriculture to the Year 2020," 2020 News & Views*, IFPRI
- James, G. (2001). *Achieving Urban Food and Nutrition Security in the Developing World*. In Pinstrup, A. & Pandya, L. (eds). *The Unfinished Agenda Perspectives on Overcoming Hunger, Poverty, and Environmental Degradation*, 67. Washington D.C. International Food Policy Research Institute

- Joachim Von B. (1992) Improving food security of the poor: concepts, policy, and programs. A Report of the team paper prepared for FAO. Washington, DC. International Food Policy Research institute
- Jorgensen- Danny L. (1989). *Participant Observation: A Methodology for Human Studies*, Newbury Park, CA: Sage Publications.
- Kitchin, R. and Tate, N. (2000). *Conducting Research in Human Geography: Theory, Methodology and Practice*, London: Pearson Prentice Hall
- Maguire, P. (1987). *Doing Participatory Research: A feminist Approach*; Amherst: Centre for International Education, School of Education, University of Massachusetts
- Malthus, T. and Geoffrey G. (2008). *An Essay on the Principle of Population*. Oxford World Classics
- Maxwell, D. (1999) .The Political Economy of Urban Food Security in Sub-Saharan Africa *World Development Vol. 27, No. 11, 1939-1953*
- Kristiansen, M. (2009). *The Quality of Life of Children living in Residential Child Care Facilities, a comparative study of three Children's Homes in Accra and Cape Coast, Ghana*. Master Thesis (unpublished). Department of Geography, Norwegian University of Science and Technology (NTNU), Trondheim,
- Maxwell, D., et al. (1999). Alternative food security indicators: Revisiting the frequency and severity of "coping strategies." *Food Policy* 24 (4): 411–429.
- Maxwell, D. and Watkins, B. (2003). Humanitarian information systems and emergencies in the Greater Horn of Africa: logical components and logical linkages. *Disasters* 27:72
- Mercy Corps (2008) *Food Security and Livelihoods in the Small Urban Centers of Mongolia: Findings from the Aimag Center Food Security Assessment, Ulaanbaatar, Mongolia: Mercy Corps*

- Messay, M. (2010) .Food Security Attainment Role of Urban Agriculture: A Case Study from Adama Town, Central Ethiopia: *Journal of Sustainable Development in Africa*. Vol. 12, No.3, ISSN: 1520-5509
- Mustafa K.,et al. (eds.) (1999). *For Hunger-proof Cities: Sustainable Urban Food Systems* [Electronic version]. Ottawa, Canada: International Development Research Centre
- Nichola,T.(2006).A Food Security Problem in Ethiopia: A Supply Side Analysis. *South African Journal of Economics*.Vol.74, No.2
- O’Cathain, A., Murphy, E. and Nicholl, J. (2008). The quality of mixed methods studies in health services research. *Journal of Health Services Research & Policy* 13 (2), 92–98.
- Okyere.A.,Benneh.G. &Tims,W.(eds) (1997). The Sustainable food security in West Africa. London, Kluwer Academic Publishers..
- Olson, C. M. (1999). Nutrition and health outcomes associated with food insecurity and hunger. *Journal of Nutrition*, 129, 521-524.
- Onwuegbuzie, A., Teddlie, C. (2003). A framework for analysing data in mixed methods research. In: Tashakkori, A., Teddlie, C. (Eds.), *Handbook of Mixed Methods in Social & Behavioural Research*. Sage, Thousands Oak
- Onwuegbuzie, A. J. & Leech, N. L. (2007). A Call for Qualitative Power Analyses. *Quality & Quantity: International Journal of Methodology* (2007) 41:105–121
- Rakodi, C. and Lloyd-Jones, T. (2002). *Urban Livelihoods: A people-centred approach to reducing poverty*. London: Earthscan.
- Rattan, L., David, H., Norman, U., & Steven, S. (2003).*Food Security and Environmental Quality in the Developing World*. CRC Press LLC
- Riely et al. (1999) *Food security Indicators and Framework for Use in Monitoring and Evaluation on Food Aid Programs*. Washington, DC: Food and Nutritional Technical Assistance, Academy for Educational Development.
- Marie T. Ruel,et.al. (1998). *Urban Challenges to Food and Nutrition Security: a review of Food security, health, and care giving in the cities*. FCND Discussion PaperNo.51. International Food Policy Research Institute.
- Sassi. (2010) *Natural resources, Agricultural Development and Food security: International working paper n.10/12*.
- Sen A. (1981). *Poverty and Famines: An Essay on Entitlement and Deprivation*. Oxford, UK: Clarendon press.

- Snel, E & Staring, R. (2001). Poverty, migration, and coping strategies: an introduction. *European Journal of Anthropology*, 38: 7-22.
- Solomon Mulugeta (2008) *Socio-Economic Baseline Survey Of The Hadiya Zon, Rehobot Printers. A.A.*
- Strauss, A. & Corbin, J. (1990) *Basics of qualitative research: grounded theory, procedures and techniques*, London, sage publications
- Swift, J. & Hamilton, K. (2000): Household Food and livelihood security. In Devereux, S. & Maxwell, S. (eds). *Food security in sub Saharan Africa*.
- Tashakkori, A. and Creswell, J. (2007). Editorial: the new era of mixed methods. *Journal of Mixed Methods Research 1 (1)*, 3–7.
- Teng, P. (2010). *Food (In) security in Urban Populations*, Asia Security Initiative Policy Series, Working Paper No.5, Singapore: Centre for Non -Traditional Security Studies.
- Teng and Escaler (2010).The case for Urban Food Security: A Singapore Perspective. IssueNo.4; Centre For non-Traditional Security Studies.
- UN (2008). State of the World's Cities 2008/2009 In *Harmonious Cities*.  
London: Earthscan Publications.
- Walton, J., and D. Seddon. (1994). *Free markets and food riots: The politics of global adjustment*. Oxford: Blackwell.
- Wiersma, W. (1995). *Research methods in education: An introduction* (Sixth edition).  
Boston: Allyn and Bacon.
- Weinberg, D. (2002). *Qualitative research methods*, Blackwell publishers.
- World Food Programme (2010). *Report on the State of Food Insecurity in Urban India*.  
Perungudi: M S Swaminathan Research Foundation.
- Yared,A (2010) *Urban Food Insecurity and Coping Mechanisms :A Case Study of Lideta Sub-city in Addis Ababa*. FSS Research Report No.5, Addis Ababa
- Yaro, J.A.(2004).Theorizing food insecurity: building a livelihood vulnerability framwrk for researching food insecurity. *Norsk Geographic Tidsskrft-Norwegian Journal of Geography Vol.58*, 23-37.Oslo.ISSN 0029-1951.

## Internet Sources

African Development Found. (2011). Africa Food Security Brief Quarterly Bulletin Issue No. [http://www.afdb.org/fileadmin/uploads/afdb/Documents/Publications/FoodSecurityBriefingNote\\_Issue%20No1\\_Final\\_22June2011.pdf](http://www.afdb.org/fileadmin/uploads/afdb/Documents/Publications/FoodSecurityBriefingNote_Issue%20No1_Final_22June2011.pdf) accessed in August (11.08.2011)

FAO (2009). *Food for the cities. Brochure:*

<ftp://ftp.fao.org/docrep/fao/012/ak824e/ak824e00.pdf> in 23 May 2012

FAO. (2011). Crop Prospects and Food Situation, No.1.

<http://www.fao.org/docrep/013/al977e/al977e00.pdf> in August 11.08.2011

TWN (Third World Network). [www.twinside.org.sg](http://www.twinside.org.sg),

<http://www.twinside.org.sg/./susagri047.htm> in 23 May 2012

UN-HABITAT (2010). State of the World's cities 2010/2011: Bridging the Urban Divide.

<http://www.unhabitat.org/documents/SOWC10/R1.pdf> accessed in August 11.08.2011

UNDP, UNICEF and WFP (2009). Agenda item 1, Population Growth and Rapid

Urbanization: Food Insecurity on the Rise in Urban Settings. Background

document, Final Draft. New York. [http://www.unicef.org/about/execboard/files/B-](http://www.unicef.org/about/execboard/files/B-8713E-JMB_Jan_09_-_population_growth.pdf)

[8713E-JMB\\_Jan\\_09\\_-\\_population\\_growth.pdf](http://www.unicef.org/about/execboard/files/B-8713E-JMB_Jan_09_-_population_growth.pdf), accessed in August 11, 2011

UNWFP. (2002). "Urban Food Insecurity: Strategies for WFP Food Assistance to Urban

Areas". Policy Issues Agenda Item 5. Document presented at Executive Board Annual Session. Rome, 20-23 May

<http://www.wfp.org/sites/default/files/Urban%20Food%20Insecurity%20Strategies%20for%20WFP%20-%20Food%20Assistance%20to%20Urban%20Areas.pdf>

accessed in August 11.08.2011.

World Food Program. (2009). Summary of food security and vulnerability in selected urban centres of Ethiopia, Ethiopia, Addis Ababa.

<http://home.wfp.org/stellent/groups/public/documents/ena/wfp221386.pdf>,

accessed in August 11, 2011

World Food Program (2011). ETHIOPIA Food Security Outlook April to September

[http://v4.fews.net/docs/Publications/Ethiopia\\_OL\\_2011\\_04\\_final.pdf](http://v4.fews.net/docs/Publications/Ethiopia_OL_2011_04_final.pdf),

accessed in August 11, 2011

# APPENDICES

## APPENDIX-A

### Loosely structured questionnaire: sample household interview

This questionnaire is aimed at obtaining information concerning the current food security situation of the households living in Hosaina town.

Interviewer's name \_\_\_\_\_

Interview's ID: 1=Arada 2=Meil'amba 3=Hetto

#### Part One: General information concerning household head (respondent)

1. Full name: \_\_\_\_\_ 2. Sex: A= Male B = Female 3. Age: \_\_\_\_\_

4. Marital Status :

1= Never married 2= Married 3= Divorced 4= Widowed 5= other (specify)

5. Is the household head is economically active? 1. Yes 2. No

6. If the household is economically not active, what is the reason? \_\_\_\_\_

7. How much is the number of household members at the time of data collection:

Male: \_\_\_\_\_ female: \_\_\_\_\_ total: \_\_\_\_\_

8. What is the educational status of the household head?

1. Not read and write

2. Only read and write

3. Completed primary school

4. Completed secondary school

5. Other (specify)

9. Employment status: 1=unemployed 2= self-employment

3= employed (in NGO) 4= employed (in Government)

10. Place birth: \_\_\_\_\_

11. If your place of birth is different from Hosaina, what is main reason for coming to Hosaina town? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

12. Name of the respondent's (household head's) Sub-city:

1=Sech'dunna 2=Addis Kefile ketema 3=Gofermeda

13. Name of the respondent's (household head's) Kebele: 1 =Arada 2=Meil'amba 3=Hetto

14. Progress: fate (outcome) of the questionnaire during its filling visit by an interviewer

(For each day separately):- 1=fully completed 2=partially completed

3=postponed 4= other (specify)

15. Time gone during an interview (for each date of visit separately):-

Time of start: \_\_\_\_\_ Time of compilation : \_\_\_\_\_ Time gone: \_\_\_\_\_

**Part-Two: Demographic and other basic information about other household members**

No	Name	A g e	S e x	Marit al status	Highest level of education completed	Is he/she economically active? 1=ves	Reason for being not- active	Relation to the head of household
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

1. What is your opinion in your current household size? 1=Small 2=Enough 3=Large

4=Excessive

2. Could you explain the reason why you said either "small", "Enough", "Large", or

"Excessive". \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. Could you tell us the number of the current household members that had regularly participated in productive activities (occupation) for the last 12 months?

Occupation(activities)	Number of household members participated		
	Female	Male	Total
Permanent employee (GO, NGO, etc.)			
Daily laborer			
Wage laborer			
Merchant/Petty trader			
Driver			
Handcraft			
Housemaid(home-making)			
Other(specify)			

### Part three: Household members Education

- How many children in your household are at school age (5\_17 years)?  
 1. Male: \_\_\_\_ 2. Female: \_\_\_\_ 3.Total: \_\_\_\_
- How many children in your household are currently attending school?  
 1. Male: \_\_\_\_ 2. Female: \_\_\_\_ 3. Total: \_\_\_\_
- How many children in your household are currently not attending school (including drop-out students)?  
 1. Male: \_\_\_\_ 2. Female: \_\_\_\_ 3. Total: \_\_\_\_ 4. None
- If there is/are/children who are not currently attending school; explain the reason(s) for currently not attending school:: \_\_\_\_\_  
 \_\_\_\_\_
- Currently how much Ethiopian Birr per month for all students you have spent for school?  
 Birr \_\_\_\_\_

### Part four: Housing/ Shelter and health/sanitation

- What type of house do you live in?  
 1. "Permanent" house (Brick) 2. "Temporary" house (mud) 3.Other (specify)
- What is the ownership status of house?  
 1. Self (own) 2. Rented 3. Other (specify)

3. If your response is "rented" for Q2, how much is the monthly expenditure for house rent in Birr? \_\_\_\_\_

4. How many household members share one room? \_\_\_\_\_

5. What toilet facilities are used by the household?

1=Private pit toilet    2= Public pit toilet    3= Use field    4=other (specify)

6. What has been your household's primary source of water for drinking and cooking in the last 12 month?

1= Piped water    2= Communal tap ("Bono")    3=well    4=other (specify)

7. Were any household members ill or injured in the last 12month?    1=Yes    2=No

8. If your response is "Yes" for Q7, tell us the type of diseases or injures:: \_\_\_\_\_

\_\_\_\_\_

9. If your response is "Yes" for Q7, did this person(s) receive medical care?

1=Yes    2=No

10. If your response is "Yes" for Q8, where did the person(s) receive care?

11. If your response is "No" for Q8, tell the reason why they did not receive medical-care? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Part five: Household income

1. What are the major sources of your household livelihood? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. What is the total monthly income of the household? Birr \_\_\_\_\_

3. What was the total income of the family from all paid employment in the last 12 months?

Birr \_\_\_\_\_

4. Tell us the amount of transfers, social assistance and other income received from the following sources in cash (birr). (Notice: if the transfer is in food or in other kind, estimate the equivalent value in cash/birr/ ).

Description( sources and types of transfer)	Earnings (Birr)			
	For the last one month	For the last 3month	For the last 6month	For the last 12 months
<b>Money and goods from others(incl.food)</b>				
1. Rural residents				
2. Urban residents				
3. Outside of Ethiopia (remittances)				
<b>Assistance from government programs</b>				
4. Child allowance				
5. Social care benefit for disabled people				
6. Pension				
<b>Other transfers</b>				
7. Assistance from NGO programs - cash, goods and services. (For goods ask respondent to estimate value)				
8. Rent of home or other property				
9. Sale of household assets or property (not including livestock)				
Other(specify)				

## URBAN AGRICULTURE

1. Does the household have access to land that can be used for urban agriculture?

1. Yes 2. No; if your answer is "yes":-

1.1. What is the size of the land hectar? \_\_\_\_\_

1.2. In the last 12 months has the household grown any fruits /vegetables/ and/or/ raised any livestock on this land?

1. Yes 2.No

1.3. If your response is "yes" for Q1.2, what proportion of the fruit or vegetable and animal or animal production is given away or sold?

1. None                      2. Less than half              3. About half  
4. More than half              5. All/almost all

1.4. What is the household's total net income from urban agriculture over the last 12 month?  
(Sale of fruits, vegetables, livestock) (In Birr) \_\_\_\_\_

**Part six: Household Expenditure**

**Food Expenditure**

1. Could you tell us the amount of expenditure on all foodstuffs that cover the last 12 months consumption food requirements of your household members? If they did not purchase the item, skip to the next.

<b>Food items (Food requirements)</b>	<b>Amount in quintal or kg</b>	<b>Equivalence (In Birr)</b>
Teff		
Wheat		
Maize		
Barley		
Sorghum		
Enset(qocho)		
Pulses		
Vegetables		
Animal products		
Fruits		
Spices		
Other(specify)		
Total		

2. What is your average household monthly expenditure on food? Birr \_\_\_\_\_

## NON-FOOD EXPENDITURE

3. How much could be the household's expenditure on non-foodstuffs for the appropriate recall period. If they did not purchase the item, leave the box blank.

Non-food items	Recall period	Amount of expenditure (in Birr)
<b>1. Education</b> School fees, Supplies and other educational expenses	For the last one month	
<b>2. Health Expenses</b> Fees for medical care, lab tests, Drugs/medicines, etc.	For the last one month	
<b>3. Personal Items</b> Laundry and bath soap; Hair products/cosmetics, etc	For the last one month	
<b>4. Utilities</b> Electricity bill, Water bill, Fuel costs (coal/wood/)	For the last one month	
<b>5. Clothing / Footwear</b>	For the last Six months	
<b>6. Furniture, Appliances, other Household Goods</b> Dishes/ utensils /pots, Furniture (beds, tables, chairs, cabinets, etc.) Appliances (refrig, stove, TV, etc.)	For the last 12 months	
<b>7. Communication</b> Phone charges / costs, Postal charges, Internet charges (Email), etc.	For the last one month	
<b>8. Local Transport Expenses (Hossana)</b> Taxi, motorcycle, bus, etc.	For the last one month	
<b>9. Entertainment</b>	For the last one month	
Other/specify/		

4. What is your average household monthly expenditure on non-food items? Birr: \_\_\_\_\_

### Part seven: Information about household Savings and loan

1. Have any adult household members had any savings in the past 12 month? 1. Yes 2. No
2. Do any adult household members currently have any savings? 1. Yes 2. No
3. If your answer is "Yes" in Q2, what type of savings do you have?
  1. Monetary saving
  2. Grain saving
  3. Other (specify)
4. If you have monetary savings, how much is your savings in birr? \_\_\_\_\_

5. Have any adult household members borrowed cash or goods from anyone in the last 12 months? 1. Yes 2. No; if your answer is "yes"; explain the reason. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Part eight: Household Assets**

Answer whether the household owns each of the following assets and indicate the number of assets. If the household owns an asset but it is broken, answer a "no" response.

List of assets	Yes = 1 No = 0	Number of items	List of assets	Yes = 1 No = 0	Number of items
1. Bed			7. Radio/Tape player		
2. Table and Chair			8. Cell phone		
3. Refrigerator			9. Car		
4. Sofa set			10. Motorcycle		
5. Stove (electric)			11. Washing Machine		
6. TV			12. Others: specify		

**Part nine: Food Consumption and food security information.**

1. Which of the following foodstuffs are consumed at your home?

List of food stuffs	Wh eat	maiz e	Bar ely	Sorg- hum	Teff	Enset( qoch)	Pulses	Vege- tabels	Ani mal prod ucts	Other (specify )
How many times was it consumed at your home during the last seven days?										

2. Specify the types of foodstuffs frequently consumed by the family (in order of importance)

\_\_\_\_\_

3. Specify the types of foodstuffs frequently lacking in your family (in order of severity)

\_\_\_\_\_

4. What is the average number of meals per day in the family? \_\_\_\_\_

5. Is there any variation in the number of meals per day within your family? 1. Yes 2.No; If your response is “yes” explain the reason. \_\_\_\_\_

6. Do you meet the all-year round actual food requirements of your household members adequately from your yearly earnings? 1. Yes 2. No

7. What do you think about the frequency of meals per day in your family through time?

1. It was adequate and no change through time
2. It was adequate, but currently reduced
3. It was inadequate (poor) and no change through time
4. It was inadequate (poor), but currently adequate (improved)

8. Answer the following household food security related questions for the last 30 days; by

using :- **-Never;** if it is not happened in the last 30 days

**-Rarely;** if it was happened once or twice in the last 30 days

**-Sometimes;** if it was happened three to ten times in the last 30days

**-Often;** if it was happened more than ten times in the last 30 days

**Notice:** first, answer an occurrence question – that is, whether the condition in the question happened at all in the last 30 days (yes or no). If and only if your answer is “yes” to an occurrence question, then, answer a frequency-of-occurrence question.

The questions are taken from United States Agency for International Development (USAID, 2007)

Occurrence Questions	Responses			
	Yes			Never
	Rarely	Some times	Often	
1. Did you ever worry that your household would not have enough food?				
2. Were you or any household members not able to eat the kinds of foods you preferred because of a lack of resources?				
3. Did you or any household member have to eat only a few types of foods due to a lack of resources?				
4. Did you or any household member have to eat some foods that you really did not want to eat because of a lack of resources to obtain other types of food?				
5. Did you or any household member ever have to eat a smaller portion than you felt you needed because there was not enough food?				
6. Did you or any household member have to skip breakfast, lunch or dinner because there was not enough food?				
7. Was there ever no food to eat of any kind in your household because of a lack of resources to get food?				
8. Did you or any household member go to sleep hungry at night because there was not enough food?				
9. Did you or any household member go a whole day and night without eating anything because there was not enough food?				

9. If supply is not restricted, what could be the actual food need for 12 months? (Sources might be own production, purchased, Aid or transfer)

Food items(Food requirements)	Total (quintal or kg)	Equivalence in(Birr)	Food items(Food requirements)	Total (quintal or kg)	Equivalence in(Birr)
Teff			Pulses		
Wheat			Vegetables		
Maize			Animal products		
Barley			Fruits		
Sorghum			Spices		
Enset(qocho)			Other(specify)		
Total					

10. How you define food security? \_\_\_\_\_

12. How you define food insecurity? \_\_\_\_\_

13. According to your own experience what are the major determinants of urban household food security? \_\_\_\_\_

14. According to your own observation, how you explain your household food security situation?

- |                                    |                  |
|------------------------------------|------------------|
| 1. Food secure                     | 2. Food insecure |
| 3. Varies from one year to another | 4. Do not know   |

15. If your response is “food insecure” for Q14; what is/are the main factors that causes and/or/ exacerbating the occurrence of food insecurity of the household?

\_\_\_\_\_

\_\_\_\_\_

16. If your response is “food insecure”; what is/are the main impacts of food insecurity in your household level ? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

17. What are the Shocks or difficulties faced your households in the last 6 months? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

18. What are the main coping strategies of your household against food insecurity?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## APPENDIX-B

### Key informants interview guides (KIIs)

Interviewer's name: \_\_\_\_\_ Date of interview: \_\_\_\_\_

#### 1. Interview guide for key informants (community elderly)

- ❖ Name \_\_\_\_\_ Age \_\_\_\_\_ sex \_\_\_\_\_
- ❖ Marital status \_\_\_\_\_ kebele \_\_\_\_\_
- ❖ Size of household members: M \_\_\_\_\_ F \_\_\_\_\_
- ❖ Highest educational level achieved \_\_\_\_\_
- ❖ major occupation \_\_\_\_\_
- ❖ Place of birth, Migration and stay at current site?
- ❖ What are the major sources of income for urban households?
- ❖ Do you think that the level of income of urban households is increasing from time to time?
- ❖ What are the major sources of expenditures for urban households?
- ❖ How you perceive the prices of food, services and other commodities in the market?  
How do you relate it with the purchasing power of the households?
- ❖ How do you perceive the state of food security of the urban households?
- ❖ What do you think about the food security situation of the urban households? Do you think that it is becoming improving from time to time?
- ❖ How do you relate the income, expenditure, and prices of food and other commodities with household food security?
- ❖ How do you describe the contribution of social safety nets in supporting the urban poor with urban life in general and food insecurity in particular?
- ❖ Could you explain the impacts of food insecurity at household and households coping strategies against food insecurity?

## 2. Interview guide for government officials

- ❖ Name, age, sex, profession, position, work experience
- ❖ What do you think about the state of population increase in Hossana town? If it is increasing, what is the major factor(s)?
- ❖ How do you describe the capacity of the town to satisfy the appetite of the residents?
- ❖ How do you define urban household food security?
- ❖ How do you define urban household food insecurity?
- ❖ How do you perceive the food security situation of the households residing in the town?
- ❖ What are the major determinants of urban household food security?
- ❖ What do you think about the availability (supply) of food in the town, is it adequate or inadequate?
- ❖ How you perceive urban agriculture and its contribution for food security? Is there any initiative at this town level that promotes it? What are the major challenges that hold back the practice of urban agriculture in the town?
- ❖ What do you think about the accessibility of food at household level, do you think that all households have equal access to or adequate purchasing power? If not, why?
- ❖ What are the major factors affecting utilisation of food in the town in general and at household level in particular?
- ❖ How do you perceive the level of infrastructure and social services in relation to the amount of people residing in the town? Is it adequate/ inadequate?
- ❖ What do you think about the trends of food consumption in the household level over time: diversity of food items, number of meals per month (increase or decrease or no change at all), if decrease, why?
- ❖ What are the major causes lead households to be food insecure in the town?
- ❖ What are the major impacts of food insecurity?
- ❖ Is there any strategies /programmes/ to address food security problems particularly among the very poor households in the town?

## APPENDIX-C

### Interview guide for focus group informants

Date of discussion \_\_\_\_\_ Place of discussion \_\_\_\_\_  
Time: started \_\_\_\_\_ ended \_\_\_\_\_

#### Issues of discussions

##### Population pressure

- Trends of urbanisation
- Population growth and capacity of the town
- Causes for rapid urbanisation
- Overall impacts of rapid urbanisation on urban area
- Status of population growth and employment
- Impacts of rapid urbanisation on urban food security

##### Food security/insecurity:

- Perception about food security
- Determinants of food security at household level
- Availability/supply/: sources of food for urban residents
- Accessibility: ability of households to purchase sufficient, safe and nutritious food items, factors that limit the power of households from having access to food
- Utilisation of food at household and individual level: factors that threaten the health of households and individuals
- Overall food security situation of households in the town: diversity of food items, number of meals per month, trend of household's food consumption from time to time
- Most important staple food crops of the households in the town, and the type of meal eaten most commonly in households
- Perception about food insecurity
- Causes of food insecurity at household level
- Impacts of food insecurity at household level
- Coping strategies of households against food shortage

**Urban agriculture**

- Access to land used to urban agriculture
- Understanding and practice of urban agriculture
- Contribution of urban agriculture for food security
- Constraints of urban agriculture

**Urban infrastructure and social services**

- Access to urban infrastructure and social services (school, clean water, toilet facilities, hygienic sanitation, drainage facilities, and improved public health service, etc.)
- Problems related to infrastructure and social services
- Status of housing and utensils

## APPENDIX-D

### Interview guide for the in-depth interview and case study households

- Name \_\_\_\_\_, age \_\_\_\_, Family size: M\_\_F\_\_
- Status marriage \_\_\_\_, Place of birth \_\_\_\_\_
- Migration \_\_\_\_, View towards family size (large/small/ enough/)
- Household members who can work and who cannot
- Reasons for household members who cannot work
- Educational status
- Main health problems experienced by household members
- Economically active and inactive persons among the household members
- Major Sources of income for the household
- Major Sources of expenditure for the household
- Access to land used to urban agriculture
- Practice of urban agriculture
- Access to urban infrastructure and social services (school, clean water, toilet facilities, hygienic sanitation, drainage facilities, and improved public health service, etc.)
- Problems related to infrastructure and social services
- Status of housing and utensils
- Experience about savings and loan
- Experience, benefits and trends of social relations/ safety-net programmes/
- Trends in prices of food, services and commodities in the market
- Perception towards food security
- Determinants of food security
- Trends of food consumption in the household over time: diversity of food items, number of meals per month (increase or decrease or no change at all), if decrease, why?
- The type of meal eaten most frequently at the household
- State of food security /secure, insecure, varies from time to time/ ; if it is insecure,
  - Causes of food insecurity
  - Impacts of food insecurity
  - Coping strategies of households against food shortage

## APPENDIX-E

**Socio-economic and demographic characteristics of the participants of FGDs**

No	Characteristics							
	Occupation/employment/	sex	age	Marital status	Level of education	kebele	Native or immigrant	Size of HH
1	Employed- Gov	M	32	Married	□12	Hetto	immigrant	4
2	Daily laborer	F	40	Divorced	Illiterate	Hetto	immigrant	4
3	Daily laborer	M	48	Married	1-8	Hetto	immigrant	6
4	Farmer	M	54	Married	Illiterate	Hetto	native	6
5	Daily laborer	F	45	widowed	Illiterate	Sech-duna	native	5
6	Pensioner	M	60	Married	1-8	Sech- duna	immigrant	9
7	Farmer	M	42	Married	1-8	Sech-duna	native	8
8	Petty trade	F	37	Married	1-8	Sech-duna	immigrant	7
9	Construction	M	55	Married	1-8	Meil-amba	immigrant	7
10	Driver	M	33	Married	10	Meil-amba	immigrant	4
11	Daily laborer	F	26	Married	10	Meil-amba	native	4
12	Employed-Gov	M	40	Married	10	Meil-amba	native	6

## DECLARATION

I, Tesema Lendebo Erketo, affirm that this thesis is a product of my own research work and effort, and it has never been presented for a degree in any university. Sources of information utilized has been fully acknowledged and appreciated.

Tesema Lendebo Erketo

---

June 2012

Addis Ababa University

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

Yirgalem Mahiteme (Ph.D)



---

June 2012

Addis Ababa University

