REFLECTING ON THE HUNGER SITUATION IN ZAMBIA

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Zambia, is going through a period of population growth, rapid urbanization and rising per capita income;

- Not clear how food consumption patterns have changed;

This has a number of implications for food policies, food markets and rural development;

Not knowing changes in consumption patterns may lead to:

- disjoint between food policies and food preferences - such as maize-centric policies;
- failure to diversify production and consumption;
- Contribute to poor nutrition;
Introduction

- Hunger - Inability to acquire enough food
- Hunger synonymous with chronic undernourishment
- Food Insecurity – Issues of Availability, Accessibility, utilization and sustainability
- Malnutrition – not having right amount of nutrients needed to maintain a healthy body
State of Undernourishment

Source: FAO, IFAD & WFP, 2014
Self reported hunger: Evidence from IAPRI/CSO/MAL Survey

- RALS 2012 and 2015
  - 8839 rural agricultural households in 2012
  - 7934 rural agricultural households in 2015
  - Nationally representative
Households Reporting inadequate Food Provisions

Source: IAPRI/MAL/CSO 2015
Households Reporting inadequate Food Provisions

Source: IAPRI/MAL/CSO 2015
Months of Inadequate Food Provisions

Source: IAPRI/MAL/CSO 2015
Questions

- How have household food consumption patterns changed over the years?
- How do food consumption patterns vary between rural and urban households and by income groups?
- What are the implications of changes in household consumption patterns on food policies, food markets and rural development?
Determinants of Food Demand

- Population growth
- Urbanization rate - rising share of urban population in total population
- Rise in per capita income

Combination of these factors:
- Increased consumption of meat, dairy, fresh produce, wheat, processed items;
- Decline in maize and other coarse grains, roots and tubers,
Expenditure Patterns on the Main Food Groups

- Reduction in starch expenditure shares
- Increase in animal protein shares

Source of data: CSO, 1996; CSO, 1998 and CSO, 2010
Household Food Expenditure Patterns by Level of Processing

Source of data: CSO, 1996; CSO, 1998 and CSO, 2010
### Protein-source consumption vs recommended

<table>
<thead>
<tr>
<th>Food item</th>
<th>Per capita annual consumption</th>
<th>Per capita annual recommended</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>24 litres</td>
<td>200 litres</td>
<td>(Pandy, 2010)</td>
</tr>
<tr>
<td>Beef meat</td>
<td>3 kg</td>
<td>33 kg</td>
<td>(World Bank, 2011)</td>
</tr>
<tr>
<td>Fish</td>
<td>12 kg</td>
<td>45 kg</td>
<td>(FAO, 2014)</td>
</tr>
<tr>
<td>Eggs</td>
<td>2.3 kg</td>
<td>60 kg</td>
<td>(FAO, 2014)</td>
</tr>
<tr>
<td>Poultry meat</td>
<td>9.2 kg</td>
<td>33 kg</td>
<td>(PAZ, 2014, FAO, 2014)</td>
</tr>
</tbody>
</table>
Percent of Households consumption of selected products in the last 24 hours

- CEREALS
- DARK GREEN LEAFY VEGETABLES
- VEGETABLES - Any tomatoes, onions?
- OILS AND FATS
- ROOTS and TUBERS -
- LEGUMES, NUTS and SEEDS
- SWEETS - sugar, honey?
- FISH
- SPICES, CONDIMENTS, BEVERAGES
- VITAMIN A RICH VEGETABLES AND TUBERS
- OTHER FRUITS
- FLESH MEAT
- MILK AND MILK PRODUCTS
- EGGS
- OFFALS
- VITAMIN A RICH FRUITS

Source: IAPRI/MAL/CSO 2015
Household Dietary Diversity Score (HDDS)

Source: IAPRI/MAL/CSO 2015
Conclusions

- Maize remains dominant, although the share of expenditure is higher in rural than urban areas;
- Urban have relatively higher shares on rice and Irish potatoes;
- Variations in consumption patterns for households in the different income groups
  - Higher income groups substituting maize consumption for wheat, rice and Irish potatoes resulting diversified staple diets.
- Low income households have remained maize centric still maize-centric (≈30% of food budgets on maize, and ≈50% on starchy staples)
Recommendations

- Poor households spend half of their food budgets on starch leaving little on other foods.
  - These households risk slumping into malnutrition hence government needs to target these households

- Government needs to encourage crop diversification

- Consider policies on blending commodities such as wheat and cassava and maize and cassava

- Policies to stimulate the growth of agro-processing
Way forward...

- Improving food security to ensure sufficient calories in the diet
  - Increasing agricultural productivity
  - Reduce post-harvest losses
  - Promote on-farm processing
  - Promote on-farm storage
  - Crop diversification to mitigate crop failure risk
  - Increase access to more land for smallholder households
Way forward…

- Sustained political commitment at the highest level
  - food security and nutrition at the top of the political agenda
  - creating an enabling environment for improving food security and nutrition
Thank you for your Attention