

Nutrition and food security assessment in 4 fishermen communities of South Benin – 2008

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Objective and methodology

Objective:

Assess nutritional status and food insecurity in an HIV affected population of South Benin

- by commune
- by livelihood

Indicators:

- Child anthropometry (under 3 years)
- Women's anthropometry (Body Mass Index)
- Household food insecurity (HFIAS tool)
- Individual dietary diversity (IDD tool)

Design:

- 4 communes (2 coastal / 2 on lagoon)
- 2 'arrondissements' per commune (all villages of the arrondissement surveyed)
- 2 rounds: April (beginning of rainy season, good fish catches)

(re-sampling)

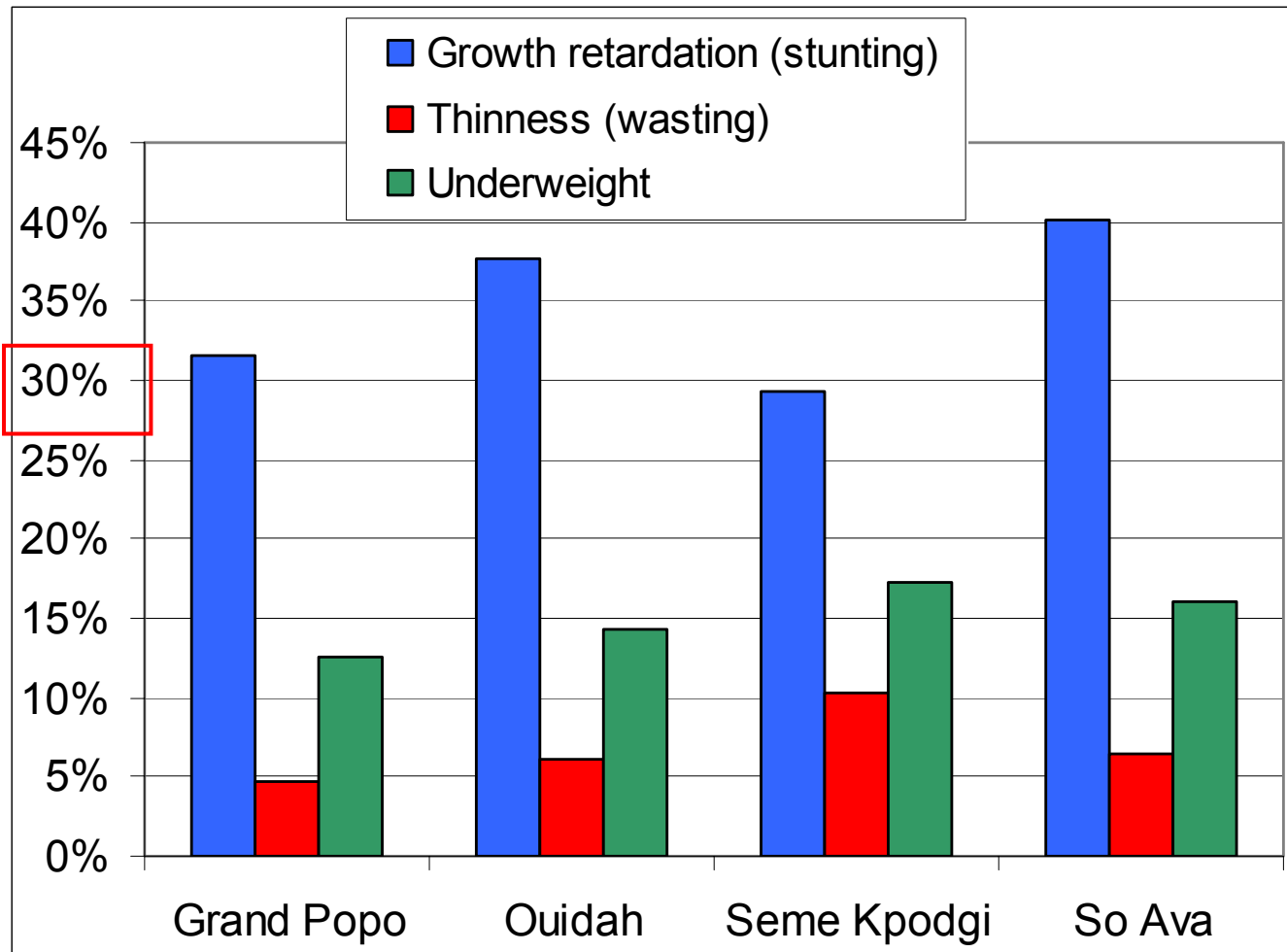
September (flooding season, low fish catches)

Women's anthropometry – by arrondissement – September

Women 15-49 years		N	Prevalence of thinness (BMI < 18.5 kg/m ²)	Prevalence of overweight- obesity (BMI ≥ 25 kg/m ²)
Commune	Arrondissement			
Grand Popo	Adjaha	302	12.6%	20.9%
	Agoue	323	5.0%	38.7%
Ouidah	Avlekete	354	9.6%	20.9%
	Savi	218	11.9%	20.6%
Seme Kpodji	Aholouyeme	324	11.4%	18.5%
	Ekpe	242	7.4%	21.9%
So Ava	Ahomey Lokpo	277	8.7%	18.4%
	Houedo Aguekon	233	7.0%	21.0%
Total		2273	9.1%	22.9%

Child* malnutrition – by commune

Over 30 %, the level of **chronic malnutrition** is considered as « **high** »



*children <3 years



Growth retardation aka stunting :

these two children are the same age

Indicators of household food insecurity and dietary diversity

- Household food insecurity access scale:
 - 9 questions on experience of difficulties in accessing food over the previous month
 - food insecurity score: *high score=food insecure*
- Dietary diversity :
 - women's qualitative consumption of foods from a list of 14 food groups over the previous 24 hours
 - DD score: *high score=high dietary diversity*

References available on:

<http://www.foodsec.org/tr/nut/guidelines.pdf>

<http://www.foodsec.org/tr/nut/hfias.pdf>

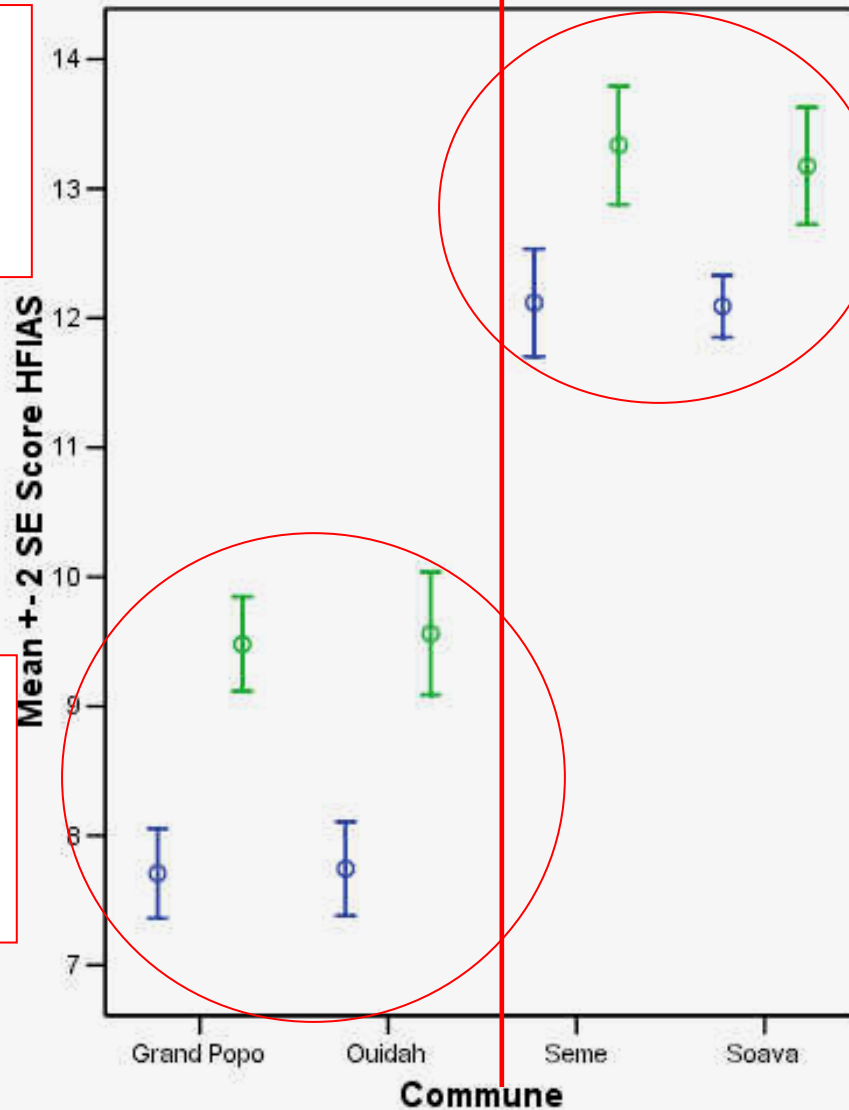
Household food insecurity (HFIAS) – by commune and season

High level of food insecurity

Communes located on the lagoon

Relatively low level of food insecurity

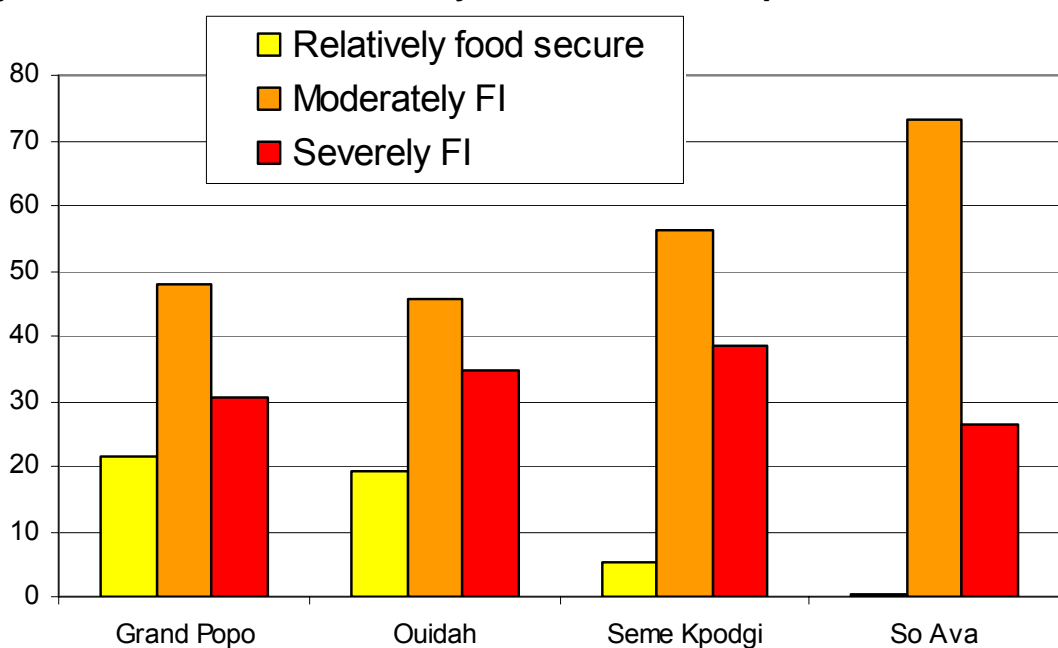
Communes located on the coast



September

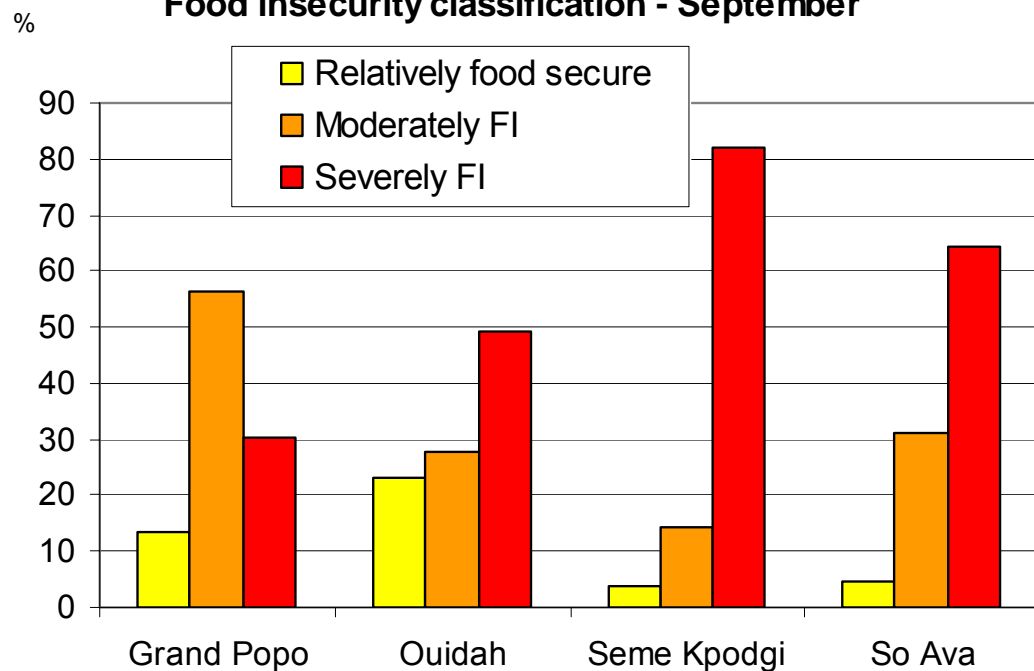
April

Food insecurity classification - April



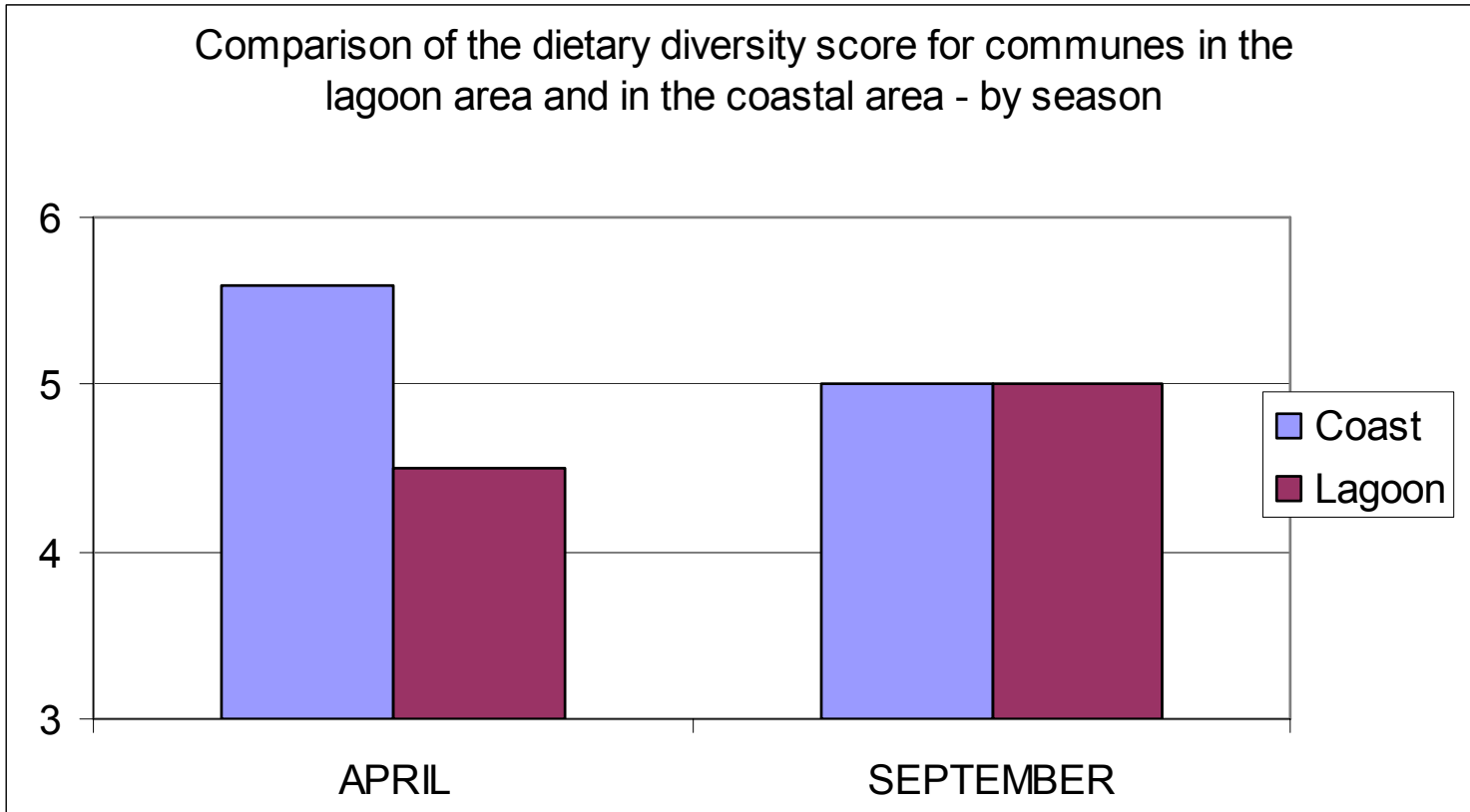
Classification of food insecurity – by commune and season

Food insecurity classification - September



Individual dietary diversity (women)

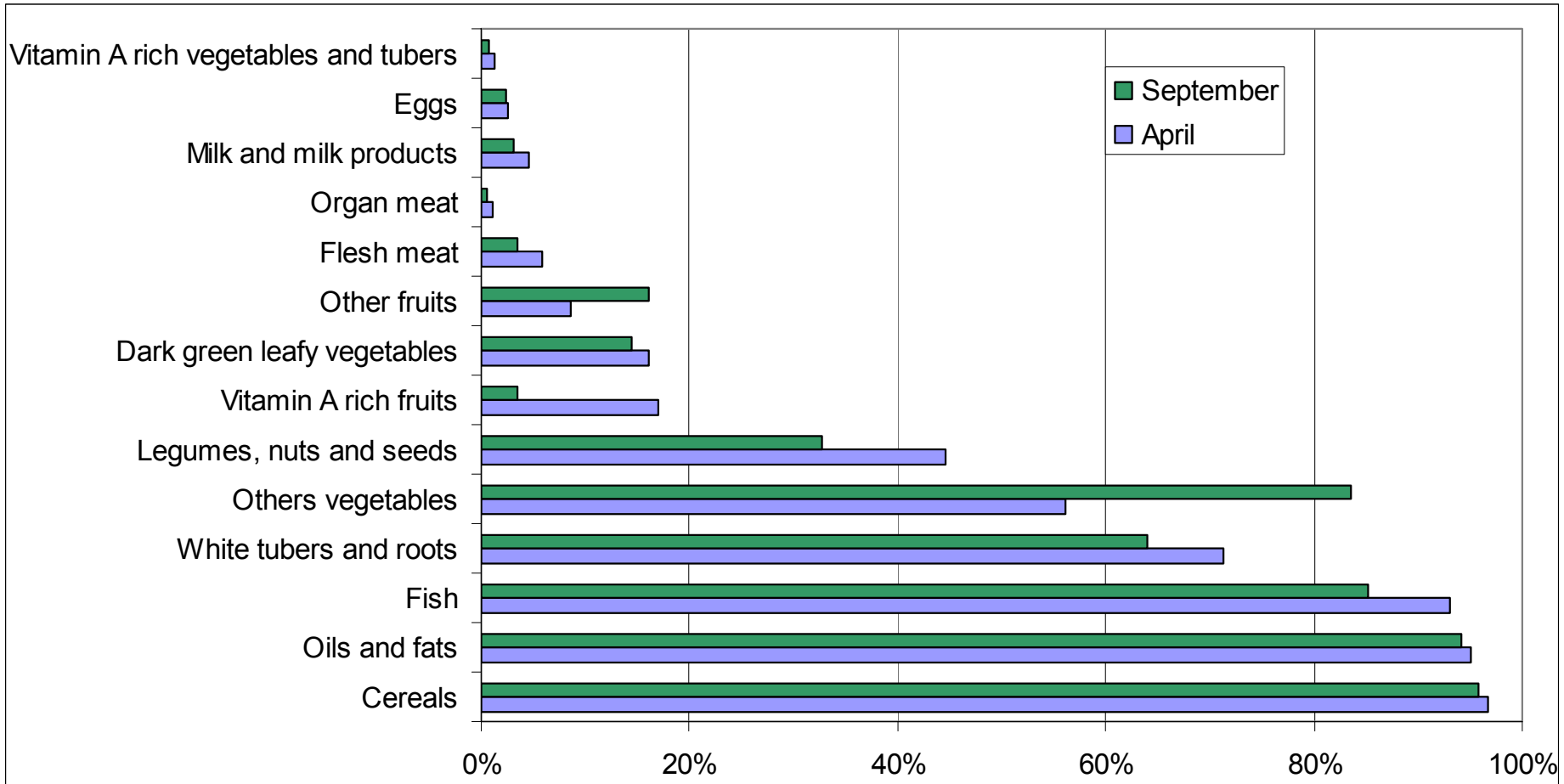
Comparison of the dietary diversity score for communes in the lagoon area and in the coastal area - by season



	N	Mean IDDS	SD	p	N	Mean IDDS	SD	p
Coast	1522	5.6	1.33	0.000	1525	5.0	1.38	0.334
Lagune	1115	4.5	1.07		1265	5.0	1.25	

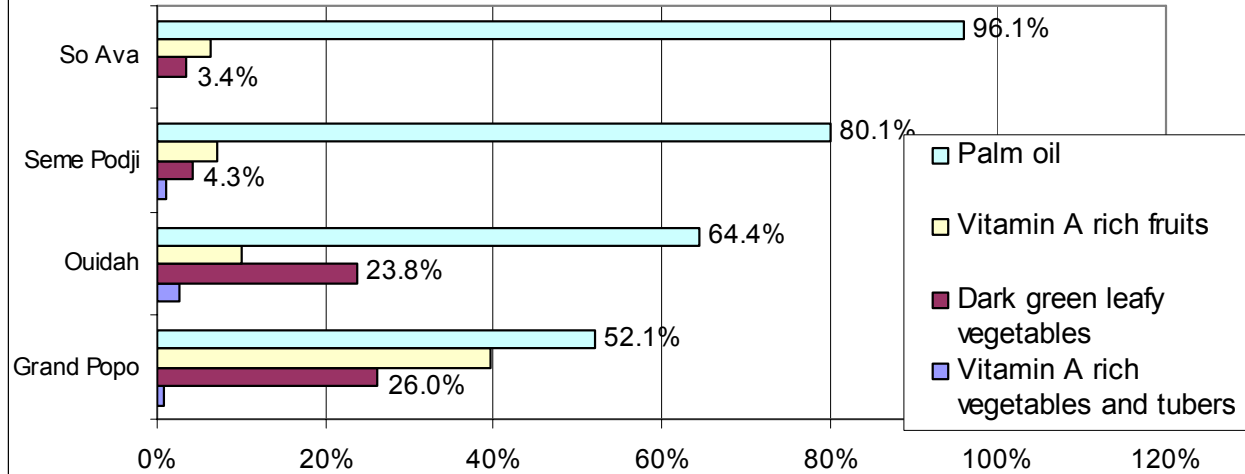
Individual dietary diversity

Percent of women consuming each food group – by season

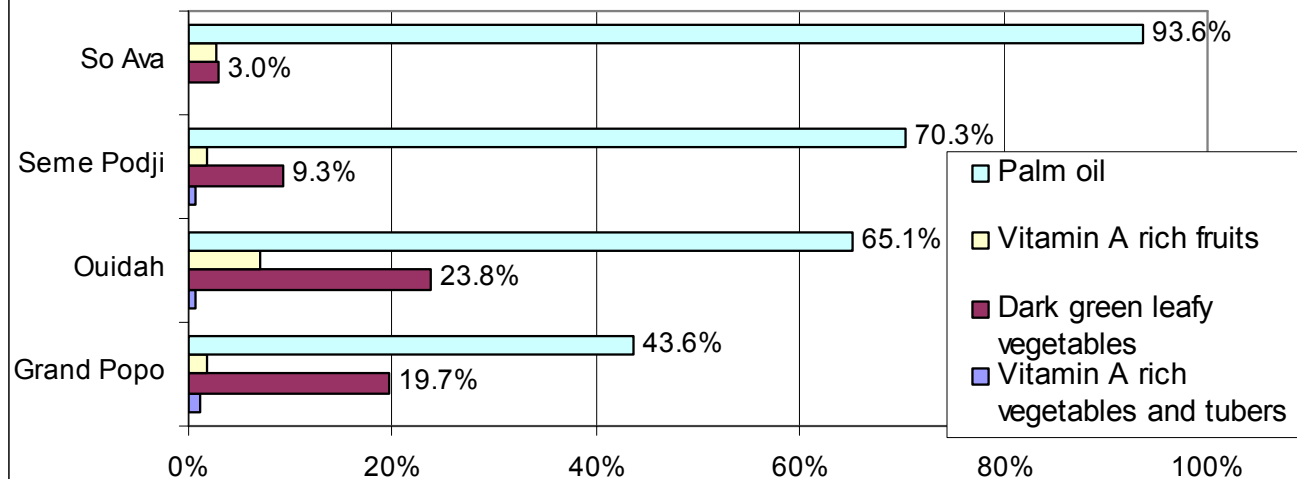


Individual dietary diversity

Consumption frequency of food groups of vegetal origin rich in vitamin A - April



Consumption frequency of food groups of vegetal origin rich in vitamin A - September



Individual dietary diversity

Dietary profile by terciles of consumption

≤ 3 food groups Less diversified	4 food groups Moderately diversified	≥ 5 food groups Most diversified
Cereal Fish Palm oil	Cereal Fish Palm oil	Cereal Fish Palm oil
	White roots and tubers Oils and fats	White roots and tubers Oils and fats
		Legumes, nuts and seeds

Findings and interpretation

Both in lagoon and coastal area: very high prevalence of chronic malnutrition among children under 3 years

Coastal area:

- livelihoods unchanged with season, non farmer-non fishermen more numerous, access to land even during the flooding season (September)
- high prevalence of overweight/obesity among women at the border with Togo
- good dietary diversity and low level of food insecurity

Lagoon area:

- shifts in livelihoods with season, flooded in September (whole area physically and economically paralyzed), pressure on fish resources
- much higher food insecurity, especially during flooding season

Entry points for action:

- *Focus on food security and coping strategies to overcome the flooding season in Lagoon areas*
- *Focus on mothers and child care in both areas*

Thank you for your attention !



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