

Food Security in Africa's Secondary Cities: No. 1 Mzuzu, Malawi

Presentation of findings from the household food security survey conducted in February 2017 by the “Consuming Urban Poverty 2 (CUP2)” project in collaboration with the University of Livingstonia, Wilfrid Laurier University, and the African Food Security Urban Network.

Full report available for download at:

<http://www.afsun.org/wp-content/uploads/2017/11/AFSUN27.pdf>.

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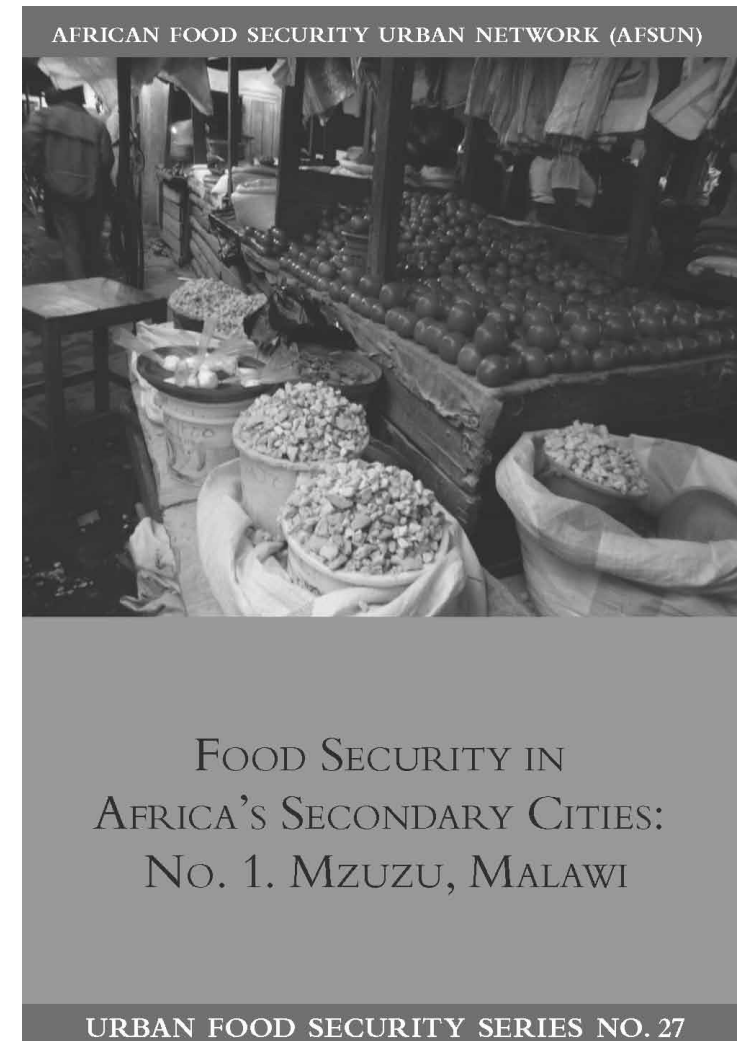
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Consuming Urban Poverty 2

- Building on related research on urban food security
 - Hungry Cities Partnership www.hungrycities.net
 - African Food Security Urban Network (AFSUN) www.afsun.org/publications
 - Consuming Urban Poverty (CUP) - food and poverty in secondary cities - Zimbabwe, Zambia, and Kenya

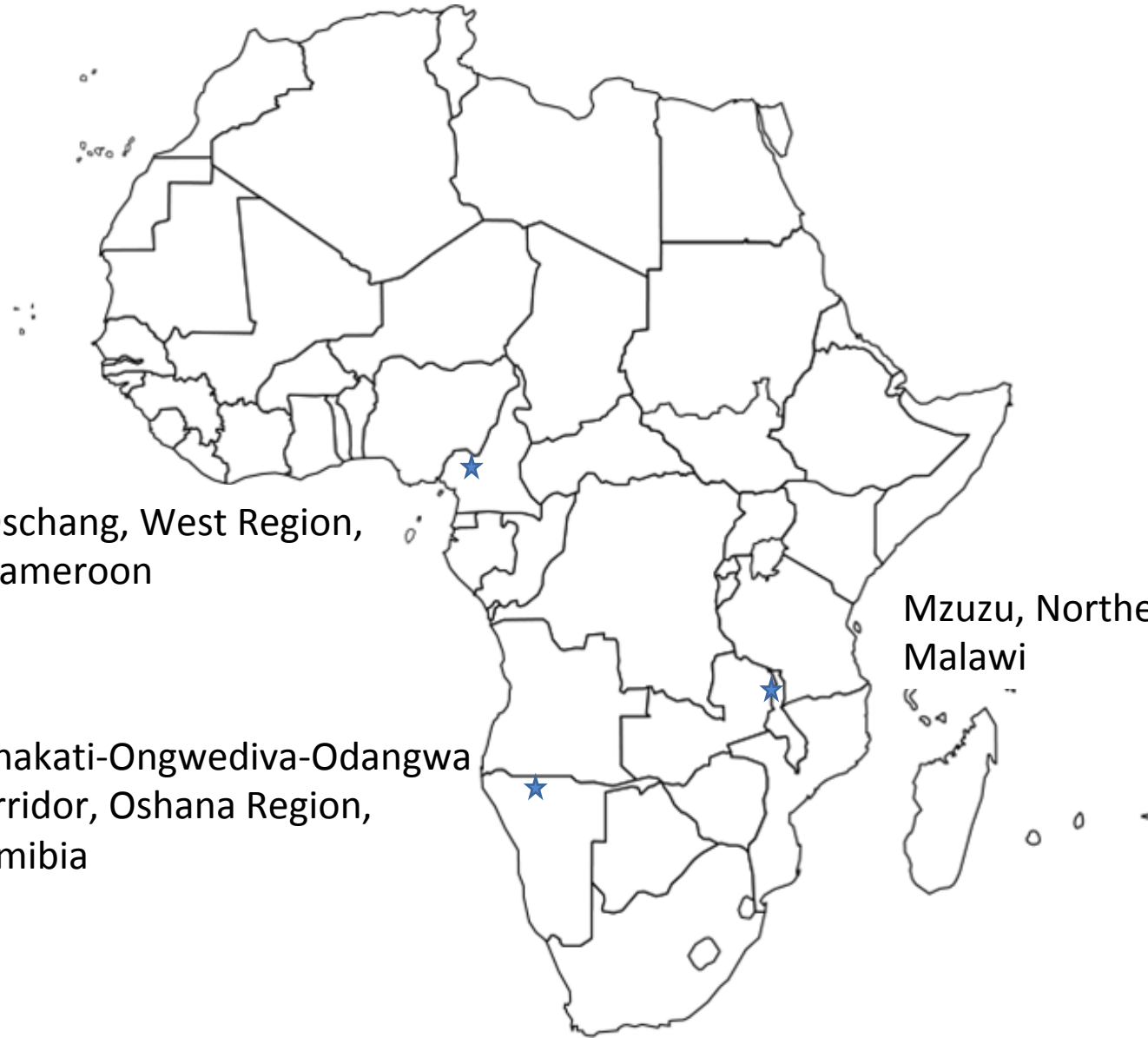


CUP2 Locations

Dschang, West Region,
Cameroon

Oshakati-Ongwediva-Odangwa
Corridor, Oshana Region,
Namibia

Mzuzu, Northern Region,
Malawi



CUP2 -Goals

Contribute to three bodies of scholarship:

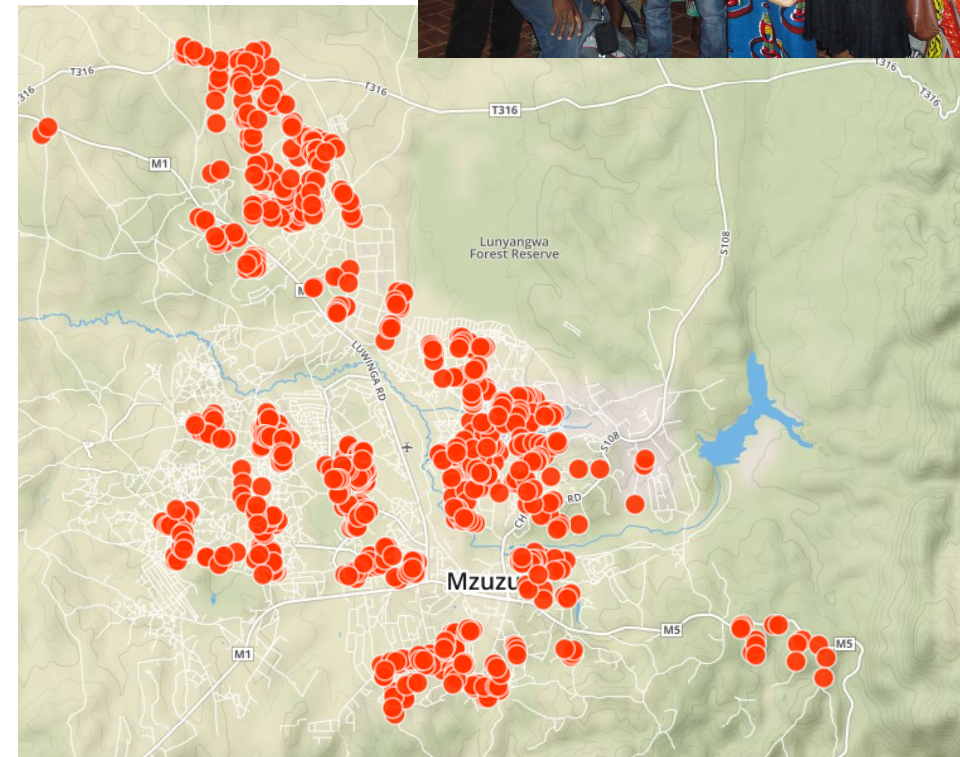
- Urban geographical theory from the “South”
- Secondary city urbanization in Africa
- Secondary city food systems in Africa

Connections for policy innovation:

- Theoretical & empirical insights applied to practical problems
- Comparative lessons across urban case studies
- Connecting governance processes & decisions across scales

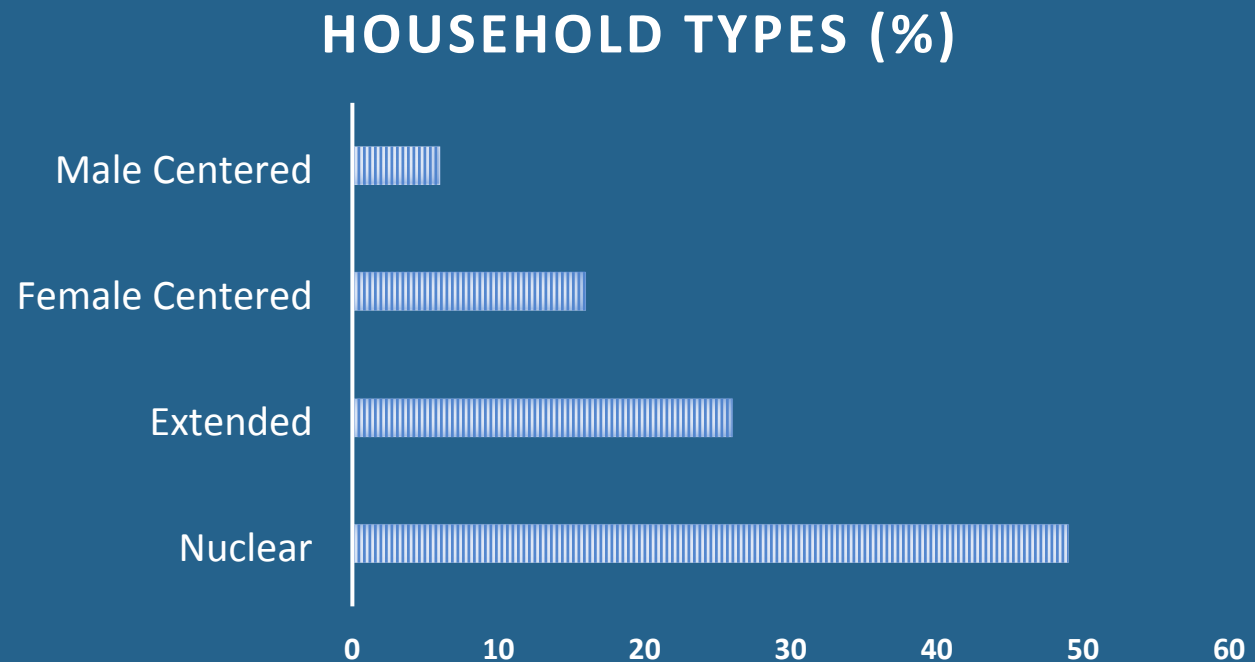
Mzuzu Survey - Methods

- February 2017, 910 Households, English and Chitumbuka
- Food Insecurity; Food Sources; Household Member Data; Household Data; Social Grants; Rural-Urban Linkages and Food Transfers; Indigenous Food Consumption
- Sampling frame based on proportionate population by Ward (ODK)
- Household included people who eat from the same pot and sleep in the same dwelling at least six months of the year on average

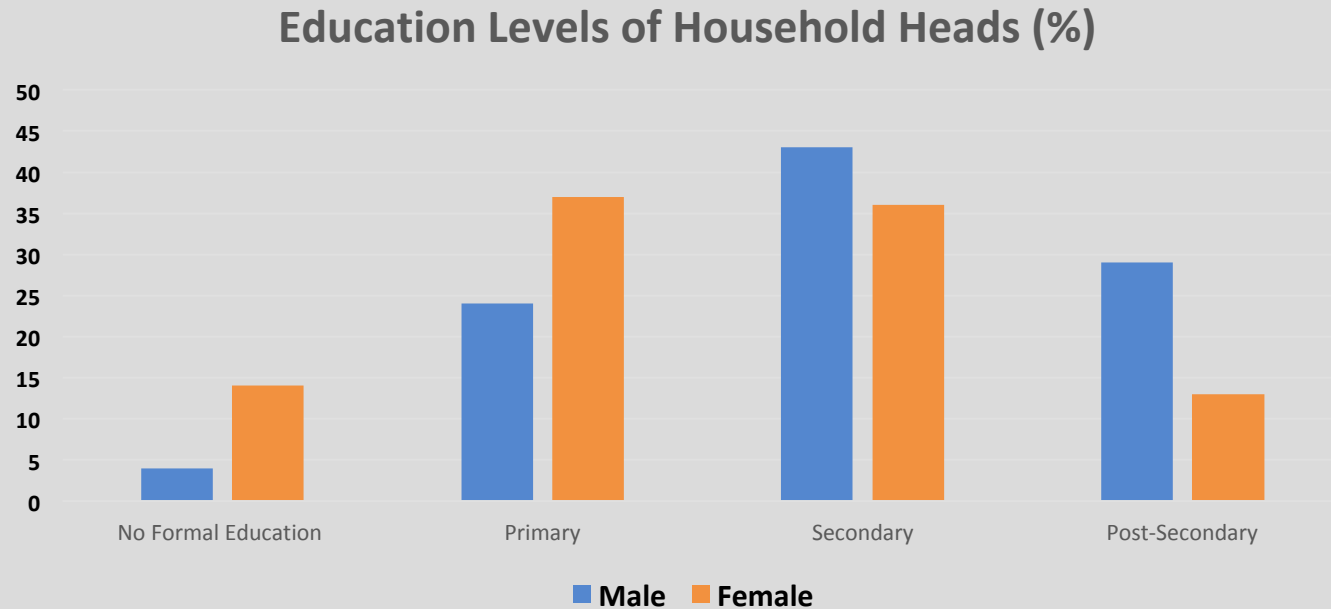


Results - Household Characteristics

- Average: 4.8 members
- ~ 50% of household members under age 20
- Birthplace of household heads:
 - 41% - rural area in Malawi
 - 56% - urban area in Malawi (including Mzuzu)
 - 2% - outside Malawi



Gender



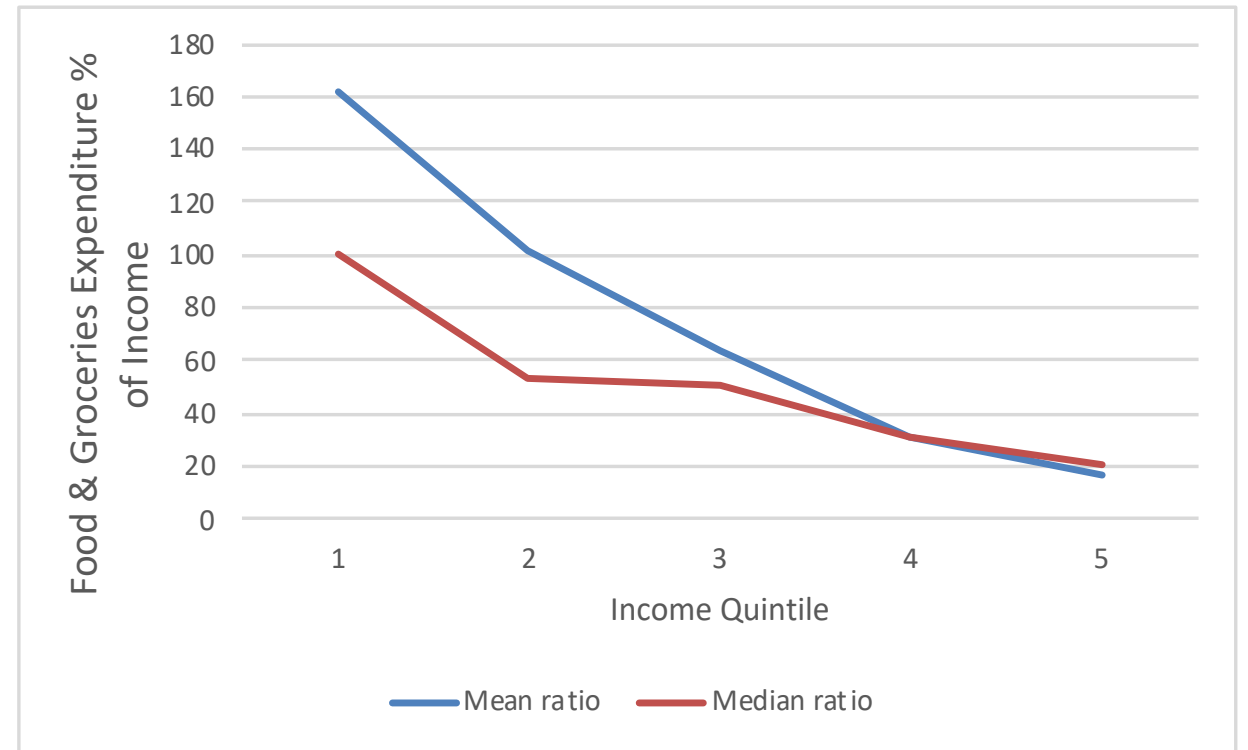
- Food responsibilities fall mainly to women except for purchasing food:
 - 82% of female heads and 18% of male heads prepare food
 - 22% of teenage girls and 53% of teenage boys do no food-related chores
 - Male heads likely to purchase food (77%) or provide money for food (94%)

Household Economies*

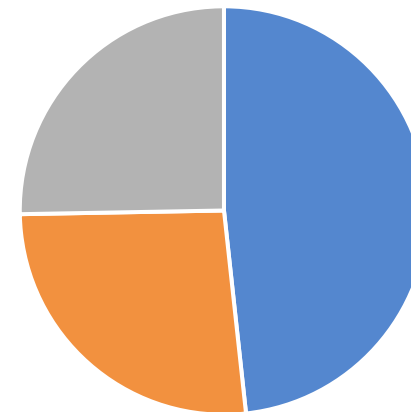
- Mean monthly income:
MWK 93,251
- Median monthly income:
MWK 30,000

- Most common expenses
“food and groceries” MWK 25,984
“fuel” MWK 5,618
“education” MWK 49,459

* About one in three respondents provided household income data



Top Income Sources (%)

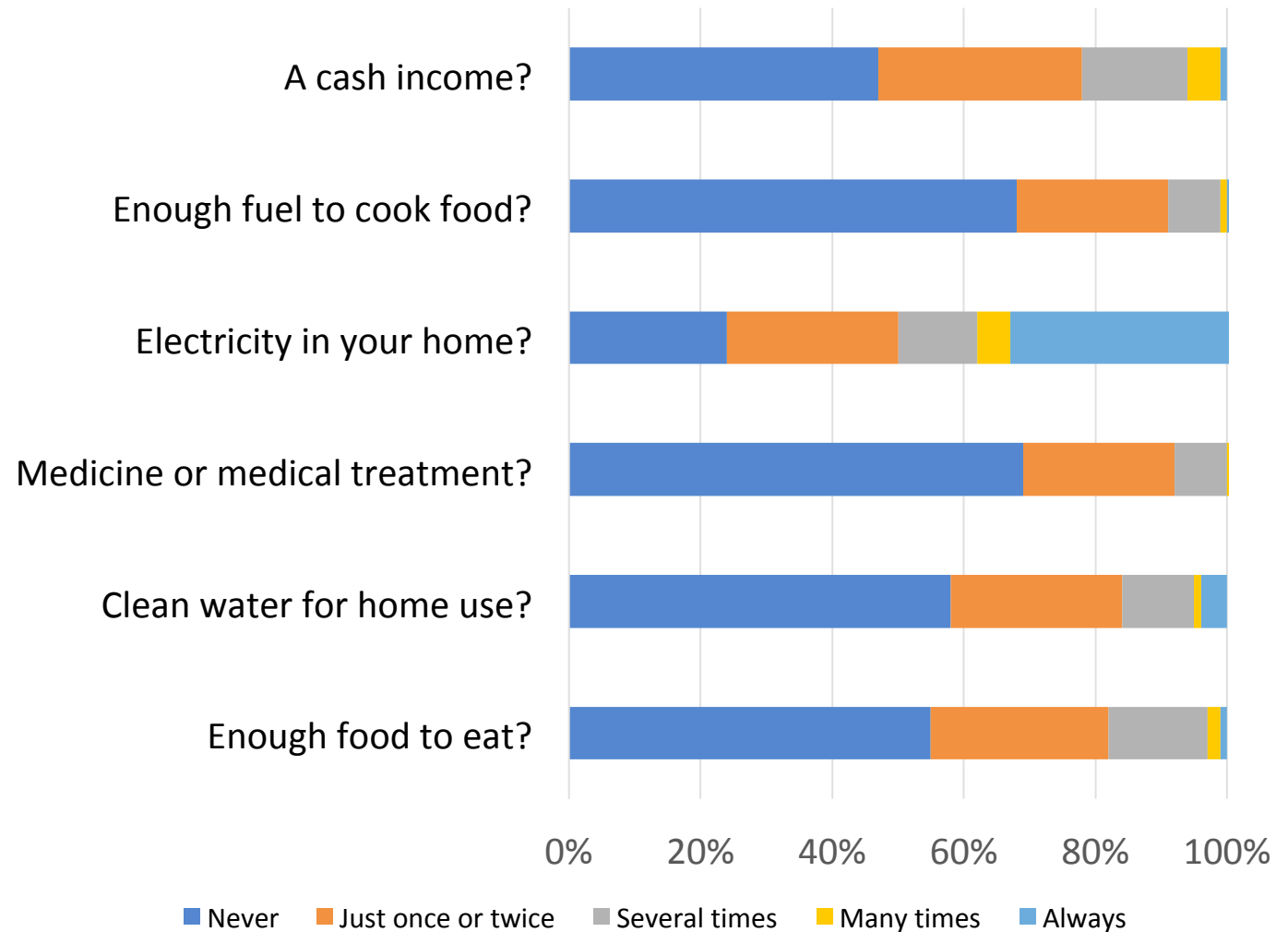


■ Informal Wage Work ■ Formal Wage Work ■ Informal Business

Lived Poverty Index

- Mean score: 0.8/4.0
- No difference between male and female headed
- Youth-headed (head is under 30) worse off than households headed by older people (little difference above age 30)

Over the past year, how often, if ever, have you or your household gone without . . .



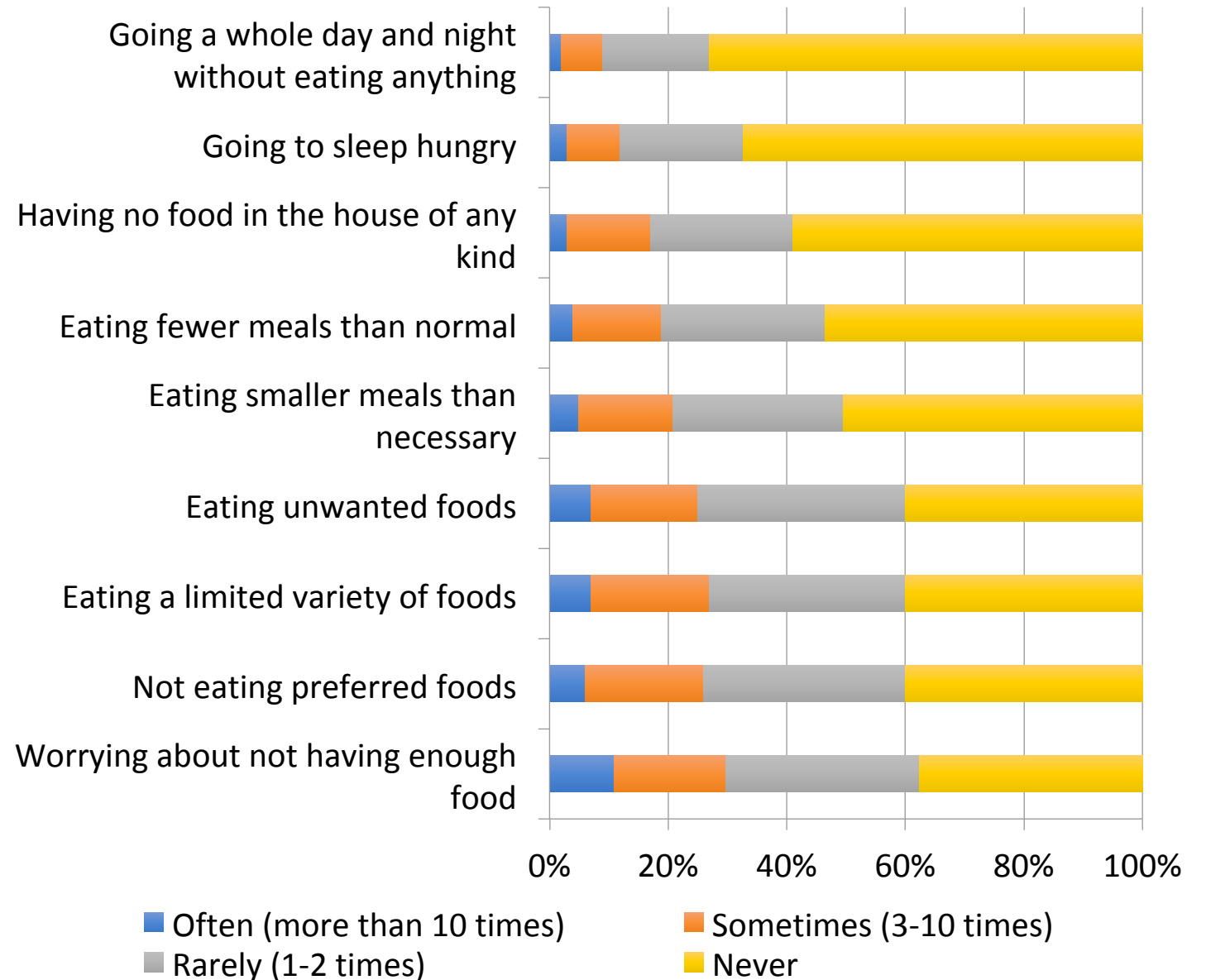
Food Security and Households Results

- Household type
 - Female centred most food insecure type
 - Male centred most food secure type
- Age of Household Head
 - Households headed by older people (over 55) most food insecure
 - Households headed by younger people (under 30) most food secure
- Higher income quintiles more food secure, except for lowest income quintile being more food secure than second lowest
- Households with income from formal wage work were far more food secure than households without income from formal wage work

Household Food Insecurity Access Scale

African comparisons of city-wide mean HFIAS scores (higher score = high food insecurity):

- 8.5 – Oshakati
- 8.0 – Dschang
- **6.7 – Mzuzu**
- 6.5 – Maputo
- 5.8 – Nairobi



Household Dietary Diversity Score

African comparison of city-wide mean HDD scores (higher score = high dietary diversity):

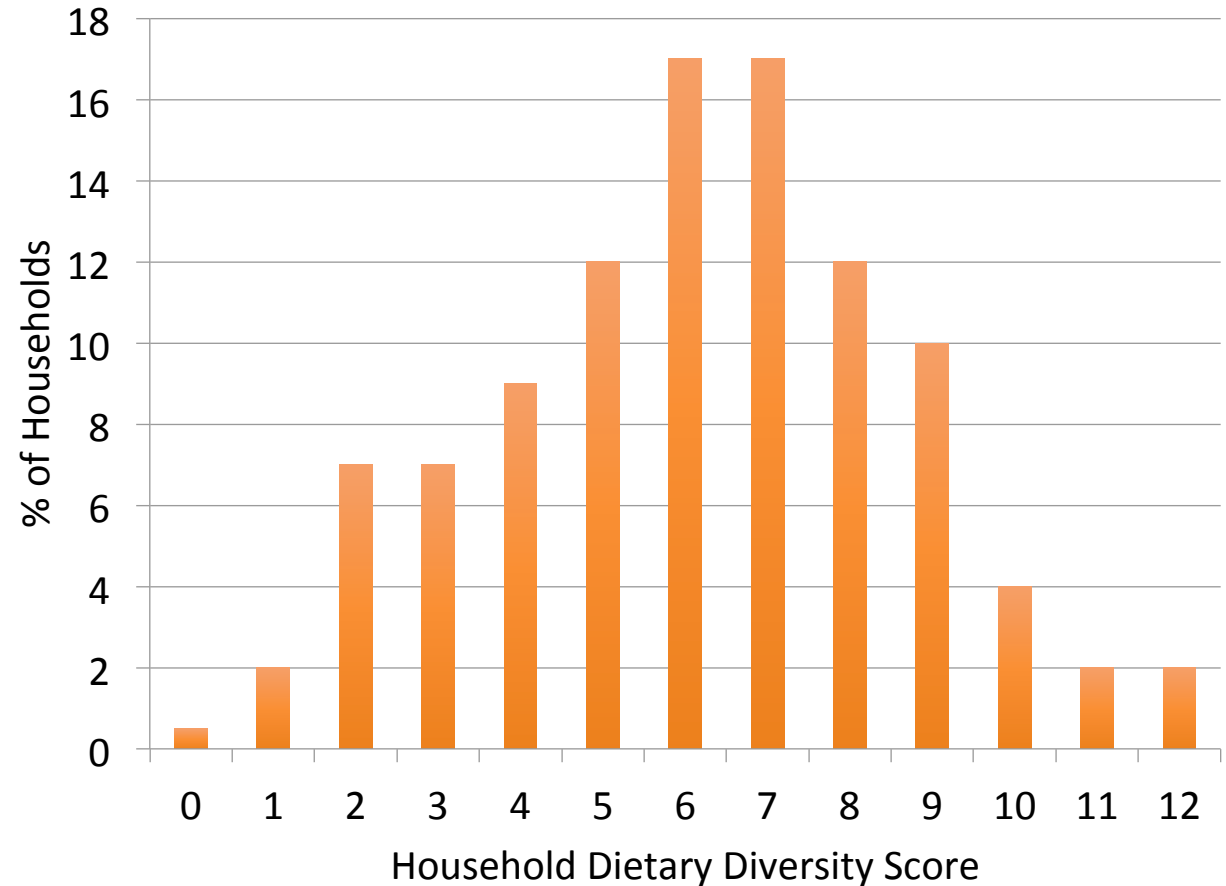
6.2 – Mzuzu

6.0 – Nairobi

5.1 – Dschang

4.8 – Oshakati

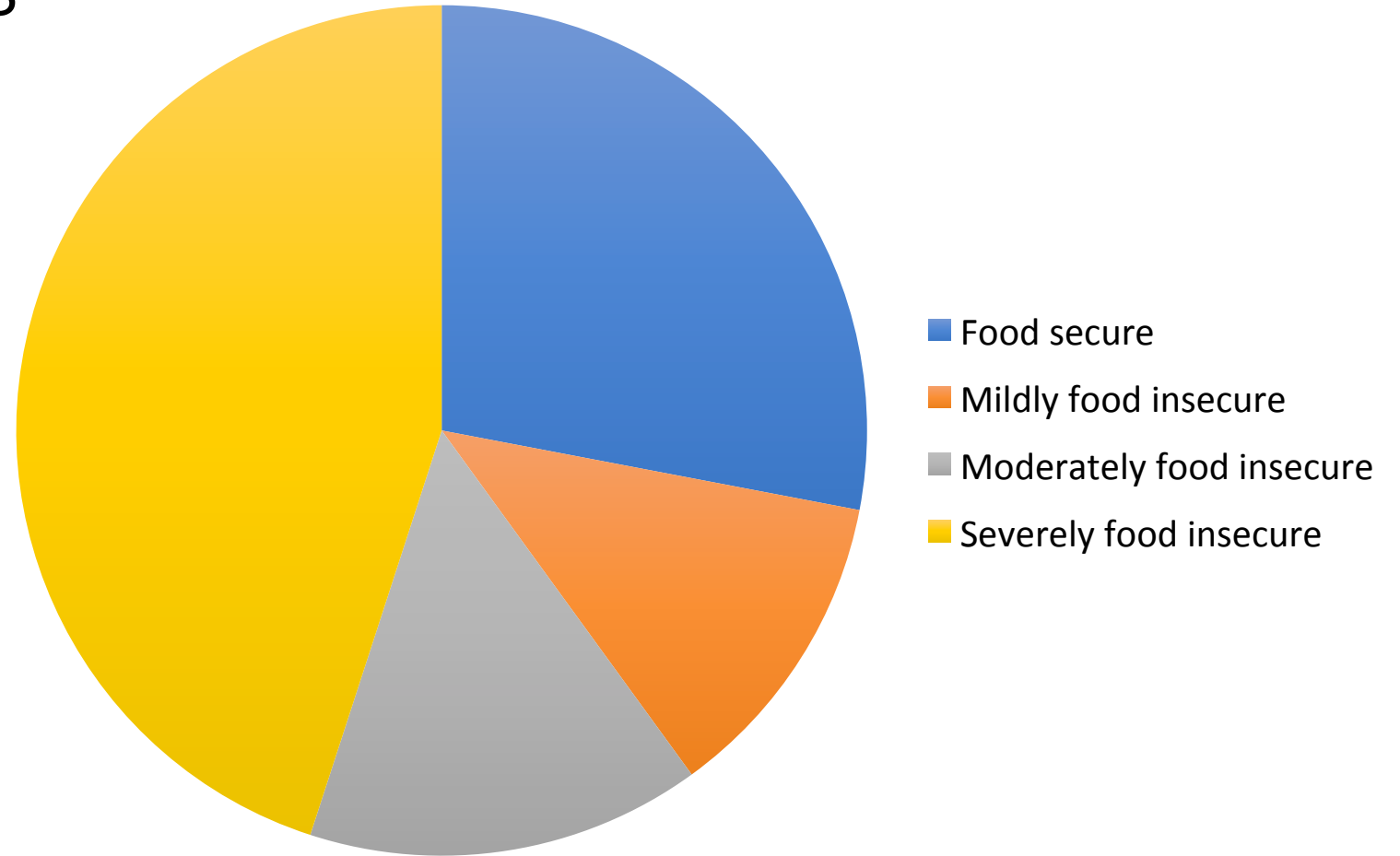
4.1 - Maputo



Household Food Insecurity Access Prevalence

Based on the HFIAS Questions and giving greater to weight to more severe experiences of food insecurity, assigns households to one of four categories:

- Food Secure (28%)
- Mildly Food Insecure (12%)
- Moderately Food Insecure (15%)
- Severely Food Insecure (45%)



Months of Adequate Household Food Provisioning

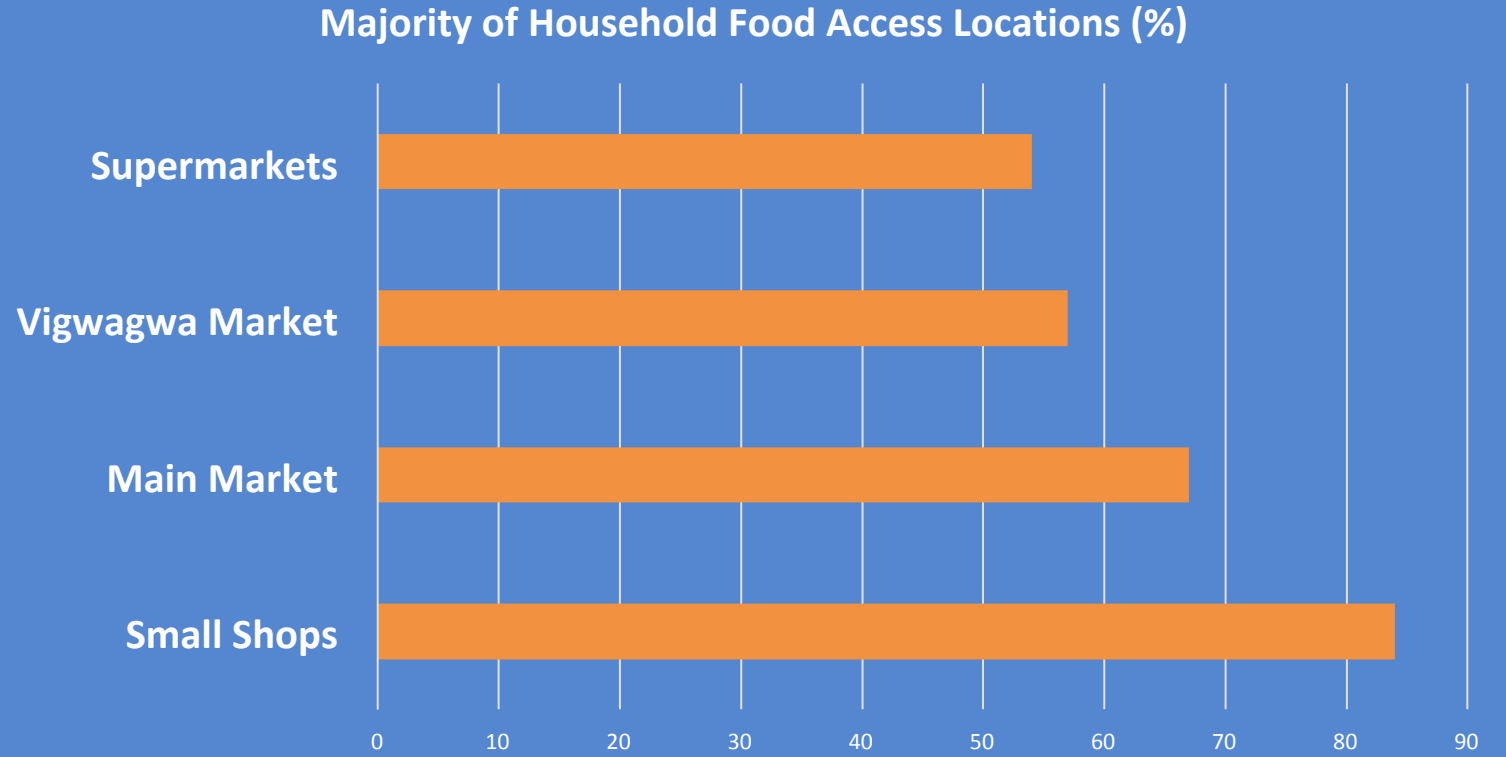
The mean MAHFP score was 11.0 months out of 12

Most households (58%) had difficulty accessing food in **January** and about half (48%) in **February**

The top reason for inadequate food was “lack of cash”

The top foods that were difficult to access were foods made from grains (including maize and rice), meat and meat products, and dairy products

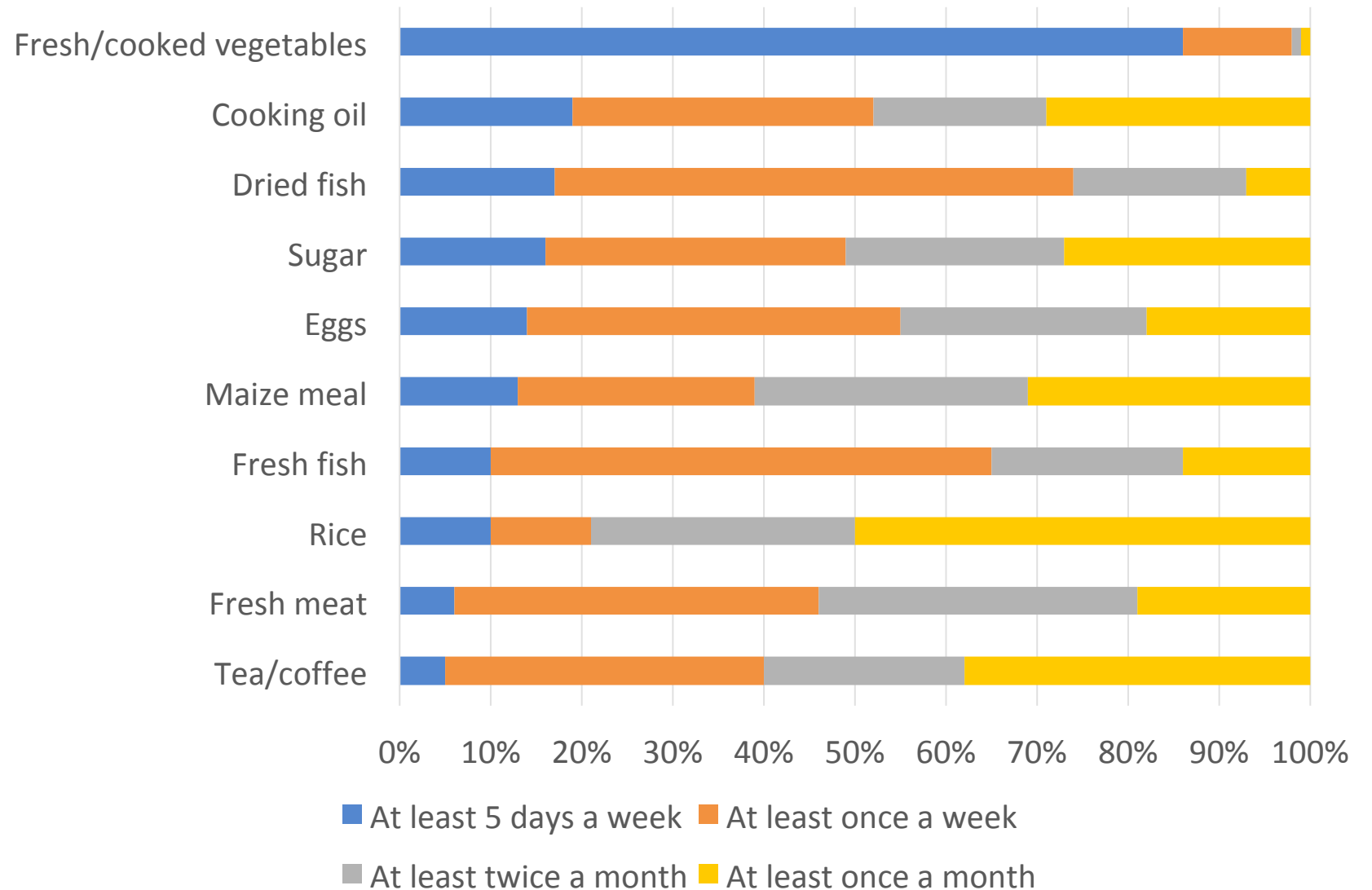
Food Sources



- Supermarket, Main Market, Vigwagwa Market more likely used by food secure households
- Small shops, street sellers, informal markets more likely used by food insecure households
- Top reason for shopping at supermarkets: a greater variety of food
- Top reason for *not* shopping at supermarkets: supermarkets do not provide credit

Food Purchase Frequency

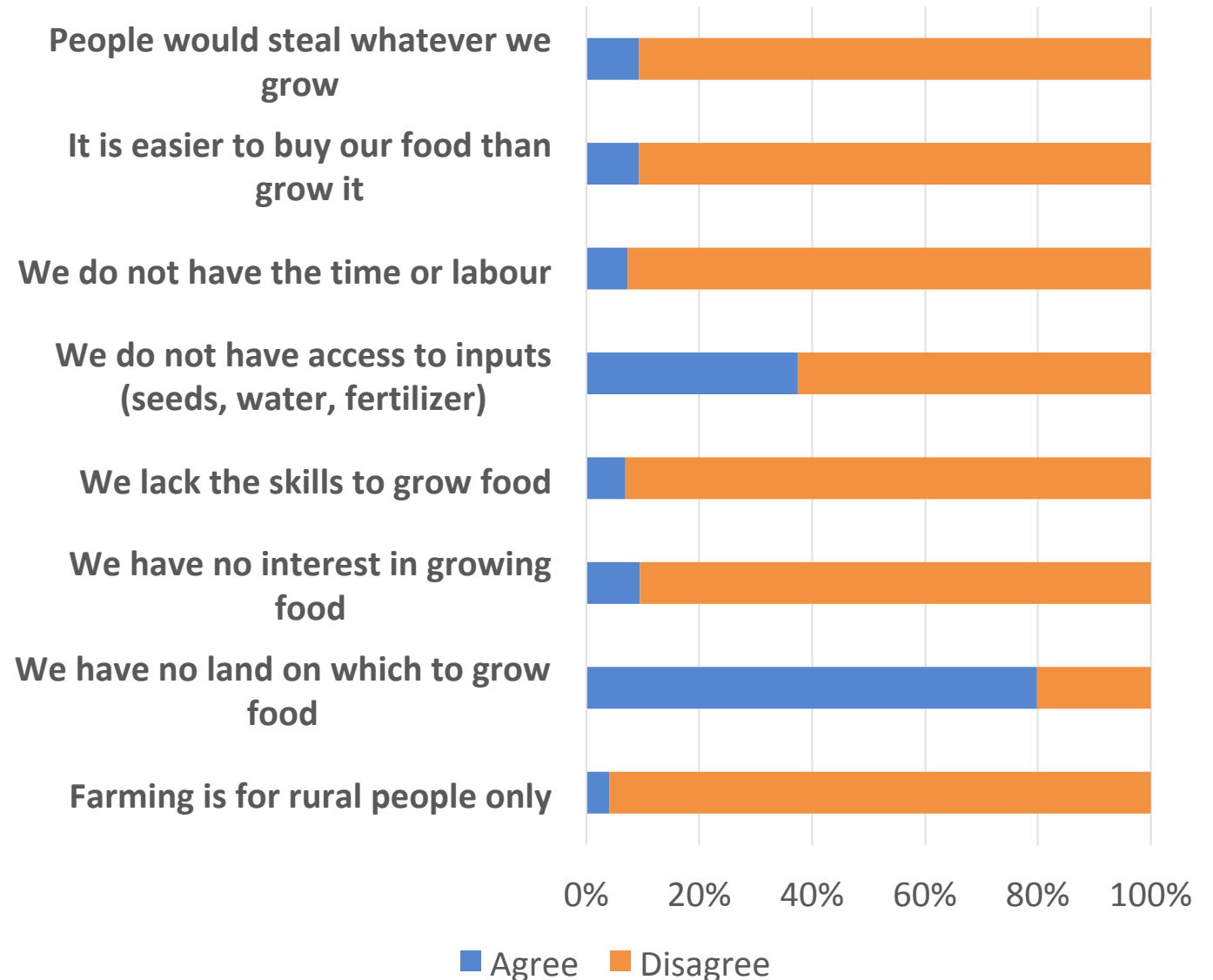
Food insecure households purchase sugar and cooking oil more frequently than food secure households



Urban Agriculture

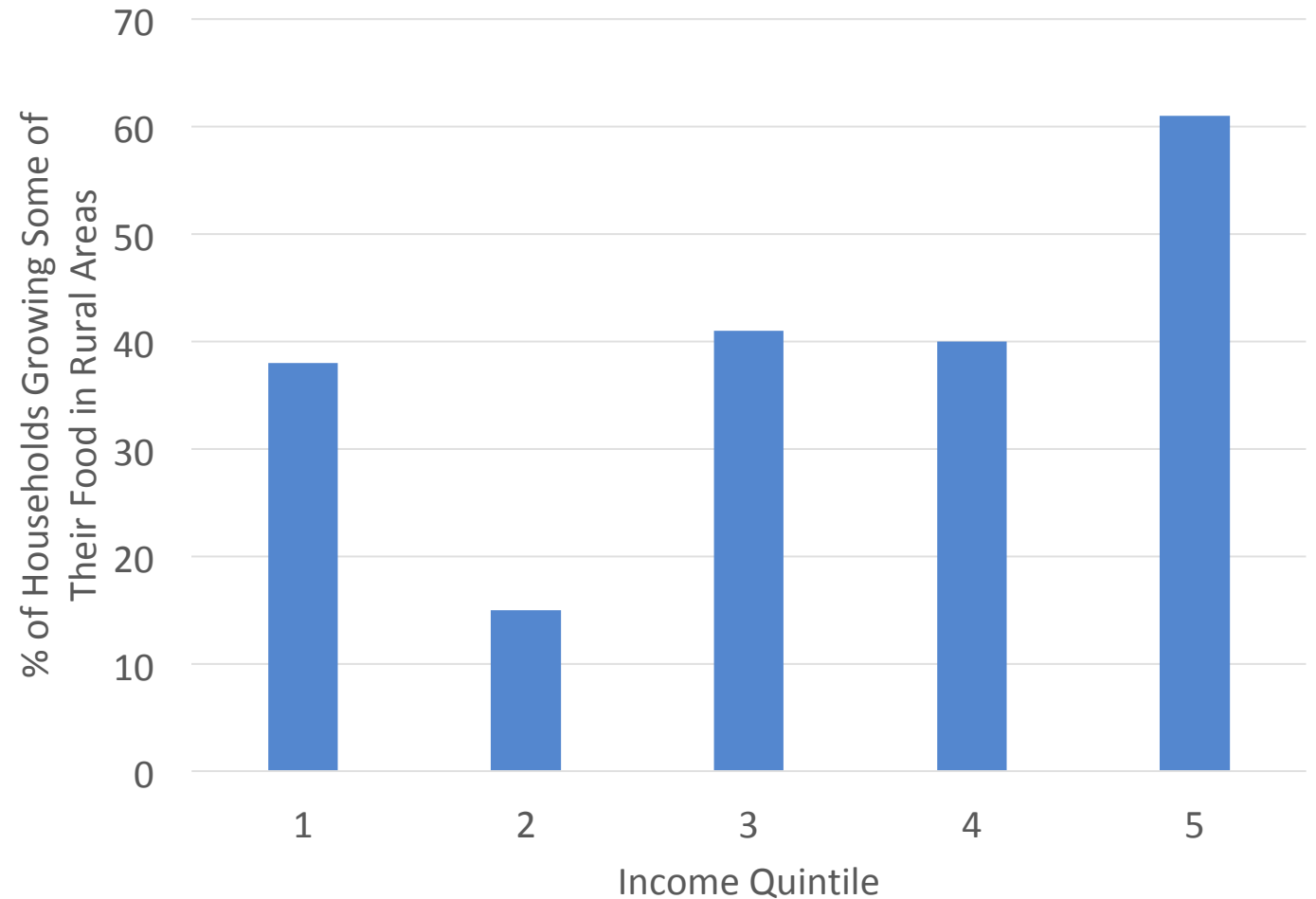
- 38% of households produce some of their own food in the city
- Households growing food in the city are slightly more food secure
- Most crops produced on own housing plot
- Maize is the most popular crop
- Local chicken is the most popular livestock

Reasons for not participating in urban agriculture



Rural Agriculture

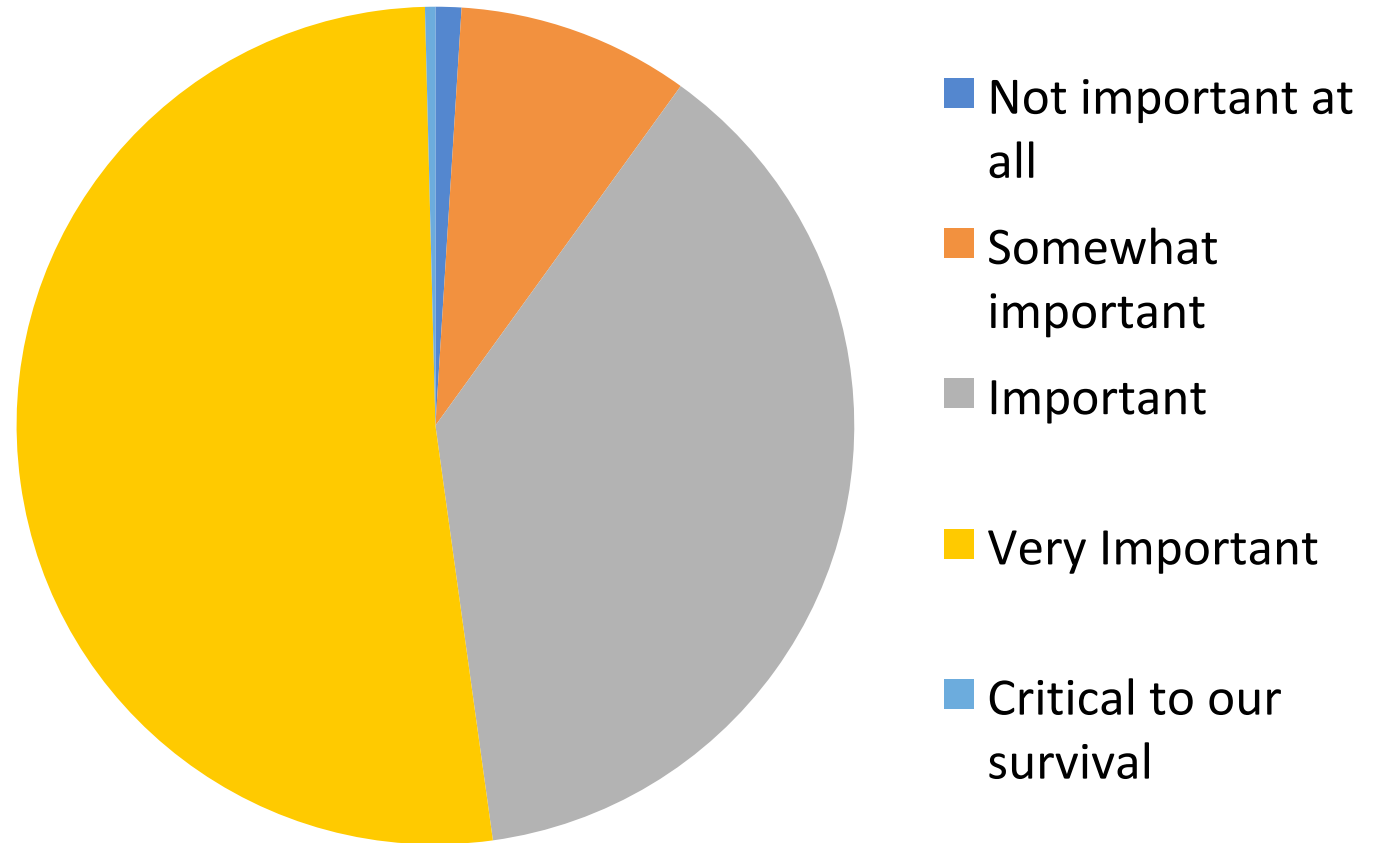
- 35% of households produce some of the food they consume on rural farms
- Maize is the most popular but there is a wide variety of crops
- High income households were the most likely income group to produce food on rural farms
- Households producing food on rural farms were much more food secure on average than those that did not



Food Transfers

- 28% of households received food transfers
- Most food transfers came from rural relatives
- The most common food transferred was maize

Importance of food transfers among transfer-receiving households



Indigenous Food Consumption

- Top foods: *Nkhowani* (66%); *Therere* (63%); *Bondwe* (57%); *Mapeyala* (55%); *Masuku* (54%); *Mphalata* (40%)
- Top food sources: Market or street seller in the city; *bondwe* most likely to be “collected in the city”; *mathyokolo* most likely to be “collected in a rural area”
- Top reasons for consuming: “nutrition or health reasons”; “a snack between meals”; taste preference

Conclusions & Future Directions

- This report marks the beginning of a series of studies on food and urbanization in Africa's secondary cities.
 - Inequality exists in Mzuzu
 - Food policy can impact public health, inclusiveness, and ecological sustainability.
- Next steps:
 - Seeking feedback from stakeholders
 - Related doctoral and qualitative research
 - Comparative work with Cameroon, Namibia & other AFSUN & HCP cities
 - Vendor/ informal food system survey
 - Policy workshops