

What does food secure mean?: What is food?

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Food security measures used

- Household Food Security Access Scale
- Household Dietary Diversity Scale
- Months of Adequate Provisioning

Household food security access scale

SECTION D: FOOD INSECURITY

12 HOUSEHOLD FOOD INSECURITY ACCESS SCALE (HFIAS)

(READ the list and categories and circle only ONE answer for each question)

Household Food Insecurity Access Scale (HFIAS) for last four weeks	No (Answer to question is 'No')	Rarely (once or twice)	Sometimes (3 to 10 times)	Often (more than 10 times)
a. In the past four weeks, did you worry that your household would not have enough food?	1	2	3	4
b. In the past four weeks were you or any household member not able to eat the kinds of foods you preferred because of a lack of resources?	1	2	3	4
c. In the past four weeks did you or any household member have to eat a limited variety of foods due to a lack of resources?	1	2	3	4
d. In the past four weeks, 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?	1	2	3	4
e. In the past four weeks, did you or any household member have to eat a smaller meal than you felt you needed because there was not enough food?	1	2	3	4
f. In the past four weeks, did you or any household member have to eat fewer meals in a day because there was not enough food?	1	2	3	4
g. In the past four weeks, was there ever no food to eat of any kind in your household because of lack of resources to get food?	1	2	3	4
h. In the past four weeks, did you or any household member go to sleep at night hungry because there was not enough food?	1	2	3	4
i. In the past four weeks, did you or any household member go a whole day and night without eating anything because there was not enough food?	1	2	3	4

At least three questions deal with self-perceptions of what constitutes food security, and indeed what constitutes appropriate food.

This is just one means by which we assess food security.

This is scale from which we compute food security and insecurity, based on a weighted scale derived from answers to these questions.

Also Household Dietary Diversity;
Months of Adequate Household Provisioning

Household Dietary Diversity

13	<p>HOUSEHOLD DIETARY DIVERSITY SCORE (HDDS)</p> <p>Now I would like to ask you about the types of foods that you or anyone else in your household ate yesterday during the day and at night.</p> <p><i>(Read the list of foods. Circle yes in the box if anyone in the household ate the food in question, circle no if no one in the household ate the food)</i></p>		
	Types of food	Yes	No
	a. Any [INSERT ANY LOCAL FOODS], bread, rice noodles, biscuits or any other foods made from millet, sorghum, maize, rice, wheat, or [INSERT ANY OTHER LOCALLY AVAILABLE GRAIN]?	1	2
	b. Any potatoes, yams, manioc, cassava or any other foods made from roots or tubers?	1	2
	c. Any vegetables?	1	2
	d. Any fruits?	1	2
	e. Any beef, pork, lamb, goat, rabbit, wild game, chicken, duck, other birds, liver, kidney, heart, or other organ meats?	1	2
	f. Any eggs?	1	2
	g. Any fresh or dried fish or shellfish?	1	2
	h. Any foods made from beans, peas, lentils, or nuts?	1	2
	i. Any cheese, yoghurt, milk or other milk products?	1	2
	j. Any foods made with oil, fat, or butter?	1	2
	k. Any sugar or honey?	1	2
	l. Any other foods, such as condiments, coffee, tea?	1	2

- Household dietary diversity leave local differences in food sources intact, e.g. maize or rice etc.
- Nutrition still matters, irrespective of cultural considerations – There is a vast literature on the links between health and nutrition.
- As Michael Rudolph indicated, we need to think about ‘hidden hunger’ and deficiencies of micro-nutrients as a result of limited dietary diversity.

Months of adequate household provisioning

	I. Any other foods, such as condiments, coffee, tea?	1	2
14	MONTHS OF ADEQUATE HOUSEHOLD PROVISIONING (MAHP)		
	Now I would like to ask you about your household's food supply during different months of the year. When responding to these questions please think back over the last 12 months.		
	(a) In the past 12 months, were there months in which you did not have enough food to meet your family's needs? <i>(READ the question and circle the appropriate answer)</i>	Yes	1
	No	2	
	<i>(If NO, skip to Section E: AIDS AND FOOD SECURITY) If YES, continue with Q 14b)</i>		
(b) If yes, which were the months (in the past 12 months) in which you did not have enough food to meet your family's needs? <i>(Do not read the list of months. Working backward from the current month: Circle the one ('Yes' column) if the respondent identifies that month as one in which the household did not have enough food to meet their needs. Circle the two ('No' column) if the respondent identifies that month as one in which the household did have enough food to meet their needs)</i>	Months in which household did not have enough food to meet needs	Yes	No
	a. January	1	2
	b. February	1	2
	c. March	1	2
	d. April	1	2
	e. May	1	2
	f. June	1	2
	g. July	1	2
	h. August	1	2
	i. September	1	2
	j. October	1	2
	k. November	1	2
	l. December	1	2

Months of adequate household provisioning

- The way in which the question is asked is self-determined by respondent as to what is adequate nutrition. It is not culturally determined.
- In the light of these diverse measures, we believe the survey captures both cultural elements of food security and absolute food security.