

PREVALENCE, DEMOGRAPHIC AND SOCIO-ECONOMIC DETERMINANTS AND DIETARY CONSEQUENCES OF FOOD INSECURITY IN KELANTAN

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Abstract

Food insecurity is defined as whenever people are not able to access enough food at all time for an active and healthy life, as well as the availability of adequate and safe food acquired by socially acceptable ways. The study assessed the prevalence, demographic and socio-economic determinants and dietary consequences of food insecurity in the State of Kelantan, Malaysia. A cross-sectional study was conducted among 301 Malay women, aged between 19-49 years, non-pregnant and non-lactating in rural and urban areas. Respondents were interviewed using a set of structured questionnaires to obtain information about their demographic and socio-economic characteristics, household food security and dietary intake. Results indicated that the prevalence of household food insecurity among of the respondents was 68.1%. Demographic and socio-economic characteristics of the respondents (i.e. household size, number of children, number of school-going children, household income and per capita income) are significant contributor to household food insecurity status. Energy, fat, percentage of energy from fat and number of servings from

meat/fish/poultry and legumes were found to be statistically different or significantly different by the food security status among the respondents from the rural areas. Diet diversity score was also found to be statistically vary among household with different food security status in rural and urban areas. Food insecurity posed a significant public health problem in rural and urban areas in Kelantan. Food assistance programs should focus its efforts among at-risk households to ensure that the population is able to obtain adequate or required quantity and quality of food.

Keywords: Food Insecurity, Prevalence, Determinants, Dietary Intake, Consequences, Consumption

Introduction

Food insecurity is defined as "whenever the availability of nutritionally adequate and safe foods or the ability to acquire acceptable foods in socially acceptable ways is limited or uncertain". Hunger or "uneasy or painful sensation caused by lack of food" is also considered as a potential, but not necessarily a consequence of food insecurity (Life

