

Abstract

Daily food intake plays a key role in human development, physical and mental capacity, coping and immunity against diseases, healthy birth, life span and quality of life. When all people have access to tangible, affordable, healthy, and nutritious meals all the time food is secure and the available food will provide the needs for a nutritional diet consistent with their preferences for a healthy and active life. According to available data, based on a low-level national indicator the malnutrition in children is around 4% and this amount reaches to 13% in Sistan and Baluchestan province. The four main factors affecting food security include economic access (income and prices), physical access (presence of food in the place of residence), culture, nutritional literacy and the absence of disease (cellular nutrient utilization). The statistical population of this study is urban and rural households from 15 Sistan districts. Based on Cochran method 301 questionnaires were collected. The questionnaire used in this study is a standard questionnaire of the US Department of Agriculture. The results confirm the impact of economic, social and cultural factors on food security, indicating a high prevalence of nutritional challenges in the area under investigation. Food insecurity in urban households was higher than in rural households and did not differ significantly in most of the villages. The most frequent safe food was for households whose supervised by father. Considering that the most frequent household family supervised by father, the highest food insecurity was observed for these household families. Education had a positive and significant relationship with the supervisor's income and household expenditures, while there was a negative and significant relationship between education with residential area, sponsoring organization coverage, distance from the city and privilege of household security. The highest insecure rate with severe hunger was observed among the graduate and post-secondary education groups. The highest levels of insecurity were associated with high food hunger and insecurity with moderate starvation among families ranging between 1-5.5 million Iranian Tomans. According to the results, it was observed that in families whose income was between 1-2 million Iranian Tomans and more than 2 million Iranian Tomans, they were at the highest level of safe food. There was a negative and significant relationship between household scores and food insecurity in household families with children under the age of 18 years old, therefore household families with fewer children under 18 years old are more likely to be at an unsafe level.

Key words: Food security, Sistan, Food consumption, Education level, Food income, Food availability



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